

Summer-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

Youth Sports Camps at 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)

Sports Specific Camp Calendar

Sports Specific Camp Dates

June 4-8 Baseball

June 11-15 Volleyball

June 18-22 Flag Football/
Cheerleading

June 25-29 Swimming

July 9-13 Basketball

July 16-20 Tennis

July 23-27 Track & Field

July 30-Aug. 3 Soccer

Aug. 6-10 Badminton

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

(Find: Kids First Banner)

Sign-up Now!

Note: Registration starts March 1, 2012



KIDS FIRST SPORTS SAFETY INC.

Kids First Sports Safety, Inc. is honored to have the opportunity to train youth sports athletes in the Downers Grove community with the support of Downers Grove Park District.

Kids First Certified Coaches are the difference maker when it comes to teaching athletes sports fundamentals, Safety, and skills in the sport of their choosing. Special pricing is now being offered to all campers.

Sports Specific Camp Descriptions

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 maximum 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 at: **Downers Grove Park District**
Kids First Baseball (Fundamentals) Camp
Who: Boys & Girls ages 6-8, 9-14 separated within the camp
Sessions: 5
When: **Monday-Friday: June 4-8**



It's a Hit

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

Where: **Downers Grove Park District McCullum Park**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost: \$109
Min./Max. 6/40
Early Registration Starts: **Mar. 1st 2012**

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

Sign-up Now!

Kids First Volleyball (Fundamentals) Camp

Spike IT! Fun and instructional **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!**

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: **Downers Grove Park District**
Kids First Volleyball (Fundamentals) Camp
Who: Boys & Girls Ages (6-8), (9-14)
Sessions: 5
When: **Monday - Friday: June 11-15**



Fundamentals

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

Where: **Downers Grove Park District Recreation Center**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost: \$109
Min./Max. 6/40
Early Registration Starts: **Mar. 1st 2012**

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

Sign-up Now!

Kids First Flag Football (Fundamentals) Camp

includes: Kids First T-shirt (first time participants-gift)

Touchdown! Are you ready for some **FOOTBALL!** 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 passing, catching, blocking, speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship. **Kids Love It!**

Registration at: **Downers Grove Park District**
Kids First Flag Football (Fundamentals) Camp
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)

Where: **Downers Grove Park District McCullum Park**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost: \$109
Min./Max. 10/80
Early Registration Starts: **Mar. 1st 2012**



*****Fundamentals*****

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

Sign-up Now!

Kids First Cheerleading Camp

includes: Kids First T-shirt (first time participants-gift)

Cheerleader Spirit! 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 our **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 at: **Downers Grove Park District**
Kids First Cheerleading Camp
Who: Girls ages 6-14 divided and separated by age.
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: **Downers Grove Park District McCullum Park**
Instructor: Staff from **Kids First Sports Safety, Inc.**
How Much: \$109
Min./Max. 10/80



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

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

Sign-up Now!

Kids First Swimming (Fundamentals) Camp

Kids First Certified Coaches bring its teaching techniques to Downers Grove. Swimmers will be prep for speed in four styles of swim strokes through competitive swim drills.

Swimming training includes best body position for speed and balance in the pool for free style, butterfly, breast & back strokes. Further, this training process is age group specific and includes: starting positions, hands, arms, and leg movements, kick motions, finishing/winning event tactics, speed drills, and sportsmanship.

Swimmers that enjoy individual and team competitions will compete in championship swims on the last day of the camp. **Kids Love It!**

Registration at: **Downers Grove Park District
Kids First Swimming (Fundamentals) Camp**
Who: Boys & Girls Ages (6-8), (9-14) divided within the camp
Sessions: 5
When: **Monday-Friday: June 25-29**



Fundamentals

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

Where: Downers Grove Park District Pool
Instructors: Staff from Kids First Sports Safety, Inc.
Cost: \$109
Min./Max. 10/80
Early Registration Starts: Mar. 1st 2012

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

Sign-up Now!

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 at: **Downers Grove Park District
Kids First Basketball (Fundamentals) Camp**
Who: Boys & Girls Ages (6-8), (9-14)
Sessions: 5
When: **Monday - Friday: July 9-13**



Fundamentals

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

Where: Downers Grove Park District Recreation Center
Instructors: Staff from Kids First Sports Safety, Inc.
Cost: \$109
Min./Max. 6/40
Early Registration Starts: Mar. 1st 2012

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

Sign-up Now!

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 at: **Downers Grove Park District**
Kids First Tennis (Fundamentals) Camp
Who: Boys & Girls Ages (6-8), (9-14)
Sessions: 5
When: **Monday - Friday: July 16-20**



Fundamentals

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

Where: **Downers Grove Park District- Tennis Courts**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost: \$109
Min./Max. 6/40
Early Registration Starts: **Mar. 1st 2012**

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

Sign-up Now!

New- Kids First Track & Field (Fundamentals) Camp

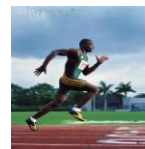
Run with a SMILE! One hour a day camp:
Speed, Quickness, Agility Camp thru Track & Field Events

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. **Kids Love It!**

Registration at: **Downers Grove Park District**
Kids First Track & Field (Fundamentals) Camp
Who: Boys & Girls ages 5-6, 7-9, 10-14
Sessions: 5
When: **Monday-Friday: July 23 – 27**



WOW its Fast

Time: 9:00am – 10:00am (5-6 yr. olds)
10:00am – 11:00am (7-9 yr. olds)
1:00am – 12:00pm (10-14 yr. olds)

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

Where: **Downers Grove Park District McCullum Park**
Instructor: Staff from **Kids First Sports Safety, Inc.**
How Much: \$59
Min./Max. 8/50

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

Sign-up Now!

