

Summer-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Group: Kids First Higher Standards (6-14 year olds)

Benedictine University

Lisle, IL

Sports Specific Camp Calendar

Sports Specific Camp Dates

June 4-8 Volleyball/Basketball

June 11-15 Baseball

June 18-22 Flag Football/
Cheerleading

June 25-29 Track & Field

July 9-13 Soccer/Tennis

July 16-20 Baseball

July 23-27 Flag Football Games/Tennis

July 30-Aug. 3 Girls Softball

Aug. 6-10 Badminton

Parents- Best money spent for your child is a Kids First Camp



KIDS FIRST SPORTS SAFETY INC.

Teaching Sports Fundamentals thru Lessons!

Kids First Sports Safety, Inc. (2002) has dedicated its sports education to player safety. Certified Coaches will teach players fundamentals for the sport using specific language created by Kids First that kids understand. This is a process that once it is understood the player will feel more confident, skillful, and safe giving them a sport competitive advantage.

FREE Player Safety Certification in each camp!

Is your son or daughter Kids First Certified?

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!



Who do I talk to? Call or email Kids First

All correspondence will be handled by a Kids First Sports Representative

Including: Camp specific sport description, locations, participant drop off & pick-up point, dates, times, rain make-up dates & times, clothing, shoes, water & snacks, cost, etc.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Benedictine University will provide Gym and Field space, and will accept credit card registration online.

ben.edu/community/camps/Kids First

A Kids First Sports Representative will be the only contact a person needs to sign-up for a camp.

Camp drop off & pick up will be at Benedictine University, location listed in sport specific description.

(Find: Kids First Banner)

Sign-up Today!

Note: Registration starts March 1, 2012

Special Pricing: BU Facility and Student Body (FS)

Sports Specific Camp Descriptions

Kids First Volleyball (Fundamentals) Camp

Spike IT! Fun and instructional camp prepares players to succeed in volleyball. Excellent Coaches plan strategic, FUN preparation drills and games that *will* increase *skills & safety* through fundamentals. **Kids Love It!**

Camp offers: Volleyball **skills challenge contest & championship** volleyball game. **PLUS** competitive drills for skills training: serving, bumping, setting, spiking, techniques on speed & quickness, body balance, first step directional movements, volleyball safety awareness and sportsmanship.

Registration online: [Ben.edu/community/camps/Kids First Kids First Volleyball \(Fundamentals\) Camp](http://Ben.edu/community/camps/Kids First Kids First Volleyball (Fundamentals) Camp)

Who: Boys & Girls Ages (6-8), (9-14)

Sessions: 5

When: **Monday - Friday: June 4-8**



Fundamentals

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **Benedictine University Gym**

Instructors: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: **Kids First Player Safety Certification**

Min./Max. 6/40

Early Registration Starts: **Mar. 1st 2012**

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice Center Gymnasium corner of Maple & College.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Basketball (Fundamentals) Camp

I've Got Game! Basketball camp is **fundamental!** Basketball games & preparation; Parents have called **Kids First Sports Safety Mandatory** before playing the most injury prone youth sport. Players will be fulfilled with new basketball *skills* and *safety* to make them game ready.

Camp offers: **Skills Contest & Championship** Basketball game. **PLUS** techniques on Shooting, Dribbling, Passing, speed & quickness, body balance, first step directional movements, floor spacing, basketball safety awareness and sportsmanship. **Kids Love It!**

Registration online: [Ben.edu/community/camps/Kids First Kids First Basketball \(Fundamentals\) Camp](http://Ben.edu/community/camps/Kids First Kids First Basketball (Fundamentals) Camp)

Who: Boys & Girls Ages (6-8), (9-14)

Sessions: 5



Fundamentals

When: **Monday - Friday: June 4-8**

Time: 1:00pm – 4:00pm (6-8, 9-14 yr. olds)

Where: **Benedictine University Gym**

Instructors: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: **Kids First Player Safety Certification**

Min./Max. 6/40

Early Registration Starts: **Mar. 1st 2012**

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice Center Gymnasium corner of Maple & College.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Baseball (Fundamentals) Camp

Batter up, it's a HIT! This camp challenges all players through fun competitive baseball drills and games that will maximize player potential: Parents have called Kids First baseball mandatory for **fundamentals, safety, and skills** training. **Kids Love It!**

Baseball Camp teaches: Position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship. The baseball camp concludes with a Championship Game.

