

# Fall-11



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

Age Groups: STEPS 3-6 year olds; Higher Standards 6-14 year olds

## Fall-10 Lisle Park District

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

630-964-3410

Locations: \*Lisle Park District Grounds, \*\*Jefferson Junior High School (Lisle),  
\*\*\*Community Park (Lisle), \*\*\*\*Vito's & Nick's (Lemont)

### Higher Standards Programs & Camps

<b>Flag Football:</b> Sat. Sept. 10-Oct. 15, Sat. Oct. 22-Nov. 12
<b>Cheerleading:</b> Sat. Sept. 10-Oct. 15
<b>Soccer:</b> Sat. Sept. 10-Oct. 8, Sat. Oct. 22-Nov. 19
<b>Tennis:</b> Sat. Sept. 10-Oct. 15
<b>Bowling:</b> Sat. Sept. 17-Oct. 15, Oct. 22-Nov. 19
<b>Volleyball:</b> Mon. Sept. 12-Oct. 10, Oct. 17-Nov. 21 (off 10/31), Nov. 28-Dec. 12
<b>Basketball:</b> Sat. Oct. 22-Nov. 19, Dec. 3-17, Jan. 7-Feb. 4
<b>Badminton:</b> Wed. Oct. 19-Nov. 16, Nov. 30-Dec. 14, Dec. 28-Jan. 25
<b>Holiday Bowling:</b> M-F Dec. 19-23, Tu.-F Dec. 27-30
<b>Holiday Flag Football:</b> M-F Dec. 19-23
<b>Holiday Volleyball:</b> M-F Dec. 19-23
<b>Holiday Basketball:</b> Tu.-F Dec. 27-30
<b>Baseball:</b> Sat. Jan. 7-Feb. 4

### STEPS Programs & Camps

<b>Soccer:</b> Sat. Sept. 10-Oct. 8, Oct. 22-Nov. 19
<b>Basketball:</b> Sat. Oct. 22-Nov. 19, Dec. 3-17, Jan. 7-Feb. 4
<b>Multi-Sports:</b> Wed. Oct. 19-Nov. 16, Dec. 28-Jan. 25
<b>Kick Ball:</b> Wed. Nov. 30-Dec. 14
<b>Baseball:</b> Sat. Jan. 7-Feb. 4

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

**Sign-up Now!**

# Program & Camp Descriptions

## Kids First: Flag Football League Program *includes: Kids First T-shirt*

6 Weeks: Sept. 10-Oct. 15



**6 Week Season of FLAG FOOTBALL!!** - Combining preparation with games. The entire **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 **Lisle Park District**

Kids First **Flag Football League Program**

**\*\*\*Safe Quality Program\*\*\***

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

***All Players will be challenged***

Sessions: 6 (Outside Activity)

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

Football-1: 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Football-2: 10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

1. Jefferson Jr. High School	3. Instructor: Staff from Kids First
2. How Much: \$79 incl. T-Shirt	4. Min./Max 10/80

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

## Kids First Flag Football- Games Only

Oct. 22-Nov. 19



*Kids First: Flag Football Games- Starting in October*

*Players trained by Kids First Staff are eligible*

*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 **Lisle Park District**

Kids First **Flag Football Games**

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

Who: Boys & Girls ages 6-7, 8-10, 11-14 separated by age

Sessions: 4 (Outside Activity)

When: **Saturdays: Oct. 22– Nov. 19**

Note: concludes 6 wk Flag Football League Program

Higher Standards-FGO-1: 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Higher Standards-FGO-2: 10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

1. Jefferson Jr. High School	3. Instructor: Staff from Kids First
2. How Much: \$55	4. Min./Max 10/80

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## Kids First Cheerleading

includes Kids First T-shirt

Sept. 10-Oct. 15



**Cheerleader Action!!** If your child dreams of being on the is perfect. Experienced Coaches will focus on the sport by teaching and fundamental. Cheerleading drills set to music!!

cheerleading squad then this program cheerleading *skills* that our FUN, safe

**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!

Lisle Park District

Kids First [Cheerleading Program](#)

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

Who: Girls ages 6-8, 9-14

Sessions: 6

When: Saturdays: Sept. 10 – Oct. 15

<u>Code</u>	<u>Age</u>	<u>Program</u>	<u>Time</u>
C-1	6-8	Cheerleading	9:00am-10:15am
C-2	9-14	Cheerleading	10:15am-11:30am

