

# Winter-12



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

Age Group: Kids First STEPS (4-6 year olds), Higher Standards (6-14 year olds)

**Community Park District of Lagrange Park**

**708-354-4580**

Locations: \*(Yena Park), \*\*(Park Jr. High School), \*\*\*(1501 Barnsdale) \*\*\*\*(Hanesworth)

## Programs & Camps

<b>Blast Ball: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>T-Ball, Baseball: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>Badminton: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>Basketball: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>Track &amp; Field: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>Dodge Ball: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>Volleyball: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>
<b>Flag Football: Sat. Jan. 21-Feb. 11, Feb. 18-Mar. 10</b>

**Private Lessons available for 28 sports**

**Sign-up Now!**

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# Program & Camp Descriptions

## Kids First STEPS Blast Ball

**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 **Community Park District of Lagrange Park**  
**Kids First STEPS Blast Ball Program**

Who: Boys & Girls ages 4-5

Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**

**Saturdays: Feb. 18 – Mar. 10 (Series 2)**

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

**Time:** 8:00am – 9:00am

Where: **Park Jr. High School Gym**

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

How Much: \$49

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 T-Ball, Baseball

**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!**

**Community Park District of Lagrange Park**

**Kids First – T-Ball, Baseball Program**

Who: Boys & Girls ages 6-7, 8-12

Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**

**Saturdays: Feb. 18 – Mar. 10 (Series 2)**



\*\*\*Catch the Fever\*\*\*

**Time:** 9:00am – 10:00am (6-7 yr. olds)

10:00am – 11:00am (8-12 yr. olds)

Where: **Park Jr. High School Gym**

Registration: **Community Park District of Lagrange Park**

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

How Much: \$49

Min./Max. 8/24

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## Kids First Badminton

**Badminton Anyone!** Now this is **FUN!** This instructional **program** prepares players to succeed in badminton. Excellent Coaches plan strategic, preparation drills and games that **will** increase **SKILLS** through Fundamentals.

**Badminton Program Teaches:** Techniques for handling the racket, directing the birdie, playing with a partner and being part of a team. Games are played throughout the camp and conclude with a championship singles, and doubles match. **Kids Love It!**

Registration at **Community Park District of Lagrange Park**  
**Kids First Badminton Program**

Who: Boys & Girls ages 8-14

Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**  
**Saturdays: Feb. 18 – Mar. 10 (Series 2)**



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

**Time:** 11:00am – 12:00pm

**Where:** **Park Jr. High School Gym**

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

**Cost:** \$49

**Min./Max.** 6/28

**Kids First Provides:** Rackets, Birdies

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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, and basketball safety awareness

Registration at **Community Park District of Lagrange Park**  
**Kids First Basketball (Fundamentals) Program**

Who: Boys & Girls ages 4-5, 6-11

Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**  
**Saturdays: Feb. 18 – Mar. 10 (Series 2)**



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

**Time:** 12:00pm – 1:00pm 4-5 year olds  
1:00pm – 2:00pm 6-11 year olds

**Where:** **Park Jr. High School Gym**

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

**Cost:** \$49

**Min./Max.** 6/24

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## New- Kids First Track & Field Indoors

**Run, Run, Run! Speed, Quickness, Agility program thru Track & Field Events**

Excellent Coaches will focus on teaching indoor sprints, hurdles, jumps, running, and throws in a safe and fundamental way. The program consists of **Body Balance Techniques**; **speed, quickness** and **agility** drills, producing a quicker, **safer** more powerful performer.

A series of team relay races makes indoor Track & Field fun and entertaining. Program concludes with an event **Championship Series. Kids Love It!**

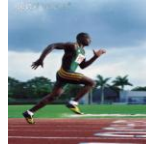
Registration at **Community Park District of Lagrange Park**  
**Kids First Track & Field Indoors Program**

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

Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**

**Saturdays: Feb. 18 – Mar. 10 (Series 2)**



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

**Time: 2:00pm – 3:00pm**

Where: **Park Jr. High School Gym**

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

Cost: \$49

Min./Max. 8/28

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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 **Community Park District of Lagrange Park**

**Kids First Dodge Ball Program**

Who: Boys & Girls ages 8-13

Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**

**Saturdays: Feb. 18 – Mar. 10 (Series 2)**



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

**Time: 3:00pm – 4:00pm**

Where: **Park Jr. High School Gym**

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

Cost: \$49

Min./Max. 8/28

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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 3 weeks of volleyball games and concludes with a Championship game. Players will be assigned teams the second week, 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 **Community Park District of Lagrange Park**  
**Kids First Volleyball League Program**  
Who: Boys & Girls ages 8-14 separated within the program  
Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**  
**Saturdays: Feb. 18 – Mar. 10 (Series 2)**

Time: 4:00pm – 5:00pm

Where: **Park Jr. High School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$49  
Min./Max.: 8/24



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

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**New- Kids First Indoor FLAG FOOTBALL–** This program works on player development, conditioning, player stances, player positions and purpose. Kids First always rules for football safety are taught before playing football games. **Kids Love it!**

Registration at **Community Park District of Lagrange Park**  
**Kids First Pre-Season Flag Football**  
Who: Boys & Girls ages 6-10  
Sessions: 4

When: **Saturdays: Jan. 21-Feb. 11 (Series 1)**  
**Saturdays: Feb. 18 – Mar. 10 (Series 2)**

Time: 5:00pm – 6:00pm

Where: **Park Jr. High School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$49  
Min./Max. 8/24



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

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