

Fall-11



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) *****(Hanesworth)

Programs & Camps

Pre-Season Flag Football: Sat. Aug. 13-Oct. 27
Pre-Season Cheerleading: Sat. Aug. 13-Oct. 27
Girls Softball: Wed. Sept. 7-Oct. 12
Flag Football League: Sat. Sept. 10-Oct. 15
Flag Football League Games Only: Sat. Oct. 22-Nov. 12
Track & Field: Sat. Sept. 10-Oct. 15
Baseball: Sat. Nov. 5-Dec. 10 (off 11/26)
Badminton: Sat. Nov. 5-Dec. 10 (off 11/26)
Basketball: Sat. Nov. 5-Dec. 10 (off 11/26)
Track & Field: Sat. Nov. 5-Dec. 10 (off 11/26)
Dodge Ball: Sat. Nov. 5-Dec. 10 (off 11/26)

-Rain cancellations: time equally added to remaining days of program-

Private Lessons available for 28 sports

Sign-up Now!

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

Program & Camp Descriptions

New- 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 **Community Park District of Lagrange 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: 9:30am – 10:45am 6-8 year olds

PS-Football-2: 10:45am – 12:00pm 9-14 year olds

Where: **Hanesworth Park**

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

Cost: \$35

Min./Max. 8/40

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

New- 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 **Community Park District of Lagrange 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: 9:30am – 10:45am 6-8 year olds

PS-Cheerleading-2: 10:45am – 12:00pm 9-14 year olds

Where: **Hanesworth Park**

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

Cost: \$35

Min./Max. 8/40

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New- 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.



Registration at **Community Park District of Lagrange Park**
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

Where: **Hanesworth Park**

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

Cost: \$75

Min./Max. 8/40

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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 **Community Park District of Lagrange Park**
Kids First Flag Football League Program

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

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

9:30am – 10:45pm 6-8 year olds

10:45am – 12:00pm 9-14 year olds

Where: **Hanesworth Park**

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

Cost: \$75

Min./Max. 8/40



Fundamentals

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

Kids First Flag Football- Games Only

Kids First: Flag Football Games- Starting in October
4 weeks of Flag Football Games will start concluding the Sept. Flag Football League Program

4 Week Season of FLAG FOOTBALL Games!! – Players will be assigned to a team the first two weeks of the season, team assignments will remain the same starting week 3 the championship game will be week 4.

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

Registration at **Community Park District of Lagrange Park**

Kids First Flag Football Games Only

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

Sessions: 4 (**Outside Activity**)

When: **Saturdays: Oct. 22– Nov. 12**

9:30am – 10:45pm 6-8 year olds

10:45am – 12:00pm 9-14 year olds

Note: concludes 6 wk Flag Football League Program

Where: **Hanesworth Park**

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

Cost: \$55

Min./Max. 8/40



*** Fun Games***

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

New- 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!



Fundamentals

Registration at **Community Park District of Lagrange Park**
Kids First Cheerleading

Who: Girls ages 6-8, 9-14

Sessions: 6

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

9:30am – 10:45pm 6-8 year olds

10:45am – 12:00pm 9-14 year olds

Where: **Hanesworth Park**

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

Cost: \$75

Min./Max. 8/40

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New- Kids First Track & Field

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

Excellent Coaches will focus on teaching sprints, hurdles, jumps, distance 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 wide variety of timed events will take place during each session, 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) Program

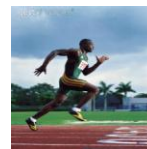
Who: Boys & Girls ages 6-8, 9-14

Sessions: 6

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

Track & Field-1: 11:00am – 12:00pm 6-8 year olds

Track & Field-1: 12:00am – 1:00pm 9-14 year olds



WOW its Fast

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

Where: **Hanesworth Park**

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

Cost: \$65

Min./Max. 8/34

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Kids First 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 - Baseball Program

Who: Boys & Girls ages 5-7, 8-12

Sessions: 5

When: **Saturdays: Nov. 5 – Dec. 10 (off 11/26)**

T-Ball, Baseball-1: 9:00am – 10:00am (5-7 yr. olds)

T-Ball, Baseball-2: 10:00am – 11:00am (8-12 yr. olds)

Where: **Park Jr. High School**

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

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

How Much: \$59

Min./Max. 8/24



Catch the Fever

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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: 5

When: **Saturdays: Nov. 5-Dec. 10 (off 11/26)**

Time: 11:00am – 12:00pm

Where: **Park Jr. High School**

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

Cost: \$59

Min./Max. 6/28

Kids First Provides: Rackets, Birdies



Major Fun

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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 **Community Park District of Lagrange Park**

Kids First Basketball (Fundamentals) Program

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

Sessions: 5

When: **Saturdays: Nov. 5-Dec. 10 (off 11/26)**

Time: **STEPS Basketball-1:** 12:00pm – 1:00pm 4-5 year olds

Basketball-2: 1:00pm – 2:00pm 6-11 year olds

Where: **Park Jr. High School**

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

Cost: \$59

Min./Max. 6/28



Fundamentals

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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

Sessions: 5

When: **Saturdays: Nov. 5-Dec. 10 (off 11/26)**

Track & Field-1: 2:00am – 3:00pm 6-8 year olds

Track & Field-2: 3:00am – 4:00pm 9-14 year olds



Fundamentals

Where: **Park Jr. High School**

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

Cost: \$59

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: 5

When: **Saturdays: Nov. 5-Dec. 10 (off 11/26)**

Dodge Ball-1: 4:00pm – 5:00pm



Super Safe Dodge Balls

Where: **Park Jr. High School**

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

Cost: \$59

Min./Max. 8/28

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