

# Fall-11



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

Age Group: Kids First STEPS (3-5 year olds), Higher Standards (6-14 year olds)

## Fall-11 Park District of Forest Park

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

708-366-7500

Locations: \*Park District of Forest Park Fields, \*\*Gymnasium

## Programs & Camps

<b>Pre-Season Football: Aug. 13-27</b>
<b>Pre-Season Cheerleading: Aug. 13-27</b>
<b>Tennis: Aug. 13-Sept. 10, Sept. 17-Oct. 15</b>
<b>Softball: Sept. 6-Oct. 11</b>
<b>Cheerleading: Sept. 10-Oct. 15</b>
<b>Soccer: Sept. 10-Oct. 15</b>
<b>Blast Ball: Sept. 13-Oct. 11</b>
<b>Baseball: Sept. 13-Oct. 11</b>
<b>Bowling: Sept. 17-Oct. 15, Oct. 22-Nov. 19</b>
<b>Volleyball: Sept. 13-Oct. 11, Oct. 18-Nov. 15, Nov. 29-Dec. 13</b>
<b>Dodge Ball: Sept. 13-Oct. 11, Oct. 18-Nov. 15, Nov. 29-Dec. 13</b>
<b>Basketball: Oct. 22-Nov. 19, Nov. 26-Dec. 31</b>
<b>Holiday Flag Football: Dec. 19-23</b>
<b>Holiday Bowling: Dec. 19-22, Jan. 3-6</b>
<b>Holiday Dodge Ball: Dec. 20-23</b>
<b>Holiday Basketball: Dec. 27-30</b>

**Sign-up Now!**

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

## Program & Camp Descriptions

**Kids First Pre-Season FLAG FOOTBALL**– This program works on player development, conditioning, player stances, rules of the game, football terminology, player positions and purpose. In addition all players will be taught Kids First Always rules for football safety.

Registration at **Park District of Forest Park**

**Kids First Pre-Season Flag Football**

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

Sessions: 3

When: **Saturdays: Aug. 13-27**



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

**PS-Football-1:** 9:00am – 10:15am 6-8 year olds

**PS-Football-2:** 10:15am – 11:30am 9-14 year olds

Where: **Park District of Forest Park Field**

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

Cost: \$33

Min./Max. 8/40

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**Kids First Pre-Season Cheerleading**– This program works on cheerleading development, conditioning, stances, and rules of cheerleading, terminology, cheerleading positions and purpose. In addition all cheerleaders will be taught Kids First Always rules for cheerleading safety.

Registration at **Park District of Forest Park**

**Kids First Pre-Season Cheerleading**

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

Sessions: 3

When: **Saturdays: Aug. 13-27**



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

**PS-Cheerleading-1:** 9:00am – 10:15am 6-8 year olds

**PS-Cheerleading-2:** 10:15am – 11:30am 9-14 year olds

Where: **Park District of Forest Park Field**

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

Cost: \$33

Min./Max. 8/40

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### Kids First Tennis

**A Racket Full of FUN!** Tennis games & instruction daily taught by experienced coaches to share the love for the game. Tennis Program challenges beginners to advanced players through competitive singles & doubles matches. **Kids Love It!!!**

**Program offers:** Individual Skill Contests, Championship Tennis Matches, drills that develop skills. **PLUS techniques on:** hand & arm placement, ball spins, speed & quickness, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at **Park District of Forest Park**

**Kids First Tennis Program**

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

Sessions: 5

When: **Saturdays: Aug. 13-Sept. 10 (Series 1), Sept. 17-Oct. 15 (Series 2)**

**Time: Tennis-1:** 9:00am – 10:30am 6-8 year olds

**Tennis-2:** 10:30am – 12:00pm 9-14 year olds



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

Where: **Park District of Forest Park Tennis Courts**

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

Cost: \$65

Min./Max. 6/18

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**Kids First Girls Softball– It's a HIT! [Instruction & Games!](#)** This program challenges all players through fun competitive softball drills and games that will maximum player potential.

**Program teaches:** Hitting, Fielding, Pitching, and Running the bases. Games will be played throughout the program, concluding with a championship game.



