

# Fall-11



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

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

## Fall-11 Frankfort Park District

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

815-469-9400

Locations: \*Grand Prairie School, \*\*Grand Prairie Field, \*\*\*Grand Prairie Tennis Courts

## Programs & Camps

Pre-Season Football: Aug. 13-27
Pre-Season Cheerleading: Aug. 13-27
Tennis: Aug. 13-Sept. 10, Sept. 17-Oct. 15
Tumbling & Gymnastics: Aug. 25-Sept. 22, Sept. 29-Oct. 27, Nov. 3-Dec. 8
Girls Softball: Sept. 7-Oct. 12
Flag Football: Sept. 10-Oct. 15
Cheerleading: Sept. 10-Oct. 15
Soccer: Sept. 10-Oct. 8, Oct. 10-Nov. 14 (off 10/31)
Volleyball: Sept. 13-Oct. 11, Oct. 18-Nov. 15, Nov. 29-Dec. 27
Dodge Ball: Sept. 13-Oct. 11, Oct. 18-Nov. 15, Nov. 29-Dec. 27
Blast Ball: Sept. 15-Oct. 13, Oct. 20-Nov. 17, Dec. 1-15
Baseball: Sept. 15-Oct. 13, Oct. 20-Nov. 17, Dec. 1-15
Basketball: Oct. 22-Nov. 19, Nov. 26-Dec. 31, Jan. 7-Feb. 4
Holiday Flag Football: Dec. 20-23
Holiday Dodge Ball: Dec. 20-23
Holiday Basketball: Dec. 27-30

Rain cancellations: time equally added to remaining days of program

## 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 **Frankfort Park District**

**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: **Grand Prairie School Field**

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

Cost: \$33

Min./Max. 8/40

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

**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 **Frankfort Park District**

**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: **Grand Prairie School Field**

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

Cost: \$33

Min./Max. 8/40

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

## 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 **Frankfort Park District**

**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: **Grand Prairie School Tennis Courts**

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

Cost: \$69

Min./Max. 6/18

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

## Kids First Tumbling & Gymnastics Program

It's FUN!!! STEPS & Higher Standards Tumbling & Gymnastics are excellent ways to start your child on their way to balance and coordination.

Each program within our tumbling & gymnastics series will cover more moves, from somersaults to flip-flops and walkovers. Instructors will instill confidence and starting points that develop gymnastics skills that will last a lifetime. Each drill will focus on body formation and balance- PLUS it's great exercise! Concluding the program will feature a gymnastics challenge contest. (Bring your cameras)

Registration at Frankfort Park District  
Kids First Tumbling & Gymnastics Program  
Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14  
Sessions: 5  
When: **Thursdays: Aug. 25-Sept. 22 (Series 1)**  
**Sept. 29-Oct. 27 (Series2)**  
**Nov. 3-Dec. 8 (Series 3) (off 11/24)**



\*\*\*Coordination with Fun\*\*\*

STEPS-1: 3-4 year olds 4:30pm—5:15pm  
STEPS-1: 5-6 year olds 5:15pm—6:00pm  
HS -1: 7-8 year olds 6:00pm—6:45pm  
HS & Adv.-1: 9-14 year olds 6:45pm—7:30pm

Where: Grand Prairie School Gym  
Instructor: Staff from Kids First Sports Safety, Inc.  
Cost: \$59  
Min./Max.: 6/15

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

## 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.

Registration at Frankfort Park District  
Kids First Girls Softball  
Who: Girls 9-14 yr. olds  
Sessions: 6  
When: **Wednesdays: Sept. 7-Oct. 12**



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

Girls Softball-1: 5:00pm – 6:15pm 9-14 year olds

Where: Grand Prairie School Field  
Instructor: Staff from Kids First Sports Safety, Inc.  
Cost: \$69  
Min./Max. 8/30

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

## Kids First Flag Football League Program

includes Kids First T-shirt

**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!!!

Registration at **Frankfort Park District**  
**Kids First Flag Football League Program**  
Boys & Girls ages 6-8, 9-14  
Sessions: 6

When: **Saturdays: Sept. 10-Oct. 15**  
Time: 9:00am – 10:15am 6-8 year olds  
10:15am – 11:30am 9-14 year olds

Where: **Grand Prairie School Field**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$75  
Min./Max. 8/38



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

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

## Kids First Cheerleading

includes Kids First T-shirt

**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!

Registration at **Frankfort Park District**  
**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: **Grand Prairie School Field**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$75  
Min./Max. 8/38