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

Where: Jefferson Jr. High School Field

Register: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$79 (includes Kids First T-shirt)

Min./Max. 8/40

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## Kids First Soccer Fundamentals Program

Saturdays: Sept. 10 – Oct. 15



**Soccer See The Goal!!** Feel the excitement of scoring a have plenty of fun with Kids First experienced coaches confidence & skills. Excellent Coaches will combine body balance & speed drills with FUN preparation soccer drills, making this program ideal for beginners to advanced players.

goal! **Soccer Games Daily with instruction-** Kids will teaching soccer game techniques that give kids

In addition, kids will enjoy being competitively challenged to increase soccer SKILLS & SAFETY through Fundamentals. Plus: first step directional movements, ball handling, headers, goalie positioning, and sportsmanship, were concluding with a championship soccer game.

Lisle Park District

\*\*\*Safe Quality Program\*\*\*

Kids First [Soccer Fundamentals Program](#)

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

Sessions: 6

When: Saturdays: Sept. 10 – Oct. 15

STEPS Soccer-1: 9:00am – 10:00am 4-5 year olds  
Higher Standards Soccer-1: 10:00am – 11:00am 6-8 year olds  
Higher Standards Soccer-2: 11:00am – 12:00pm 9-14 year olds

Where: Jefferson Jr. High School Field

Registration: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$69

Min./Max.: 8/20

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## Kids First Tennis Program

Saturdays: Sept. 10– Oct. 15



A Racket Full of FUN! Tennis games & instruction daily taught by experienced Program challenges beginners to advanced players through competitive singles

coaches to share the love for the game. Tennis & 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.

Lisle Park District

Kids First [Tennis Program](#)

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

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

Sessions: 6

When: Saturdays: Sept. 10 – Oct. 15

Age	Program	Time
6-8	Tennis	9:00am-11:00am
9-14	Tennis	11:00am-1:00pm

\*rain cancellations: time equally added to remaining days of program.

Where: Woodridge Tennis Courts

Register: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$98

Min./Max. 6/18

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

## Kids First Fall Bowling Program (Series 1, 2)

Sept. 17-Oct. 15 (Series 1)

Oct. 22-Nov. 19 (Series 2)



Fall Bowling!! Have a Ball with more strikes and spares!! Combining Games and instruction... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

Program Offers: Individual championship matches & Team Championships. Plus Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. Kids Love It!

Lisle Park District

Kids First: [Bowling \(Fundamentals\) Program](#)

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

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

Sessions: 5

When: Saturdays: Sept. 17-Oct. 15 (Series 1)

Saturdays: Oct. 22-Nov. 19 (Series 2)

Bowling-1: 12:00pm –1:30pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Bowling-1: 12:00pm –1:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: Vito's & Nick's Bowl & Pizza – State Street - Lemont

(8 years of Kids First Bowling)

Registration: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$69 Program

Includes: Ball & Shoe Rental

Min./Max.: 6/24

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

## Kids First Volleyball Program (Series 1, 2, & Games Only)

Sept. 12-Oct. 10 (Series 1)

Oct. 17-Nov. 21(off 10/31) (Series 2)

Nov. 28-Dec. 12 (Games Only)



Volleyball Let's Play It!! Fun and Instructional Program prepare players to succeed in volleyball. plan strategic, FUN preparation drills and games that will increase SKILLS & SAFETY through Fundamentals.

Excellent Coaches  
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.

Note: Each series teaches different volleyball drills.

Lisle Park District

Kids First [Volleyball Program](#)

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

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

Sessions: 5

When: Mondays: Sept. 12- Oct. 10 (Series 1)

Mondays: Oct. 17 - Nov. 21 (off 10/31) (Series 2)

Mondays: Nov. 28, Dec. 12, (Games Only)

Higher Standards VB: 6:30pm - 7:30pm 6-8 year olds (1<sup>st</sup> - 3<sup>rd</sup> Graders)

Higher Standards VB: 7:30pm - 8:30pm 9-14 year olds (4<sup>th</sup> - 8<sup>th</sup> Graders)

Where: Jefferson Jr. High School

Register: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$65 Series 1 & 2; \$29 (Games Only)

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 (Fundamentals) Program

Saturdays: Oct. 22-Nov. 19 (Series 1)

Saturdays: Dec. 3-17 (Games Only)

Saturdays: Jan. 7-Feb. 4 (Series 2)



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.

