

# Winter/Spring-12



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

Age Groups: STEPS 4-6 year olds; Higher Standards 6-14 year olds

## Winter/Spring-12 Lockport Park District

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

815-838-1183

Locations: \*Central Gym, \*\*Hassert Park, \*\*\*Tennis Courts

### Programs & Camps

<i>New After School Camp: Jan. 9-June 1</i>
<b>Basketball: Jan. 14-Feb. 11, Feb. 18-Mar. 17</b>
<b>Spring Break Soccer, Soccer Program: M-F Mar. 26-30, Apr. 14-May 19</b>
<b>Lacrosse: Apr. 4-May 2</b>
<b>Flag Football: Apr. 14-May 19</b>
<b>Blast Ball: Apr. 28-May 26</b>
<b>Baseball: Apr. 28-May 26</b>
<i>New Volleyball League: May 12-June 9</i>

**Sign-up Now!**

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# NEW Custom Sports Specific Descriptions



## After School Camp combines homework with sports

Time sensitive Parents looking for an After School Camp in Fox Valley community can now come to Fox Valley Vaughan Center where class rooms and gym space are available.

**After School Camp** combines homework 1<sup>st</sup> and sports 2<sup>nd</sup>. Kids First Certified Coaches read daily homework tasks from their school teachers to guide them with their homework. Once the homework period is over a Kids First Coach will teach and play games with the kids until it's time to go home.

Participation is limited we encourage you to sign-up your kids in advance. Monthly, weekly, camp options and should space be available daily entry.

**Children should bring:** a water bottle, snack, and beverage daily. Camp drop off & pick up at designated classroom. (Find: Kids First Banner). **Registration forms** can be picked up at front desk.

Registration at: **Lockport Park District**  
**Kids First After School Camp**

\*\*\*Safe & Fun Camp Care\*\*\*

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

Sessions: 5

When: **Monday - Friday: January 9-June 1**

Where: **Lockport Park District**

Instructors: Staff from Kids First Sports Safety, Inc.

**Weekly Cost: \$6.50/hour**

**Monthly Cost: \$5.75/hour**

**Daily Cost: \$7.25/hour**

**3 hour daily minimum**

Min./Max. 6/30

Early Registration Starts: **Dec. 10<sup>th</sup>**

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

FAQ's available upon request

## Sign-up Now!

## Program & Camp Descriptions

### Kids First Basketball (Fundamentals) Program

**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: **Lockport Park District**  
**Kids First Basketball (Fundamentals) Program**

Who: Boys & Girls ages 6-8, 9-12 separated within the Program

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**

**Saturdays: Feb. 18-Mar. 17 (Series 2)**



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

**Time:** 8:00am – 9:00pm 6-8 year olds (1<sup>st</sup> -3<sup>rd</sup> Graders)  
9:00pm – 10:00pm 9-12 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Lockport Park District Gym**

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

Cost: \$59

Min./Max. 6/24

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### Kids First Soccer (Fundamentals) Program

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

**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.

Registration at: **Lockport Park District**  
**Kids First Soccer (Fundamentals) Program**

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

Sessions: 5

When: **Monday-Friday Spring Break: Mar. 26-30 (Series 2) Indoors**

**Saturdays: Apr. 14-May 19 (Series 1) Outdoors**



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

**Time: Mar. 26-30 Spring Break** 12:00pm-12:45pm (4-5 yr. olds)  
12:45pm-1:45pm (6-8 yr. olds)  
1:45pm-2:45pm (9-14 yr. olds)

**Time: Apr. 14-May 19** 12:00pm-12:45pm (4-5 yr. olds)  
12:45pm-1:45pm (6-8 yr. olds)  
1:45pm-2:45pm (9-14 yr. olds)

Where: **Lockport Park District Gym**

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

Cost: Spring Break \$55, Apr. 14-May 19 \$59

Min./Max.: 8/24

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## Kids First Lacrosse Fundamentals Program

**Lacrosse- Raise a Stick!** Lacrosse is a fast pace game that challenges players to get into great physical shape and learn a variety of skills such as eye-hand-stick coordination.

**Excellent Coaches** will focus on teaching lacrosse skills, while learning: lacrosse techniques, player positions, body balance, and first step directional movements. Plus: Practice techniques, stick handling, shooting, understanding goal keepers, game awareness, and concludes with a championship lacrosse match.

Registration at: **Lockport Park District**  
**Kids First Lacrosse Fundamentals Program**

Who: Ages 9-12, 13-15

Sessions: 5

When: **Wednesdays: Apr. 4– May 2** outside Activity

**Lacrosse-1: 5:30pm – 6:45pm**

**Note:** Kids First will provide equipment to be shared with the group

Where: **Hassert Park**

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

How Much: \$59



\*\*\*Wow its Fun\*\*\*

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## Kids First: Spring Flag Football League

**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!**



\*\*\*Safe Football Fundamentals\*\*\*

Registration at **Lockport Park District**

**Kids First Spring Flag Football League Program**

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

Sessions: 6

When: **Saturday: Apr. 14 – May 19**

**Time:** 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Lockport Park District Field**

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

Cost: \$69

Min./Max. 8/38

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## Kids First STEPS Blast Ball Program

**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 [Lockport Park District](#)  
[Kids First STEPS Blast Ball Program](#)

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Saturdays: April 28-May 26**

**Time:** 9:00am – 9:45am 4-5 year olds

Where: [Lockport Park District Gym](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

How Much: \$59

Min./Max. 8/24

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

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## Kids First 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.

Registration at: [Lockport Park District](#)

[Kids First: Baseball Training Program](#)

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

Sessions: 5

When: **Saturdays: April 28-May 26**

**Time:** 9:45am – 10:45am (4-5 yr. olds)

10:45am – 11:45am (6-10 yr. olds)

Where: [Lockport Park District Gym](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

Cost: \$59

Min./Max.: 8/24



(Safety & Fundamentals)

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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 4 weeks of volleyball games and concludes with a Championship game. Players will be assigned teams the first 3 weeks, followed by same team assignments week 4 & 5. 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 **Lockport Park District**  
**Kids First Volleyball League Program**

Who: Boys & Girls ages 9-14

Sessions: 5

When: **Saturdays: May 12-June 9**



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

**Time:** 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Lockport Park District Central Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$59  
Min./Max.: 8/30

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