

Summer-12



KIDS FIRST SPORTS SAFETY INC.

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)

Camps

Basketball: M-Th. June 11-14
Badminton: M-Th. June 18-21
Track & Field: M-Th. June 25-28
Football: M-Th. July 9-12

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

Sign-up Today!

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

Sport Specific Camp Descriptions

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: **Community Park District of Lagrange Park**

Kids First Basketball (Fundamentals) Camp

Who: Boys & Girls Ages (6-8), (9-14), (4-5)

Sessions: 4

When: **Monday-Thursday: June 11-14**

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

Cost: \$109

Where: **Memorial Park**

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

Min./Max. 6/40



Fundamentals

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Sign-Up Today!

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: **Community Park District of Lagrange Park**

Kids First Badminton Camp

Who: Boys & Girls ages 8-15

Sessions: 4

When: **Monday-Thursday: June 18-21**

Time: 9:00am – 12:00pm 8-15 year olds

Where: **Yena Park**

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

Cost: \$109

Min./Max. 6/40

Kids First Provides: Rackets, Birdies



Major Fun

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Last Year's Most Popular- Kids First Track & Field (Fundamentals) Camp

Run with a SMILE! Exciting Events 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: **Community Park District of Lagrange Park**
Kids First Track & Field (Fundamentals) Camp

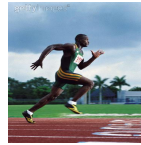
Who: Boys & Girls Ages (6-8), (9-14), (4-5)

Sessions: 4

When: **Monday-Thursday: June 11-14**

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

Cost: \$109



WOW its Fast

Where: **Yena Park**

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

Min./Max. 6/40

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

Sign-Up Today!

Kids First Flag Football (Fundamentals) Camp

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: **Community Park District of Lagrange Park**

Kids First Flag Football (Fundamentals) Camp

Who: Boys & Girls Ages (6-8), (9-14), (4-5)

Sessions: 4

When: **Monday-Thursday: July 9-12**

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

Cost: \$109



Fundamentals

Where: **Yena Park**

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

Min./Max. 6/40

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

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