

Summer-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

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

Lockport Park District

www.lockportpark.org

815-838-1183

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

Programs & Camps

New Balloon Ball: Tu. June 12-July 3 (Series 1), July 10-31 (Series 2)
Basketball: Tu. June 12-July 3 (Series 1), July 10-31 (Series 2)
Volleyball: Tu. June 12-July 3 (Series 1), July 10-31 (Series 2)
Flag Football: Tu. June 12-July 3 (Series 1), July 10-31 (Series 2)
Dodge Ball: Tu. June 12-July 3 (Series 1), July 10-31 (Series 2)
Baseball: June 18-22
Track & Field: June 25-29
Badminton: July 16-20
Lacrosse: July 23-27

Sign-up Today!

Kids First: www.kidsfirstsports.net - 630-257-5438 - staff@kidsfirstsports.net

Program & Camp Descriptions

New Kids First STEPS Balloon Ball Program

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, or throw it, or kick it in one of the two goals for a score.

The action is a bit faster, with fewer rules than soccer so kids are not being corrected as much in this new fast pace game. Kids will be taught coordination and balance along with the importance of exercise that their bodies need. Kids just love this new game that was created by Kids First.

Registration at: **Lockport Park District**
Kids First: STEPS Balloon Ball Program

Who: Boys & Girls ages 3-5

Sessions: 4

When: **Tuesdays: June 12-July 3 (Series 1)**
July 10-31 (Series 2)

*****Fun & Exciting*****

Time: 9:00am – 10:00am 3 & 5 year olds

Cost: \$44

Where: **Central Gym**

Instructor: Staff from Kids First Sports Safety, Inc.

Min./Max.: 8/24

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Sign-up Today!

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.

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. **Kids Love It!**

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

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

Sessions: 4

When: **Tuesdays: June 12-July 3 (Series 1)**
July 10-31 (Series 2)



*****Fundamentals*****

Time: 10:00am-11:00am (6-8 year olds)
11:00am-12:00am (9-14 year olds)

Cost: \$44

Where: **Central Gym**

Instructors: Staff from Kids First Sports Safety, Inc.

Min./Max. 6/24

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

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Kids First Volleyball (Fundamentals) Program

Spike 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: **Lockport Park District**
Kids First Volleyball (Fundamentals) Program
Who: Boys & Girls Ages (8-14)
Sessions: 4
When: **Tuesdays: June 12-July 3 (Series 1)**
July 10-31 (Series 2)



Fundamentals

Time: 12:00pm-1:00pm (8-14 year olds)

Cost: \$44
Where: **Central Gym**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/24

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Kids First Flag Football (Fundamentals) Program

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.

Program offers: Flag Football games. **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: **Lockport Park District**
Kids First Flag Football (Fundamentals) Program
Who: Boys & Girls Ages (6-8), (9-12)
Sessions: 4
When: **Tuesdays: June 12-July 3**
July 10-31 (Series 2)



Fundamentals

Time: 1:00pm-2:00pm (6-8 year olds)
2:00pm-3:00pm (9-12 year olds)

Cost: \$44
Where: **Central Gym**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/24

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Kids First Dodge Ball Program

Dodge This! Dodge Ball Games every day 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: **Lockport Park District**
Kids First Dodge Ball Program
Who: Boys & Girls ages 7-9, 9-14
Sessions: 4
When: **Tuesdays: June 12-July 3 (Series 1)**
July 10-31 (Series 2)



*****Super Safe Dodge Balls*****

Time: 3:00pm – 4:00pm 7-9 year olds
4:00pm – 5:00pm 10-14 year olds

Cost: \$44
Where: **Central Gym**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/24

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Kids First Baseball (Fundamentals) Camp

Batter up, it's a HIT! This camp challenges all players through fun competitive baseball drills and games that will maximum player potential: Parents have called **Kids First** baseball mandatory for **fundamentals, safety, and skills** training. **Kids Love It!**

Baseball Camp teaches: Position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship. The baseball camp & program concludes with a Championship Game.

Registration at: **Lockport Park District**
Kids First Baseball (Fundamentals) Camp
Who: Boys & Girls ages 6-8, 9-14 separated within the camp
Sessions: 5
When: **Monday-Friday: June 18-22**



*****It's a Hit*****

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

Cost: \$99
Where: **Hassert Park**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/24
Early Registration Starts: **Mar. 1st 2012**

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

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New- Kids First Track & Field (Fundamentals) Camp

Run with a SMILE! One hour a day 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: Lockport Park District
Kids First Track & Field (Fundamentals) Camp

Who: Boys & Girls ages 5-6, 7-9, 10-14

Sessions: 5

When: Monday-Friday: June 25-29

Time: 9:00am – 10:00am (5-6 yr. olds)
10:00am – 11:00am (7-9 yr. olds)
11:00am – 12:00pm (10-14 yr. olds)

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

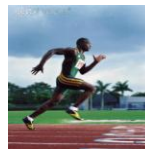
Cost: \$44

Where: Hassert Park

Instructors: Staff from Kids First Sports Safety, Inc.

Min./Max. 6/24

Early Registration Starts: Mar. 1st 2012



WOW its Fast

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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: Lockport Park District
Kids First Badminton Camp

Who: Boys & Girls ages 8-15

Sessions: 5

When: Monday-Friday: July 16-20

Time: 9:00am – 12:00am 8-15 year olds

Cost: \$99

Where: Hassert Park

Instructors: Staff from Kids First Sports Safety, Inc.

Min./Max. 6/24

Early Registration Starts: Mar. 1st 2012

Kids First Provides: Rackets, Birdies



Major Fun

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Kids First Lacrosse Fundamentals Camp

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 Camp
Who: Ages 9-12, 13-15 separated within camp
Sessions: 5
When: **Monday-Friday: July 23-27**



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

Time: 9:00pm – 12:00pm

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

Cost: \$99
Where: **Hassert Park**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/24
Early Registration Starts: **Mar. 1st 2012**

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