Registration online: [ben.edu/community/camps/Kids First Kids First Baseball \(Fundamentals\) Camp](http://ben.edu/community/camps/Kids%20First%20Kids%20First%20Baseball%20(Fundamentals)%20Camp)
Who: Boys & Girls ages 6-8, 9-14 separated within the camp
Sessions: 5
When: **Monday-Friday: June 11-15 (Series 1)**
July 16-20 (Series 2)



Time: 9:00am-12:00pm (6-8, 9-14 year olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University Field**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost BU (F/S): \$99
Cost: \$109
Free: **Kids First Player Safety Certification**
Min./Max. 6/40
Early Registration Starts: **Mar. 1st 2012**
Participant Drop Off/Pick Up Location: Find Kids First Banner Softball Field west of Gymnasium.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Flag Football Camp

Includes Kids First T-shirt

Are you ready for some FOOTBALL! *Championship Friday includes halftime performance*

Flag Football Games & Preparation; Parents have called **Kids First Sports Safety Mandatory** before playing tackle football. Excellent Coaches plan strategic, **FUN** preparation drills and games that *will* increase **SKILLS & SAFETY** through **Fundamentals**.

Camp offers: Punt-Pass-Kick Contest & Championship Flag Football game. **PLUS** skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship. **Kids Love It!**

Kids First Certified Coaches the leader in youth sports preparation.

Registration online: [Ben.edu/community/camps/Kids First Kids First Flag Football \(Fundamentals\) Camp](http://Ben.edu/community/camps/Kids%20First%20Kids%20First%20Flag%20Football%20(Fundamentals)%20Camp)
Who: Boys & Girls Ages (6-8), (9-14)
Sessions: 5
When: **Monday - Friday: June 18-22**



Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University Field**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost BU (F/S): \$99
Cost: \$109
Free: **Kids First Player Safety Certification**
Min./Max. 10/80
Early Registration Starts: **Mar. 1st 2012**
Participant Drop Off/Pick Up Location: Find Kids First Banner Rice East is the grass field near the corner of Maple & College.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Cheerleading Camp

includes Kids First T-Shirt

Cheerleader Spirit! *Championship Friday haltime performance*

If your child dreams of being on the cheerleading squad then this camp is perfect. Experienced Coaches will focus on the sport by teaching cheerleading *skills* that are **FUN, safe and fundamental**. **Cheerleading drills set to music!**

Camp offers: **Cheerleading Skills Contest & Championship Team Competition**. **PLUS FUN** competitive drills to enhance cheerleading techniques, body balance movements, timing, rhythm, pompom bebop dance, jumps, stunts, cheers, rah-rah awareness and sportsmanship. Last day of the camp features a competitive cheer challenge contest. -Girls love it. Parents bring your cameras!

Registration online: Ben.edu/community/camps/Kids First

Kids First Cheerleading Camp

Who: Girls Ages (6-8), (9-14)

Sessions: 5

When: **Monday - Friday: June 18-22**



*****Premier Camp of the Year*****

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University Field**

Instructors: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: **Kids First Player Safety Certification**

Min./Max. 10/80

Early Registration Starts: **Mar. 1st 2012**

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice East is the grass field near the corner of Maple & College.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

New- Kids First Track & Field (Fundamentals) Camp

Run with a SMILE! Three hours a day camp:
Speed, Quickness, Agility Camp thru Track & Field Events

Excellent Coaches will focus on teaching sprints, hurdles, jumps, distance running, and throws in a safe and fundamental way.

The camp consists of **Body Balance Techniques**; **speed, quickness** and **agility** drills, producing a quicker, **safer** more powerful performer.

A wide variety of timed events will take place during each day, concluding with an event **Championship Series** on the final day.

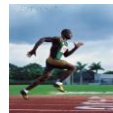
Registration online: Ben.edu/community/camps/Kids First

Kids First Track & Field (Fundamentals) Camp

Who: Boys & Girls ages 5-6, 7-9, 10-14

Sessions: 5

When: **Monday-Friday: June 25-29**



*****WOW its Fast*****

Time: 9:00am – 12:00pm (5-6, 7-9, 10-14 yr. olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University Field**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: **Kids First Player Safety Certification**

Min./Max. 8/50

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice East is the grass field near the corner of Maple & College.

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Soccer Camp

Take a SOCCER Break! Feel the excitement of scoring a goal! **Soccer Games Daily with instruction-** Kids will have plenty of fun with Kids First experienced coaches teaching soccer game techniques that give kids confidence & skills. The Camp will combine body balance & speed drills with FUN preparation soccer drills, making this Camp ideal for beginners to advanced players.

In addition, kids will enjoy being competitively challenged to increase soccer **SKILLS & SAFETY through Fundamentals**. This instructional camp also includes: ball handling, passing, goalie positioning, and sportsmanship, concluding with a championship soccer game.

Registration online: Ben.edu/community/camps/Kids First Kids First Soccer Camp

Who: Boys & Girls ages 6-8, 9-14 separated by age.

Sessions: 5

When: **Monday-Friday: July 9-13**

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University Field**

Instructor: Staff from Kids First Sports Safety, Inc.