Lisle Park District

Kids First [Basketball \(Fundamentals\) Program](#)

\*\*\*Awesome Fun\*\*\*

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program

Sessions: 5

When: Saturdays: Oct. 22-Nov. 19 (Series 1)

Saturdays: Dec. 3-17 (Games Only)

Saturdays: Jan. 7-Feb. 4 (Series 2)

STEPS Basketball-1: 9:00am - 10:00am 4-5 year olds

Higher Standards Basketball-1: 10:00am - 11:00am 6-8 year olds (1<sup>st</sup> -3<sup>rd</sup> Graders)

Higher Standards Basketball-2: 11:00am - 12:00pm 9-14 year olds (4<sup>th</sup> - 8<sup>th</sup> Graders)

Where: Jefferson Jr. High School Gymnasium

Register: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65, Games Only \$29

Min./Max. 6/24

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

## Kids First Badminton Program (Series 1, 2, 3)

Wednesdays: 6:30pm-7:30pm (9-15 yr. olds)

(Series 1): Oct. 19-Nov. 16

(Games Only): Nov. 30-Dec. 14

(Series 2): Dec. 28-Jan. 25

Badminton Anyone!! Now



this is **FUN!** This instructional Program prepares

players to succeed in **SKILLS** through

badminton. Excellent Coaches plan strategic, preparation drills and games that *will* increase Fundamentals. **Kids Love It!!!**

Program 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.

Lisle Park District

Kids First Badminton Program

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

Who: Boys & Girls ages 9-15

Sessions: 5 (Indoor)

When: **Wednesdays: Oct. 19-Nov. 16 (Series 1)**

**Wednesdays: Nov. 30-Dec. 14 (Games Only)**

**Wednesdays: Dec. 28-Jan. 25 (Series 2)**

Badminton-1: 6:30pm-7:30am (9-15 yr. olds)

Where: Jefferson Jr. High School Gym

Register: Lisle Park District

Min./Max.: 8/44

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$59

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## Kids First Holiday Bowling Camp

Dec. 19-23

Dec. 27-30



Coaches

**BOWL thru the Holiday!!** Have Fun and Bowl... Games and instruction daily... Experienced challenge bowlers' through competitive and fun drills that develop skills and higher scores.

**Camp Offers:** Individual **bowling matches & Team Games.** Plus Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. **Kids Love It!**

Lisle Park District

Kids First **Holiday Bowling Camp**

\*\*\*Fun Quality Camps\*\*\*

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

When: **Monday- Friday: Dec. 19 – 23**

Sessions: 5

Cost: \$69

When: **Tuesday- Friday: Dec. 27-30**

Sessions: 4

Cost: \$59

**Bowling:** 12:00pm –1:30pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

**Bowling:** 12:00pm –1:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: Vito's & Nick's Bowl & Pizza – State Street - Lemont

Register: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

Includes: **Ball & Shoe Rental**

Min./Max.: 8/24

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

## Kids First Holiday Flag Football Camp

Dec. 19-23



**Holiday Touchdown!!** Kids First Instructors 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!

**Camp offers:** skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

Lisle Park District

Kids First [Holiday Flag Football Camp](#)

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

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

Sessions: 5 (inside Activity)

[Players have Fun & our challenged](#)

When: **Monday - Friday: Dec. 19-23**

Higher Standards: 9:00am – 10:00am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Higher Standards: 10:00am – 11:00pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Jefferson Jr. High School**

Register: **Lisle Park District**

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

How Much: \$59

Min./Max. 6/24

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## Kids First Holiday Volleyball Camp

Dec. 19-23



**Holiday Volleyball!!!** Games and Instruction each day- competitive volleyball games. Excellent Coaches prepare the players to succeed through the teachings of volleyball drills that will increase **SKILLS & SAFETY** through Fundamentals. Kids will Love It!!!

Lisle Park District

Kids First [Holiday Volleyball Camp](#)

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

Sessions: 5

When: **Monday-Friday: Dec. 19-23**

Higher Standards Volleyball-1: 11:30am – 12:30pm 6-8 year olds

Higher Standards Volleyball-2: 12:30pm – 1:30pm 9-14 year olds

Where: **Lemont New Gymnasium**

Register: **Lisle Park District**

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

How Much: \$59

Min./Max.: 8/20

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

## Kids First Holiday Basketball Camp

Dec. 27-30



Holiday Basketball is fundamental!! Basketball Games & Preparation; Players will be fulfilled skills and safety to make them game ready. Kids Love It!

with new basketball

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.