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

Registration at **Park District of Forest Park**

**Kids First Girls Softball**

Who: Girls 9-14 yr. olds

Sessions: 6

When: **Tuesdays: Sept. 6-Oct. 11**

**Girls Softball-1:** 5:00pm – 6:15pm 6-8 year olds

Where: **Park District of Forest Park Field**

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

Cost: \$69

Min./Max. 8/30

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## Kids First Cheerleading

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

**Program 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 program features a competitive cheer challenge contest. -Girls love it. Parents bring your cameras!



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

Registration at **Park District of Forest Park**

**Kids First Cheerleading**

Who: Girls ages 6-8, 9-14

Sessions: 6

When: **Saturdays: Sept. 10 – Oct. 15**

**Time:** 9:00am – 10:15pm 6-8 year olds  
10:15am – 11:30am 9-14 year olds

Where: **Park District of Forest Park Field**

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

Cost: \$69

Min./Max. 8/40

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## Kids First Soccer

**Soccer See The Goal!** Feel the excitement of scoring a goal! Kids will have plenty of fun with **Kids First** experienced coaches teaching soccer game techniques that give kids confidence & *skills*. Players will learn how to combine body balance & speed with FUN preparation soccer drills, making this program ideal for beginners to advanced players.

**Plus:** Soccer ball handling, headers, goalie positioning; concluding with a championship soccer game.

Registration at **Park District of Forest Park**

**Kids First Soccer Fundamentals Program**

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated by age.

Sessions: 6

When: **Saturdays: Sept. 10 – Oct. 15**

**Time:** **STEPS Soccer-1:** 9:00am – 10:00am 4-5 year olds  
**Soccer-2:** 10:00am – 11:00am 6-8 year olds  
**Soccer-3:** 11:00am – 12:00pm 9-14 year olds



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

Where: **Park District of Forest Park Field**

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

Cost: \$65

Min./Max.: 8/20

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## Kids First STEPS Blast Ball Program

Where's 1<sup>st</sup> BASE! Blast Ball is the introduction to baseball for 4-5 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 [Park District of Forest Park](#)  
[Kids First STEPS Blast Ball Camp](#)

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Tuesdays: Sept. 13-Oct. 11**

**STEPS Blast Ball-1: 5:00pm – 6:00pm 4-5 year olds**



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

Where: [Park District of Forest Park Baseball Field](#)  
Instructor: Staff from [Kids First Sports Safety, Inc.](#)  
How Much: \$52  
Min./Max. 8/24

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

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## Kids First Tee-Stand Baseball

**Stand-Up for Baseball!!! It's a HIT! [Instruction & Games!](#)** This program prepares kids to understand the game of baseball through fundamentals. Players learn how to step catch & throw at different fielding positions. Plus: Batting is taught from a Tee-Stand, followed by coach-pitch making kids feel comfortable swinging the bat and hitting the ball. Baseball games are played once the players are ready. [Kids Love It!!](#)

Registration at [Park District of Forest Park](#)  
[Kids First Tee-Stand Baseball Program](#)

Who: Boys & Girls ages 6-8

Sessions: 5

When: **Tuesdays: Sept. 13-Oct. 11**

**Higher Standards Tee-Ball-1: 6:00pm – 7:00pm 6-8 year olds**



\*\*\*Catch ON\*\*\*

Where: [Park District of Forest Park Baseball Field](#)  
Instructor: Staff from [Kids First Sports Safety, Inc.](#)  
Cost: \$52  
Min./Max. 8/24

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## Kids First Bowling

**Fall 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 [Park District of Forest Park](#)  
[Kids First: Bowling \(Fundamentals\) Program](#)

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

Sessions: 5

When: **Saturdays: Sept. 17-Oct. 15 (Series 1)**

**Saturdays: Oct. 22-Nov. 19 (Series 2)**

**Bowling-1: 12:00pm –1:30pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)**

**Bowling-1: 12:00pm –1:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)**



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

Where: TBD  
(8 years of Kids First Bowling)  
Instructor: Staff from [Kids First Sports Safety, Inc.](#)  
Cost: \$69 Program  
Includes: **Ball & Shoe Rental**  
Min./Max.: 6/24

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## 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 Park District of Forest Park  
Kids First Volleyball Program

