

Winter-Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Groups: STEPS 3-6 year olds; Higher Standards 6-14 year olds

Winter-Spring-12 Downers Grove Park District

www.dgparks.org

630-960-7250

*(Recreation Center) **(Suburbanite Bowl) ***(Lincoln Center) ****(Washington Park) *****(McCollum Park)
***** (Sterling North/Bending Oaks Park)

Higher Standards Programs & Camps

Pre-Season Baseball: Sat. Jan. 7-Feb. 4
Bowling: Sat. Jan. 7-Feb. 4, Feb. 11-Mar. 10
Volleyball: Mon. Jan. 9-Feb. 13 (off 1/16), Feb. 20-Mar. 19, Apr. 2-30
Dodge Ball: Tues. Jan. 10-Feb. 7, Feb. 14-Mar. 13, Mar. 20-Apr. 24 (off 3/27)
Basketball: Wed. Jan. 11-Feb. 8, Feb. 15-Mar. 14
Spring Break Volleyball: Mon.-Fri. Mar. 26-30
Spring Break Baseball: Mon.-Fri. Mar. 26-30
Spring Break Basketball: Mon.-Fri. Mar. 26-30
Spring Break Bowling: Mon.-Fri. Mar. 26-30
Lacrosse: Wed. Apr. 4-May 2, May 9-June 6
Baseball: Mon. Apr. 9-May 7
Spring Flag Football League: Sat. Apr. 14-May 19
Golf: Sat. Apr. 14-May 12
Volleyball League: Sat. Apr. 28-May 26
Tennis League: Sat. Apr. 28-May 26

STEPS Programs & Camps

Blast Ball: Sat. Jan. 14-Feb. 11, Feb. 18-Mar. 17
Baseball: Tues. Apr. 9-May 7 see Higher Standards description
Golf: Sat. Sat. Apr. 14-May 12 see Higher Standards description

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

Sign-up Now!

Program & Camp Descriptions

Kids First Pre-Season Baseball Training Program

Let's Hit it!

Kids First Certified Coaches offer a pre-season Baseball training program 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: **Downers Grove Park District**
Kids First: Pre-Season Baseball Training Program
Who: Boys & Girls ages 4-5, 6-10
Sessions: 5
When: **Saturdays: Jan. 7-Feb. 4**



(Safety & Fundamentals)

Time: 12:00pm – 1:00pm (4-5 yr. olds)
1:00pm – 2:00pm (6-10 yr. olds)

Where: **Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max.: 8/24

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

Kids First Winter Bowling Program

Bowling! Have a *Ball* with more strikes and spares!! Combining Games and instruction... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

Program Offers: Individual **championship matches** & **Team Championships**. Plus Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. **Kids Love It!**

Registration at: **Downers Grove Park District**
Kids First: Bowling (Fundamentals) Program
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 5
When: **Saturdays: Jan. 7-Feb. 4 (Series 1)**
Saturdays: Feb. 11-Mar. 10 (Series 2)



Major Fun

Time: 12:00pm –1:30pm 6-8 year olds (1st – 3rd Graders)
12:00pm –1:30pm 9-14 year olds (4th – 8th Graders)

Where: **Suburbanite Bowl- Ogden Ave.**
(8 years of Kids First Bowling)
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$69
Includes: **Ball & Shoe Rental**
Min./Max.: 8/24

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

Kids First Volleyball Program

Volleyball Let's Play It!! Fun and Instructional Program 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 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: Downers Grove Park District

Kids First Volleyball Program

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

Sessions: 5

When: Mondays: Jan. 9– Feb. 13 (Series 1) (off 1/16)

Mondays: Feb. 20 – Mar. 19 (Series 2)

Mondays: Apr. 2- 30 (Series 3)

Time: 6:30pm – 7:30pm 6-8 year olds (1st – 3rd Graders)

7:30pm – 8:30pm 9-14 year olds (4th – 8th Graders)

Where: Recreation Center

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65

Min./Max.: 8/30



Fundamentals

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

Kids First Dodge Ball Program

Dodger Dodger! Dodge Ball Games every session ending with a competitive Championship Game on the last day. This Fun moving sport will provide team competition and individual challenge matches on the court. Kids will have a blast running, throwing, dodging and ducking their way to victory; while getting their bodies in shape. Kids Love It!!!