Kids First Soccer Camp

Take a **SOCCKER 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 at: **Downers Grove Park District**
Kids First Soccer Camp

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

Sessions: 5

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

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

Where: **Downers Grove Park District McCullum Park**

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

Cost: \$109

Min./Max.: 8/40



Major Fun Camp

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

Sign-up Now!

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 at: **Downers Grove Park District**

Kids First Badminton Camp

Who: Boys & Girls ages 9-14

Sessions: 5

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

Time: 9:00am – 12:00am 9-14 year olds

Where: **Downers Grove Park District Recreation Center**

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

Cost: \$109

Min./Max. 6/40

Kids First Provides: Rackets, Birdies



Major Fun

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

Sign-up Now!

Sports Specific Camp Calendar

Sports Specific Camp Dates

June 4-8 Blast Ball
June 11-15 Bowling
June 18-22 Girls Softball
June 25-29 Dodge Ball
July 9-13 Golf
July 16-20 Bowling
July 23-27 Dodge Ball
July 30-A3 Balloon Ball

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

(Find: Kids First Banner)

Sign-up Today!

Note: Registration starts March 1, 2012

Sports Specific Camp Descriptions

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

Kids First STEPS Blast Ball Camp

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

Sessions: 5

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

Time: 9:00am – 10:00am 4-5 year olds
10:00am – 11:00am 6-7 year olds

Where: **Washington Park**

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 Bowling Camp

Strike-Wow it's Fun! Have a *Ball* with more strikes and spares!! Games and instruction daily... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

Camp 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 Camp

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: 10:00am –1:00pm 6-8 year olds
10:00am –1:00pm 9-14 year olds

Where: **Suburbanite Bowl** (201 Ogden Ave.- Westmont)

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

Cost: \$99

Min./Max. 8/40

Includes: Ball, Shoes



Major Fun

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

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 maximum 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 at: **Downers Grove Park District**

Kids First Softball Camp

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

Sessions: 5

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

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

Where: **McCollum Park**

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

Cost: \$99

Min./Max. 6/32



Catch IT

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

Kids First Dodge Ball Camp

Dodge This! Dodge Ball Games every day 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 Camp
Who: Boys & Girls ages 9-14 separated within the Camp
Sessions: 5
When: **Monday-Friday: June 25-29 (Series 1)**
July 23-27 (Series 2)



*****Super Safe Dodge Balls*****

Time: 9:00am – 12:00pm 9-14 year olds

Where: **Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$99
Min./Max.: 8/40

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 camp 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 camp.

Registration at: **Downers Grove Park District**
Kids First Golf Fundamentals Camp
Who: Boys & Girls ages 4-5, 6-8 & 9-12
Sessions: 5
When: **Monday-Friday: July 9-13**



*****Quality Golf Program*****

Time: 8:30am-9:30am 4-5 year olds
9:30am- 10:30am 6-8 year olds
10:30am- 11:30am 9-12 year olds

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

Where: **Washington Park**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max.: 8/20
***golf clubs required**

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

New Kids First STEPS Balloon Ball Camp

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, or throw it, or kick it in one of the two goals for a score.

The action is a bit faster, with fewer rules than soccer so kids are not being corrected as much in this new fast pace game. Kids will be taught coordination and balance along with the importance of exercise that their bodies need. Kids just love this new game that was created by Kids First.

Registration at: **Downers Grove Park District**

Kids First: STEPS Balloon Ball Camp

Who: Boys & Girls ages 3-4, 5-6 separated within the program

Sessions: 5

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

*****Fun & Exciting*****

Time: 12:00pm – 1:00pm 3 & 4 year olds

1:00pm – 2:00pm 5 & 6 year olds

Where: **Washington Park**

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

Cost: \$59

Min./Max.: 8/24

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

Sign-up Today!

Sports Specific Program Calendar

Sports Specific Program Dates

June 6-27 Volleyball

July 11-Aug. 1 Volleyball

June 6-27 Dodge Ball

July 11-Aug. 1 Dodge Ball

June 6-27 Basketball

July 11-Aug. 1 Basketball

Sign-up Now!

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

Program Descriptions

Kids First Volleyball

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.



Fundamentals

Registration at: **Downers Grove Park District**

Kids First Volleyball Program

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

Sessions: 4

When: **Wednesdays: June 6- 27 (Series 1)**

July 11-Aug. 1 (Series 2)

Time: 9:00am – 10:00am 6-8 year olds

10:00am – 11:00am 9-14 year olds

Where: **Downers Grove Park District Recreation Center**

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

Cost: \$49

Min./Max.: 8/38

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

Kids First Dodge Ball Program

Dodge This! Dodge Ball Games every day 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 by age
Sessions: 4
When: **Wednesdays: June 6– 27 (Series 1)**
July 11-Aug. 1 (Series 2)



Super Safe Dodge Balls

Time: 11:00pm – 12:00pm 7-9 year olds **Court 1**
11:00pm – 12:00pm 10-14 year olds **Court 2**

Where: **Downers Grove Park District Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$49
Min./Max.: 8/38

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

Kids First Basketball (Fundamentals) Program

I've Got Game! This 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 4-5, 6-8, 9-14 separated within the Program
Sessions: 4
When: **Wednesdays: June 6– 27 (Series 1)**
July 11-Aug. 1 (Series 2)



Fundamentals

Time: 1:00pm – 2:00pm 4-5 year olds
2:00pm – 3:00pm 6-8 year olds
3:00pm – 4:00pm 9-14 year olds

Where: **Downers Grove Park District Recreation Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$49
Min./Max. 6/38

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

Sign-up Now!
