

# Spring/Summer-12



KIDS FIRST SPORTS SAFETY INC.

[www.kidsfirstsports.net](http://www.kidsfirstsports.net)

630-257-5438

Age Groups: **STEPS** 4-5 year olds; **Higher Standards** 6-14 year olds

**Berwyn Park District**

[www.berwynparks.org](http://www.berwynparks.org)

**708-795-2892**

\*(Proksa Park) \*\*(Sunshine Park) \*\*\* (Liberty Center-6447 W. 27<sup>th</sup> Place)

## Programs/Camps

<b>Blast Ball:</b> Mar. 1-Apr. 5 (off 3/29), May 24-June 21, July 16-20
<b>Volleyball:</b> Mar. 1-Apr. 5 (off 3/29), Spring Break Mar. 26-30, June 7-July 12 (off 7/5), July 16-20
<b>Pre-Season Baseball:</b> Mar. 3-31, May 12-June 9, June 11-15
<b>Flag Football League:</b> Apr. 14-May 19
<b>Tennis:</b> Apr. 28-May 26, June 11-July 9, July 23-27
<b>Volleyball League:</b> May 5-June 2, June 16-July 21 (off 7/7)
<b>Flag Football:</b> June 18-22
<b>Tennis League:</b> July 28-Aug. 25

-Rain cancellations: time equally added to remaining days of program-

# Sign-up Today!

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

# Program/Camp Descriptions

## Kids First STEPS Blast Ball Program/Camp

**Batter UP!** Blast Ball is the introduction to baseball for 3-6 year olds. The game is very safe, played with a soft bat and ball, no glove is needed. Each player bats once an inning and no scores are kept. Blast Ball consists of one base and it makes a “honking” noise when a player steps on it.

Major League Baseball recognized Blast Ball as part of its campaign to promote the resurgence of baseball at the grass-roots level. (Bring your cameras). **Kids Love IT!**

Registration at: **Berwyn Park District**  
**Kids First STEPS Blast Ball Program/Camp**

\*\*\*Quality Beginners Sport\*\*\*

Who: Boys & Girls ages 3-6

Sessions: 5

When: **Thursdays: Mar. 1-Apr. 5 (off 3/29) (Series 1)**

Where: **Liberty Center Gymnasium**

When: **Thursdays: May 24-June 21 (Series 2)**

Where: **Proksa Park**

Time: 4:00pm – 5:00pm 3-6 year olds

When: **Monday-Friday: July 16-20**

Where: **Proksa Park**

Time: 9:00am – 10:00am 3-6 year olds

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

Cost: \$52

Min./Max. 8/24

Kids First: [www.kidsfirstsports.net](http://www.kidsfirstsports.net) - 630-257-5438 - [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Volleyball Program/Camp

**Volleyball Let's Play It!** Fun and Instructional **Program/Camp** prepare players to succeed in volleyball. Excellent Coaches plan strategic, **FUN** preparation drills and games that *will* increase **SKILLS & SAFETY** through Fundamentals. **Kids Love It!**

**Program/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 at: **Berwyn Park District**

**Kids First Volleyball Program/Camp**

Who: Boys & Girls ages 6-8, 9-14

Sessions: 5

Where: **Liberty Center Gymnasium**

When: **Thursdays: Mar. 1-Apr. 5 (off 3/29) (Series 1)**

**June 7-July 12 (off 7/5) (Series 2)**

Time: 5:15pm- 6:15pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
6:15pm – 7:15pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

When: **Spring Break Monday-Friday Mar. 26-30**

Time: 9:00am – 10:00am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
10:00am – 11:00am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

When: **Monday-Friday: July 16-20**

Time: 9:00am – 10:00am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
10:00am – 11:00am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

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

Cost: \$52

Min./Max. 8/24



\*\*\*Fundamentals\*\*\*

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## Kids First Pre-Season Baseball Training Program/Camp

Let's hit it!

**Kids First** Certified Coaches offer a pre-season Baseball training program/camp to properly prepare kids for the upcoming season.

**Baseball Training includes:** Player safety & fundamentals preparation, individual Baseball skills, techniques on: fielding, hitting, throwing, running; Plus- game rules and sportsmanship.

Registration at: **Berwyn Park District**  
**Kids First: Pre-Season Baseball Training Program/Camp**  
Who: Boys & Girls ages 6-8, 9-12  
Sessions: 5  
When: **Saturdays: Mar. 3-31 (Series 1)**  
Where: **Liberty Center Gymnasium**  
Time: 9:00am – 10:00am (6-8 yr. olds)  
10:00am – 11:00am (9-12 yr. olds)



(Safety & Fundamentals)

When: **Saturdays: May 12-June 9 (Series 2)**  
**Monday-Friday: June 11-15**  
Where: **Proksa Park**  
Time: 9:00am – 10:00am (6-8 yr. olds)  
10:00am – 11:00am (9-12 yr. olds)

Where: **Proksa Park**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max.: 8/24

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## Kids First: Spring Flag Football League

**6 Week Season of FLAG FOOTBALL!** - Combining preparation with games. The entire League will focus on **SAFETY & SKILLS** preparation for the first 2 weeks & prior to games. **Flag Football Games** will be played for 55 minutes starting week 3 with Players assigned to a Flag Football Team. Players will keep same team assignment week 5 & 6. The **Flag Football Game** consists:

1. Thousand 5 rush	3. 80 by 30 yard field, 2 end zones
2. One middle of field first down	4. Everyone Plays

Week 1, 2: Players learn football through fundamentals and experience individual and team competitive drills to develop **Skills**.