Registration at: Downers Grove Park District

Kids First Dodge Ball Program

Who: Boys & Girls ages 7-9, 10-14 separated within the Program

Sessions: 5

When: Tuesdays: Jan. 10-Feb. 7 (Series 1)

Tuesdays: Feb. 14-Mar. 13 (Series 2)

Tuesdays: Mar. 20-Apr. 24 (off 3/27) (Series 3)

Time: 6:30pm – 7:30pm 7-9, year olds

7:30pm - 8:30pm 10-14 year olds

Where: Recreation Center

Min./Max.: 8/24

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59



Super Safe Dodge Balls

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

Kids First Basketball (Fundamentals) Program

I've Got Game!! Basketball Program 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. **Kids Love It!**

Program 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.

Registration at: **Downers Grove Park District**
Kids First Basketball (Fundamentals) Program
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 5
When: **Wednesdays: Jan. 11-Feb. 8 (Series 1)**
Wednesdays: Feb. 15-Mar. 14 (Series 2)



Awesome Fun

Time: 6:30pm – 7:30pm 6-8 year olds (1st -3rd Graders)
7:30pm – 8:30pm 9-14 year olds (4th – 8th Graders)

Where: **Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max. 6/24

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

Kids First Spring Break Volleyball Camp

Spring into Volleyball! Games and Instruction each day- Players practice at the start of each session leading to competitive volleyball games. Excellent Coaches prepare the players to succeed through the teachings of volleyball drills that **will** increase **SKILLS & SAFETY** through Fundamentals. **Kids will Love It!!!**

Registration at: **Downers Grove Park District**
Kids First Spring Break Volleyball Camp
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 5
When: **Monday-Friday: Mar. 26-30**



Awesome Fun

Time: 9:00am – 10:00pm 6-8 year olds
10:00pm – 11:00pm 9-14 year olds

Where: **Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$49
Min./Max.: 8/20

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

Kids First Spring Break Baseball Camp

Baseball! It's a HIT! instruction & Games! This camp challenges all players through fun competitive baseball drills and games that will maximum player potential: Parents have call Kids First baseball mandatory for **fundamentals**, **safety**, and **skills** training. Kids Love It!!

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

Registration at: **Downers Grove Park District**
Kids First Spring Break Baseball Camp
Who: Boys & Girls ages 6-8, 9-12
Sessions: 5 (Indoor Activity)
When: **Monday – Friday: Mar. 26 – 30**



Fundamentals

Time: 11:00am —12:00pm 6-8 year olds
12:00pm —1:00pm 9-12 year olds

Where: **Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$49
Min./Max. 6/28

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

Kids First Spring Break Basketball Camp

Spring to the basket! Basketball Games & Preparation; Players will be fulfilled with new basketball **skills** and **safety** to make them game ready. Kids Love It!

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.

Registration at: **Downers Grove Park District**
Kids First Spring Break Basketball Camp
Who: Boys & Girls ages 4-5, 6-8, 9-13 separated within the Program
Sessions: 5
When: **Monday-Friday: Mar. 26-30**



Awesome Fun

Time: 1:00pm – 2:00pm 4-5 year olds
2:00pm – 3:00pm 6-8 year olds (1st -3rd Graders)
3:00pm – 4:00pm 9-13 year olds (4th – 7th Graders)

Where: **Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$49
Min./Max. 6/24

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

Kids First Spring Break Bowling Camp

BOWL thru the Break! Have Fun and Bowl... Games and instruction daily... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

Camp Offers: Individual **bowling matches** & **Team Games**. **Plus** Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship.

Kids Love It!

Registration at: **Downers Grove Park District**

Kids First Spring Break Bowling Camp

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

Sessions: 5

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

Time: 12:00pm –1:30pm 6-8 year olds (1st – 3rd Graders)
12:00pm –1:30pm 9-14 year olds (4th – 8th Graders)

Where: **Suburbanite Bowl- Ogden Ave.**

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

Cost: \$69

Includes: **Ball & Shoe Rental**

Min./Max.: 8/24



Fun & Exciting

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

Kids First Lacrosse Fundamentals Program

Lacrosse- Raise a Stick! Lacrosse is a fast pace game that challenges players to get into great physical shape and learn a variety of skills such as eye-hand-stick coordination.