Lisle Park District

Kids First [Holiday Basketball Camp](#)

\*\*\*Awesome Fun\*\*\*

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program

Sessions: 4

When: Tuesday-Friday: Dec. 27-30

STEPS Basketball-1: 9:00am – 10:00am 4-5 year olds

Higher Standards Basketball-1: 10:00am – 11:00am 6-8 year olds (1<sup>st</sup> -3<sup>rd</sup> Graders)

Higher Standards Basketball-2: 11:00am – 12:00pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: Jefferson Jr. High School Gym

Register: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$55

Min./Max. 6/24

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## Kids First Pre-Season Baseball Training Program

Saturdays: Jan. 7-Feb. 4



### Pre-Season Baseball Training Program

Let's Hit it!!

Kids First Certified Coaches offer a pre-season Baseball training program to properly prepare kids for the upcoming season.

Baseball Training includes: Player safety & fundamentals preparation, individual Baseball skills, techniques on: fielding, hitting, throwing, running; Plus- game rules and sportsmanship.

Lisle Park District

(Safety & Fundamentals)

Kids First: [Pre-Season Baseball Training Program](#)

Who: Boys & Girls ages 4-5, 6-10

Sessions: 5

When: Saturdays: Jan. 7-Feb. 4

STEPS Baseball-1: 12:00pm – 1:00pm (4-5 yr. olds)

Higher Standards Baseball-2: 1:00pm – 2:00pm (6-10 yr. olds)

Where: Jefferson Jr. High School Field

Registration: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$65

Min./Max.: 8/24

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# STEPS Program & Camp Descriptions

**STEPS Soccer!** See Description in Higher Standards  
**STEPS Basketball!** See Description in Higher Standards  
**STEPS Baseball!** See Description in Higher Standards

## Kids First STEPS Multi-Sports Program

Wednesdays: Oct. 19-Nov. 16 (Series 1)

Wednesdays: Dec. 28-Jan. 25 (Series 2)



**Multiple Sports** (Soccer, Basketball, T-Ball/Blast Ball, Kick Ball, Dodge Ball)

**Kids First:** Multi-Sports Development Program Series offers an introduction of different sports and games each day. Each child goes through a variety of running, jumping, and game drills that gets the kids cheering throughout these fun and rewarding sports.

A certified **Kids First** instructor will generate child sports interest to include: Kids balance, sports awareness, ball control, starting points, sharing & listening skills, game rules, game rewards, game challenge contests. [Kids Love It!](#)

Each succeeding program within our **Kids First STEPS-** Multi-Sports Series will feature increasingly more sports. The programs are designed to aid the development of kids' and increase coordination and balance. Each program concludes with a fun and exciting sports challenge contest.

Romeoville Park District

\*\*\*Coordination & Balance\*\*\*

**Kids First STEPS: Multi-Sports Program**

Who: Boys & Girls ages 4-5, 6-7

Sessions: 5

When: **Wednesdays: Oct. 19-Nov. 16 (Series 1)**

**Wednesdays: Dec. 28-Jan. 25 (Series 2)**

**STEPS Multi-Sports:** 5:45pm – 6:30pm 4-5, 6-7 year olds

Where: **Romeoville Park District- \*Field, \*\*Gymnasium**

Registration: **Romeoville Park District**

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

How Much: \$52

Min./Max.: 8/18

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## Kids First STEPS Kick Ball Program

Nov. 30-Dec. 14

**Playing Baseball by kicking!** Kick Ball is the most active game for 3 – 6 year olds.

Excellent Coaches set up a baseball diamond that includes a first base bag that honks. The game of baseball is played with a super soft dodge ball, no glove is needed. Each player kicks the ball once an inning and no scores are kept. Kids love chasing the dodge ball, throwing it, and playing the game.

**Kids First Sports Safety**, recognizes Kick Ball as part of its campaign to promote the resurgence of baseball at the grass-roots level. (Bring your cameras). Kids Love IT!

Lisle Park District

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

Kids First: STEPS [Kick Ball Program](#)

Who: Boys & Girls ages 3-4, 5-6 separated within the program

Sessions: 3

When: **Wednesdays: Nov. 30-Dec. 14**

**STEPS Kick Ball-1:** 5:45pm – 6:30pm 3 & 4 year olds

**STEPS Kick Ball-2:** 5:45pm – 6:30pm 5 & 6 year olds

Where: **Jefferson Jr. High School**

Registration: **Lisle Park District**

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

How Much: \$33

Min./Max.: 8/20

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

# Additional Descriptions

## New Kids First Baseball (Fundamentals & Skills) Program

Saturdays: Feb. 11-Mar. 17



**Baseball preparation!! It's a HIT! Fundamental instruction for Games!** This program prepares and challenges all players through fun competitive baseball drills to develop skills that will maximum player potential: Parents have call Kids First baseball mandatory for fundamentals, safety, and skills training. Kids Love It!!