Cost BU (F/S): \$99

Cost: \$109

Free: Kids First Player Safety Certification

Min./Max.: 8/40

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice East is the grass field near the corner of Maple & College.



Major Fun Camp

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Tennis (Fundamentals) Camp

Serve IT! Experience the competition of **TENNIS! It's Fun**. Certified Coaches teach the skills of tennis through a tennis process that is easy to learn the game. Tennis camp challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!**

Camp offers: Individual skills contest & championship tennis matches. **PLUS** racket grips, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration online: [Ben.edu/community/camps/Kids First Kids First Tennis \(Fundamentals\) Camp](http://Ben.edu/community/camps/Kids First Kids First Tennis (Fundamentals) Camp)

Who: Boys & Girls Ages (6-8), (9-14)

Sessions: 5

When: **Monday - Friday: July 9-13 (Series 1)**
July 23-27 (Series 2)

Time: 1:00pm – 4:00pm (6-8, 9-14 yr. olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University- Tennis Courts**

Instructors: Staff from Kids First Sports Safety, Inc.

Cost BU (F/S): \$99

Cost: \$109

Free: Kids First Player Safety Certification

Min./Max. 6/40

Early Registration Starts: **Mar. 1st 2012**

Participant Drop Off/Pick Up Location: Find Kids First Banner Tennis Courts south of Gymnasium.



Fundamentals

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Flag Football Games Only Camp

Ready to play FOOTBALL! [Games leading to Championship Friday](#)

Flag Football Games played each session day with the Championship Game on Friday. Players will be assigned to a team within their age group with same players on a team Thursday and Friday. Excellent Coaches teach the fundamentals to the players while playing games. [Kids Love It!](#)

Kids First Certified Coaches the leader in youth sports preparation.

Registration online: Ben.edu/community/camps/Kids First Kids First Flag Football Games Only Camp

Who: Boys & Girls ages 6-8, 9-14 divided and separated by age.

Sessions: 5

When: **Monday - Friday: July 23-27**

Time: 9:00am – 12:00am (6-8, 9-14 year olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **Benedictine University Field**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: **Kids First Player Safety Certification**

Min./Max. 10/120

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice East is the grass field near the corner of Maple & College.



Games only

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Girls Softball (Fast Pitch & Slow Pitch) Camp

Let's Play Softball! *It's a hit...* [Instruction & Games!](#)

This camp challenges all players through fun competitive softball drills and games that will maximize player potential. Parents have called Kids First softball mandatory for **fundamentals, safety, and skills** training. [Kids Love It!](#)

Camp Offers: Softball Skills Competition: Pitching, Hitting, Fielding, Running & **Championship Softball Game. PLUS-** position training, batting techniques, body balance, throwing, fielding, first step directional movements, base running and sportsmanship.

Kids First instructor raises the **SKILL & EXCITEMENT LEVEL** using approximately 50% of the time devoted to fundamentals, Safety, Speed, and fitness; 50% dedicated to game activity.

Registration online: Ben.edu/community/camps/Kids First Kids First Softball Camp

Who: Girls ages 7-8, 9-14 separated within the camp

Sessions: 5

When: **Monday-Friday: July 30-Aug. 3**

Time: 9:00am – 12:00pm (7-8, 9-14 year olds)

Where: **Benedictine University Field**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: **Kids First Player Safety Certification**

Min./Max.: 8/40

Participant Drop Off/Pick Up Location: Find Kids First Banner Softball Field west of Gymnasium.



Catch IT

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Sign-up Today!

Kids First Badminton Camp

Badminton Anyone! Now this is **FUN!** This instructional **Camp** prepares players to succeed in badminton. Excellent Coaches plan strategic, preparation drills and games that *will* increase **skills** through Fundamentals. **Kids Love It!**

Camp offers: **Badminton Skills Challenge Contest & Championship Badminton games.** **PLUS** preparation training such as: hand grips, racket positioning, serving, body balance, and first step directional movements for this fast & quickly paced game.

Kids First instructor raises the **SKILL & EXCITEMENT LEVEL** for the players using approximately 25% of the time devoted to fundamentals; 75% dedicated to games.

Registration online: [Ben.edu/community/camps/Kids First Kids First Badminton Camp](http://Ben.edu/community/camps/Kids%20First%20Badminton%20Camp)

Who: Boys & Girls ages 7-8, 9-14 separated within the camp

Sessions: 5

When: **Monday-Friday: Aug. 6-10**



*****Catch IT*****

Time: 9:00am – 12:00pm (7-8, 9-14 year olds)

Where: **Benedictine University Field**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost BU (F/S): \$99

Cost: \$109

Free: Kids First Player Safety Certification

Min./Max.: 8/40

Kids First Provides: Rackets, Birdies

Participant Drop Off/Pick Up Location: Find Kids First Banner Rice East is the grass field near the corner of Maple & College.

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Sign-up Today!
