

Winter/Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Groups: **STEPS** 3-4, 5-6 year olds; **Higher Standards** 6-19 year olds

Lan-Oak Park District

lanoakparkdistrict.org

708-474-8552

(Eisenhower Community & Fitness Center), (Lan-Oak Park East Field)

Programs

Floor Hockey: Feb. 6-Mar. 5, Mar. 12-Apr. 9
Volleyball: Feb. 8-Mar. 7, Mar. 14-Apr. 11
Teen Kickball: Feb. 10-Mar. 9, Mar. 16-Apr. 20 (no 4/6)
Co-Ed Softball: Apr. 27-June 15

Rain cancellations Co-Ed Softball: Thursday's after Friday rain out.

Sign-up Today

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



KIDS FIRST SPORTS SAFETY INC.

Kids First Sports Safety, Inc. is honored to have the opportunity to train youth sports athletes in the Lansing community with the support of **Lan-Oak Park District.**

Kids First Certified Coaches are the difference maker when it comes to teaching athletes sports fundamentals, Safety, and skills in the sport of their choosing. Special pricing is now being offered to all participants.

Program Descriptions

Kids First Floor Hockey

Swing it!

Kids love Floor Hockey games! Program teaches fundamentals through safely run drills that develops **Skills**.

Beginners and advanced players will be challenged to learn floor hockey techniques, body balance, practice techniques, stick handling, shooting, puck/ball movements, understanding goal keepers, and sportsmanship. A Championship floor hockey game will conclude the program.

Registration at: **Lan-Oak Park District**
Kids First Floor Hockey Program
Who: Boys & Girls ages 8-11, 12-14
Sessions: 5
When: **Mondays: Feb. 6-Mar. 5 (Series 1)**
Mar. 12-Apr. 9 (Series 2)



*****Fundamentals*****

Time: 4:30pm – 5:30pm (8-11 yr. olds)
5:30pm – 6:30pm (12-14 yr. olds)

Where: **Eisenhower Community & Fitness Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$52
Min./Max.: 8/24

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Kids First Volleyball Program

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: **Lan-Oak Park District**
Kids First Volleyball Program
Who: Boys & Girls ages 6-8, 9-14
Sessions: 5
When: **Wednesdays: Feb. 8-Mar. 7 (Series 1)**
Mar. 14-Apr. 11 (Series 2)



*****Super Fun*****

Time: 4:30pm – 5:30pm 6-8 year olds
5:30pm – 6:30pm 9-14 year olds

Where: **Eisenhower Community & Fitness Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$52
Min./Max.: 8/24

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Kids First Teen Kick Ball Program

Playing Baseball by kicking & throwing! Teen Kick Ball is an active game for 13 – 19 year olds.

Kids First Coaches set up a baseball diamond that includes a starting plate located 4 feet behind home plate. The game of baseball is played, with a super soft dodge ball, no glove is needed. A pitcher rolls the ball over home plate the batter located four feet behind home plate, kicks the ball over home plate and runs the bases. Fielders have a choice of throwing the ball at the runner or to any fielder, if the ball hits the runner it's scored an out. Players enjoy the competition of playing a baseball game with a dodge ball feel to it. **It's a blast...**

Registration at: **Lan-Oak Park District**

Kids First: Teen Kick Ball Program

Who: Boys & Girls ages 13-19

Sessions: 5

When: **Fridays: Feb. 10-Mar. 9 (Series 1)**
Mar. 16-Apr. 20 (Series 2) (off 4/13)



*****WOW its Fun*****

Time: 6:00pm – 7:15pm (13-19 yr. olds)

Where: **Eisenhower Community & Fitness Center**

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

Cost: \$59

Min./Max.: 8/18

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Kids First: Co-Ed 16" Softball League

8 Week Season of Co-Ed Softball! – 10 positions: 5 Women, 5 men including a short center fielder; Teams can play with a minimum of 8 players at the start of the game as long as there are equal or more female players. The **16" Softball Game** consists:

1. 1 hour game	3. 1 umpire
2. six innings	4. 12' pitch limit

Week 8: **Playoffs, top 4 teams compete: 1 vs 4, 2 vs 3; championship game to follow.**

Registration at: **Lan-Oak Park District**

Kids First Co-Ed 16" Softball League

Who: Men & Women

Sessions: 8

When: **Friday: Apr. 27 – June 16**

*****Join the Fun*****

Time: 5:30pm – 6:30pm

6:30pm – 7:30pm

7:30pm – 8:30pm

Games rained out play on the following Thursday same time

Team schedule TBD

Where: **Lan-Oak Park East Field**

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

Team Cost: \$25/person, 10 person minimum

Min./Max. 10/15

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Sign-up Today