**Program teaches:** Batting, fielding, pitching, base running, and throwing, through proven baseball techniques. Body balance, and first step directional movements will aid in strengthening their play in the field and in the batters box.

Lisle Park District

Kids First [Baseball \(Fundamentals & Skills\) Program](#)

Who: Boys & Girls ages 7-9, 10-12

Sessions: 6

When: Saturdays: Feb. 11-Mar. 17 (Indoor Activity)

Baseball Fundamentals-1: 9:00am—10:00am (5-6 year olds)

Baseball Fundamentals-2: 10:00am—11:00am (7-9 year olds)

Baseball Fundamentals-3: 11:00am—12:00pm (10-12 year olds)

Where: Jefferson Jr. High School Gym

Registration: Lisle Park District

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65

Min./Max Kids: 8/32

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



## New Baseball Coaches Clinic

Senior level Kids First Certified Coach will present a power point presentation at Lisle Park District.

Free Baseball Coaches Clinic for volunteer coaches.

Power Point Presentation covers baseball practice drills, demonstrated during the clinic.

Volunteer Coaches Benefit by their use of time, organization, and control during baseball practice and games. Moreover, in teaching baseball fundamentals, skills, and safety; Kids will benefit greatly throughout the season.

Lisle Park District

Kids First: [Baseball Coaches Clinic](#)

Who: Volunteer Coaches

Sessions: 1

When: Wednesday Mar. 21

(Safety & Fundamentals)

Free Baseball Clinic-1: 6:30pm – 8:30pm (Adults)

Where: Jefferson Jr. High School Gymnasium

Registration: Lisle Park District

Instructor: Kids First Senior Level Certified Coach

Cost: Free

Min./Max.: 22/44

Power Point Presentation

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



## Baseball Players: Safety Certification

**Kids First** Certified Baseball Coaches prepare players by providing hands-on safety preparation that pro-actively reduces child injuries. Further, Players will be taught how to prepare their bodies to withstand physical contact to play each position they desire.

**Baseball Player** Safety Certification assists Volunteer Baseball Coaches in the following areas:

- Safer players
- Body preparation standards
- Provides a starting point for volunteer coaches
- Brings more parents & kids into a safer baseball league
- Exposes parents & kids to safety standards
- Enhances Pre-Season baseball sports training

Safety Certification Cost: \$12/participant 1.25 hours (Paid by Park District)

**Lisle Park District** (Safety & Fundamentals)

**Kids First: Baseball Player Safety Certification**

Who: Baseball Players

Sessions: 1

When: **Monday Mar. 19**

**Baseball Player Certification-1: 5:30pm – 6:45pm (6-9 yr. olds)**

**Baseball Player Certification-2: 6:45pm – 8:00pm (10-14 yr. olds)**

Where: **Jefferson Jr. High School Gymnasium**

Registration: **Lisle Park District**

Instructor: **Kids First Senior Level Certified Coach**

How Much: Free

Min./Max.: 22/44

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



## Baseball Player: Evaluation

**Kids First** Certified Coaches evaluate individual baseball players through a series of selected drills (1-4 rating) to establish fair and balanced teams for league play.

The evaluations assist League Directors in the following areas:

- Talent levels
- Geographical territory assignments
- League drafts
- Pre-assigned teams
- Avoids favoritism
- League organization
- Time saver

Player Evaluation Cost: \$12/participant 1.25 hours (Paid by Park District)

**Lisle Park District** (Safety & Fundamentals)

**Kids First: Baseball Player Evaluation**

Who: Baseball Players

Sessions: 1

When: **Sunday Apr. 15**

**Baseball Player Evaluation-1: 1:00pm – 2:15pm (6-9 yr. olds)**

**Baseball Player Evaluation-2: 2:30pm – 3:45pm (10-14 yr. olds)**

Where: **Jefferson Jr. High School Field**

Registration: **Lisle Park District**

Instructor: **Kids First Senior Level Certified Coach**

How Much: Free

Min./Max.: 22/44

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