Who: Boys & Girls ages 6-8, 9-14 separated within the Program  
Sessions: 5

When: \*Tuesdays: Sept. 13– Oct. 11 (Series 1)  
Oct. 18 – Nov. 15 (Series 2)  
Nov. 29, Dec. 6, 13 (Series 3)

Time: 4:15pm – 5:15pm 6-8 year olds  
5:15pm – 6:15pm 9-14 year olds

Where: Park District of Forest Park Gym  
Instructor: Staff from Kids First Sports Safety, Inc.  
Cost: \$59 Series 1 & 2; \$29 Series 3  
Min./Max.: 8/30

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## Kids First Dodge Ball

**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 Park District of Forest Park  
Kids First Dodge Ball Program

Who: Boys & Girls ages 9-12  
Sessions: 5

When: \*Tuesdays: Sept. 13– Oct. 11 (Series 1)  
Oct. 18 – Nov. 15 (Series 2)  
Nov. 29, Dec. 6, 13 (Series 3)

Time: 6:15pm – 7:15pm 9-12 year olds

Where: Park District of Forest Park Gym  
Instructor: Staff from Kids First Sports Safety, Inc.  
Cost: \$59 Series 1 & 2; \$29 Series 3  
Min./Max.: 8/30

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



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## Kids First Basketball

**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 Park District of Forest Park  
Kids First Basketball (Fundamentals) Program

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program  
Sessions: 5

When: Saturdays: Oct. 22-Nov. 19 (Series 1), Nov. 26-Dec. 31 (off 12/24) (Series 2)

Time: STEPS Basketball-1: 9:15am – 10:00am 4-5 year olds  
Basketball-2: 10:00am – 11:00am 6-8 year olds  
Basketball-3: 11:00am – 12:00pm 9-14 year olds

Where: Park District of Forest Park Gym  
Instructor: Staff from Kids First Sports Safety, Inc.  
Cost: \$59  
Min./Max. 6/24



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

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## Kids First Holiday Flag Football Camp

**Holiday Touchdown!! Kids First Instructor** raises the skill and excitement level for the campers by using 75% of the camp playing Flag Football Games and 25% preparing the players fundamentals of the sport. A championship Flag Football Game will be played on the last day- Parents bring your cameras. **Kids Love It!**

**Football Camp Teaches:** skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

Registration at **Park District of Forest Park**

**Kids First Holiday Flag Football Camp**

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

Sessions: 5 (**inside Activity**)

When: **Monday - Friday: Dec. 19 - 23**

Time: 9:00am – 10:15am 6-8 year olds  
10:15am – 11:30pm 9-12 year olds

Where: **Park District of Forest Park Gym**

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

Cost: \$55

Min./Max. 10/30

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

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## Kids First Holiday Bowling Camp

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

**Camp Teaches:** 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 **Park District of Forest Park**

**Kids First Holiday Bowling Camp**

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

Sessions: 4

When: **Monday- Thursday: Dec. 19 – 22 (Series 1)**

**Tuesday- Friday: Jan. 3 – 6 (Series 2)**

Time: 10:00am –11:30am 6-8, 9-14 year olds

Where: TBD

(8 years of Kids First Bowling)

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

Cost: \$69 Program

Includes: **Ball & Shoe Rental**

Min./Max.: 6/24

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

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## Kids First Holiday Dodge Ball Camp

**Holiday Dodge it! 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 **Park District of Forest Park**

**Kids First Holiday Dodge Ball Camp**

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

Sessions: 4

When: **Tuesday- Friday: Dec. 20 – 23**

Time: 12:00pm –1:15pm 7-9 year olds  
1:15pm- 2:30pm 10-14 year olds

Where: **Park District of Forest Park Gym**

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

Cost: \$43

Min./Max. 8/30

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

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## Kids First Holiday Basketball Camp

Holiday Basketball is **fundamental!!** 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 **Park District of Forest Park**  
**Kids First Holiday Basketball Camp**

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program  
Sessions: 4

When: **Tuesday-Friday: Dec. 27-30**

Time: **STEPS Basketball-1:** 9:15am – 10:00am 4-5 year olds  
**Basketball-2:** 10:00am – 11:00am 6-8 year olds  
**Basketball-3:** 11:00am – 12:00pm 9-14 year olds

Where: **Park District of Forest Park Gym**

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

Cost: \$43

Min./Max. 6/24



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

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