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

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

---

## 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 **Frankfort Park District**

**Kids First Soccer Fundamentals Program**

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

Sessions: 5

When: **Saturdays: Sept. 10 – Oct. 8 (Series 1)**

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

Where: **Grand Prairie School Field**

When: **Thursdays: Oct. 10 – Nov. 14 (Series 2), (off 10/31)**

Time: **STEPS Soccer-1:** 4:00pm – 5:00pm 3-5 year olds

**Soccer-2:** 5:00pm – 6:00pm 6-8 year olds

**Soccer-3:** 6:00pm – 7:00pm 9-14 year olds

Where: **Grand Prairie School Gym**

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

Cost: \$62

Min./Max.: 8/20



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

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

---

## 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.

Registration at **Frankfort Park District**

**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. 27 (Series 3)**

Time: 4:00pm – 5:00pm 6-8 year olds

5:00pm – 6:00pm 9-14 year olds

Where: **Grand Prairie School Gym**

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

Cost: \$62

Min./Max.: 8/30



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

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

---

## 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 **Frankfort Park District**  
**Kids First Dodge Ball Program**

Who: Boys & Girls ages 9-13

Sessions: 5

When: **\*Tuesdays: Sept. 13– Oct. 11 (Series 1)**  
**Oct. 18 – Nov. 15 (Series 2)**  
**Nov. 29- Dec. 27 (Series 3)**

Time: 6:00pm – 7:00pm 9-13 year olds

Where: **Grand Prairie School Gym**

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

Cost: \$62

Min./Max.: 8/30

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

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



---

## Kids First STEPS Blast Ball

**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 **Frankfort Park District**  
**Kids First STEPS Blast Ball Program**

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Thursdays: Sept. 15-Oct. 13 (Series 1), Oct. 20-Nov. 17 (Series 2), Dec. 1-15 (Series 3)**  
**STEPS Blast Ball-1: 4:00pm – 5:00pm 4-5 year olds**

Where: **Grand Prairie School Field/Gym**

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

How Much: \$62

Min./Max. 8/24

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



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

---

## 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 **Frankfort Park District**  
**Kids First Tee-Stand Baseball Program**

Who: Boys & Girls ages 6-8

Sessions: 5

When: **Thursdays: Sept. 15-Oct. 13 (Series 1), Oct. 20-Nov. 17 (Series 2), Dec. 1-15 (Series 3)**  
**Higher Standards Tee-Ball-1: 5:00pm – 6:00pm 6-8 year olds**

Where: **Grand Prairie School Field/Gym**

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

Cost: \$62

Min./Max. 8/24

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



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

## 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.

Registration at **Frankfort Park District**  
**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. 27 (Series 3)  
Time: 4:00pm – 5:00pm 6-8 year olds  
5:00pm – 6:00pm 9-14 year olds



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

Where: **Grand Prairie School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$62  
Min./Max.: 8/30

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

## 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 **Frankfort Park District**  
**Kids First Dodge Ball Program**  
Who: Boys & Girls ages 9-13  
Sessions: 5  
When: \*Tuesdays: Sept. 13– Oct. 11 (Series 1)  
Oct. 18 – Nov. 15 (Series 2)  
Nov. 29- Dec. 27 (Series 3)  
Time: 6:00pm – 7:00pm 9-13 year olds

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



Where: **Grand Prairie School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$62  
Min./Max.: 8/30

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

## 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 **Frankfort Park District**  
**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 (Series 2), (off 12/24)  
Jan. 7-Feb. 4 (Series 3)



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

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: **Grand Prairie School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$62  
Min./Max.: 6/24

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

## 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 **Frankfort Park District**

**Kids First Holiday Flag Football Camp**

Who: Boys & Girls ages 6-8, 9-13 divided and separated by age.

Sessions: 5 (inside Activity)

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

Time: 9:00am – 10:15am 6-8 year olds  
10:15am – 11:30pm 9-13 year olds

Where: **Grand Prairie School Gym**

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

Cost: \$44

Min./Max. 10/30

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



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

## 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 **Frankfort Park District**

**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: **Grand Prairie School Gym**

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

Cost: \$44

Min./Max. 8/30

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



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

## 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 **Frankfort Park District**

**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: **Grand Prairie School Gym**

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

Cost: \$44

Min./Max. 6/24

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



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