Excellent Coaches will focus on teaching lacrosse skills, while learning: lacrosse techniques, player positions, body balance, and first step directional movements. **Plus:** Practice techniques, stick handling, shooting, understanding goal keepers, game awareness, and concludes with a championship lacrosse match.

Registration at: **Downers Grove Park District**

Kids First Lacrosse Fundamentals Program

Who: Ages 9-15

Sessions: 5

When: **Wednesdays: Apr. 4- May 2**

Wednesdays: May 9- June 6

Time: 5:30pm – 6:45pm

Where: **McCullum Park**

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

Cost: \$65

Equipment: Kids first will provide equipment to participants that need it



Fundamentals

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

Kids First Baseball Training Program

Let's Hit it!

Kids First Certified Coaches offer a pre-season Baseball training program 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 **Downers Grove Park District**

Kids First: Baseball Training Program

Who: Boys & Girls ages 4-5, 6-10

Sessions: 5

When: **Mondays Apr. 9-May 7**

Time: 5:00pm – 6:00pm (4-5 yr. olds)
6:00pm – 7:00pm (6-10 yr. olds)

Where: **McCullum Park**

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

Cost: \$59

Min./Max.: 8/24



(Safety & Fundamentals)

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

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 **Downers Grove 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 (1st – 3rd Graders)
10:15am – 11:30am 9-14 year olds (4th – 8th Graders)

Where: **McCullum Park**

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

Cost: \$75

Min./Max. 8/38

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

Kids First: Golf Fundamentals

Wow What a Hit! Feel the excitement of striking the golf ball better than you ever imagined! This new instructional program challenges all golfers to play consist golf.

Experienced coaches teach valuable golf instruction on the following: Hand grips, feet position, body balance, head-eye-shoulder positioning, putting, and chipping, short irons, long irons, T-shots, woods, and golf etiquette. A championship golf skills challenge will conclude the program.

Registration at **Woodridge ark District**
Kids First Golf Fundamentals Program

Who: Boys & Girls ages 4-5, 6-8 & 9-12

Sessions: 5

When: **Saturdays: Saturdays: Apr. 14-May 12**

Time: 8:30am-9:30am 4-5 year olds
9:30am- 10:30am 6-8 year olds (1st - 3rd Graders)
10:30am- 11:30am 9-12 year olds (4th – 6th Graders)

*rain cancellations: time equally added to remaining days of program.

Where: **McCullum Park**

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

Cost: \$59

Min./Max.: 8/20

*golf clubs required



Quality Golf Program

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

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 **Downers Grove Park District**
Kids First Volleyball League Program

Who: Boys & Girls ages 9-14

Sessions: 5

When: **Saturdays: Apr. 28-May 26**

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

Where: **Recreation Center**

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

Cost: \$65

Min./Max.: 8/30



Super Fun

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

Kids First Tennis

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 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 **Downers Grove 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**

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

Where: **Downers Grove Park District- Tennis Courts**

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

Cost: \$69

Min./Max. 6/24



*****Major Fun*****

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

STEPS Program & Camp Descriptions

Kids First STEPS Blast Ball Program

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 **Downers Grove Park District**
Kids First STEPS Blast Ball Program

Who: Boys & Girls ages 4-5, 6-7

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**
Saturdays: Feb. 18-Mar. 17 (Series 2)

Time: 9:00am – 9:45am 4-5 year olds
9:45am – 10:30am 6-7 year olds

Where: **Recreation Center**

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

How Much: \$59

Min./Max. 8/24

Quality Beginners Sport

Kids First: www.kidsfirstsports.net - 630-257-5438 - staff@kidsfirstsports.net

Kids First Pre-Season Baseball Training Program

Mondays: Apr. 9- May 7



Pre-Season Baseball Training Program

Let's hit it! See Description in Higher Standards

Kids First: Golf Fundamentals Program

Saturdays: Apr. 14-May 12



Let's strike it! See Description in Higher Standards

Sign-up Now!