Week 3, 4: **Football Games Begin...** Coaches prepare football plays in huddles, kids gain confidence in making a play safely & skillfully.

Week 5: **Kids First Flag Football Championship** tune-up game.

Week 6: **Kids First Championship Flag Football Game**. Parents bring cameras  
**Kids Love It!**



\*\*\*Safe Football Fundamentals\*\*\*

Registration at: **Berwyn Park District**  
**Kids First Spring Flag Football League Program**  
Who: Boys & Girls ages 6-8, 9-14  
Sessions: 6  
When: **Saturday: Apr. 14 – May 19**  
Time: 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Proksa Park**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$65  
Min./Max. 8/38

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## Kids First Tennis Program/Camp

**Serve IT!** Experience the competition of **TENNIS! It's Fun.** Tennis Program challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!!!**

**Program/Camp offers:** Individual **Skills Contest & Championship Tennis Matches.** **PLUS** racket skill positions training, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

**Kids First** Instructor raises the **SKILL & EXCITEMENT LEVEL** for the players using preparation time devoted to fundamentals, Safety, Speed, and fitness leading to games.

Registration at: **Berwyn Park District**

**Kids First Tennis Program**

Who: Boys & Girls ages 6-8, 9-14 separated within the Camp

Sessions: 5

When: **Saturdays: Apr.28-May 26 (Series 1)**

**June 11-July 9 (Series 2)**

**Monday-Friday: July 23-27 (Series 3)**

**Time:** 9:00 am – 10:30 am (6-8 year olds)  
10:30 am -12:00 pm (9-14 year olds)

Where: **Proksa Park- Tennis Courts**

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

Cost: \$65

Min./Max. 6/24



\*\*\*Major Fun\*\*\*

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## Kids First Volleyball League

**Team Volleyball Games played!** This new way of league play comes with the first week of volleyball instruction followed by 4 weeks of volleyball games and concludes with a Championship game. Players will be assigned teams the first 3 weeks, followed by same team assignments week 4 & 5. Players will experience various volleyball positions and roles for their respective teams. This concept has produced winning teams without elementary and High Schools. **Kids Love It!**

Registration at **Berwyn Park District**

**Kids First Volleyball League Program**

Who: Boys & Girls ages 9-14

Sessions: 5

When: **Saturdays: May 5 – June 2 (Series 1)**

**June 16-July 21 (off 7/7) (Series 2)**

**Time:** 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Liberty Center Gymnasium**

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

Cost: \$59

Min./Max.: 8/30



\*\*\*Super Fun\*\*\*

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## Kids First Flag Football Camp

Are you ready for some FOOTBALL! *Championship Friday*

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.



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

Registration at: **Berwyn Park District**

**Kids First Flag Football Camp**

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

Sessions: 5

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

**Time:** 9:00am – 12:00am 6-8 year olds  
9:00am – 12:00am 9-14 year olds

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

Where: **Proksa Park**

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

Cost: \$99

Min./Max. 8/28

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## Kids First Tennis League

**Singles and Doubles matches** throughout the tennis league program. Players will be taught specific tennis skills at the beginning of each session prior to game activity. Winners and runner-ups will advance throughout the league program with the championship matches on the last session day. **Kids Love it!**

Registration at: **Berwyn Park District**

**Kids First Tennis League Program**

Who: Boys & Girls ages 6-8, 9-14 separated within the Camp

Sessions: 5

When: **Saturdays: July 28-Aug. 25**

**Time:** 9:00 am – 10:30 am (6-8 year olds)  
10:30 am -12:00 pm (9-14 year olds)

Where: **Proksa Park- Tennis Courts**

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

Cost: \$65

Min./Max. 6/24



\*\*\*Major Fun\*\*\*

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**Sign-up Today!**

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## New- Kids First Track & Field (Fundamentals) Camp

Run with a SMILE! One hour 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 at: **Berwyn Park District**  
**Kids First Track & Field (Fundamentals) Camp**

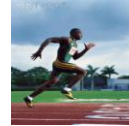
Who: Boys & Girls ages 5-6, 7-9, 10-14

Sessions: 5

When: **Monday-Friday: June 18-22 (Series 1)**

**July 16-20 (Series 2)**

**Aug. 6-10 (Series 3)**



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

**Time:** 9:00am – 10:00am (5-6 yr. olds)  
10:00am – 11:00am (7-9 yr. olds)  
11:00am – 12:00pm (10-14 yr. olds)

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

Where: **Proksa Park**

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

How Much: \$55

Min./Max. 8/50

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