

Fall-11



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Group: Kids First Higher Standards (6-14 year olds)

Fall-11 Medinah Park District

www.medinahparkdistrict.org

630-893-2560

Thorndale Recreation Center & Fields

Camp drop off & pick up will be at Thorndale Recreation Center- (Find: Kids First Banner)

Program & Camps

Pre-Season Football: Aug. 13-27
Pre-Season Cheerleading: Aug. 13-27
Tennis: Aug. 13-Sept. 10 (S1), Sept. 17-Oct. 15 (S2)
Girls Softball: Sept. 10-Oct. 15
Flag Football: Sept. 10-Oct. 15
Cheerleading: Sept. 10-Oct. 15
Soccer: Sept. 13-Oct. 11 (S1), Oct. 18-Nov. 15 (S2)
Volleyball: Sept. 14- Oct. 12 (S1), Oct. 19-Nov. 16 (S2), Nov. 30-Dec. 28 (S3)
Basketball: Oct. 22- Nov. 19 (S1), Nov. 26-Jan. 7 (S2), Jan. 14-Feb. 11 (S3)
Holiday Flag Football: Dec. 20-23
Holiday Basketball: Dec. 27-30
Holiday Volleyball: Dec. 27-30

Sign-up Now!

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

Program & Camp Descriptions

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 **Medinah Park District**
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: 9:00am – 10:15am 6-8 year olds
PS-Football-2: 10:15am – 11:30am 9-14 year olds

Where: **Medinah Park District Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$33
Min./Max. 8/40

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

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 **Medinah Park District**
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: 9:00am – 10:15am 6-8 year olds
PS-Cheerleading-2: 10:15am – 11:30am 9-14 year olds

Where: **Medinah Park District Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$33
Min./Max. 8/40

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Kids First Tennis

A Racket Full of FUN! Tennis games & instruction daily taught by experienced coaches to share the love for the game. Tennis Program challenges beginners to advanced players through competitive singles & 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.

Registration at **Medinah Park District**
Kids First Tennis Program

Who: Boys & Girls ages 6-8, 9-14
Sessions: 5

When: **Saturdays: Aug. 13-Sept. 10 (Series 1), Sept. 17-Oct. 15 (Series 2)**

Time: **Tennis-1:** 9:00am – 10:30am 6-8 year olds
Tennis-2: 10:30am – 12:00pm 9-14 year olds



Major Fun

Where: **Medinah Park District Tennis Courts**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max. 6/18

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

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.

Program teaches: Hitting, Fielding, Pitching, and Running the bases. Games will be played throughout the program, concluding with a championship game.



*****Fundamentals*****

Registration at **Medinah Park District**

Kids First Girls Softball

Who: Girls 9-14 yr. olds

Sessions: 6

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

Girls Softball-1: 12:15pm – 1:30pm 9-14 year olds

Where: **Medinah Park District Field**

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

Cost: \$65

Min./Max. 8/30

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

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 **Medinah Park District**

Kids First Flag Football League Program

Boys & Girls ages 6-8, 9-14

Sessions: 6

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

Time: 9:00am – 10:15am 6-8 year olds

10:15am – 11:30am 9-14 year olds

Where: **Medinah Park District Field**

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

Cost: \$69

Min./Max. 8/38



*****Fundamentals*****

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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 **Medinah Park District**
Kids First Cheerleading

Who: Girls ages 6-8, 9-14

Sessions: 6

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

Time: 9:00am – 10:15pm 6-8 year olds
10:15am – 11:30am 9-14 year olds

Where: **Medinah Park District Field**

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

Cost: \$69

Min./Max. 8/38

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Kids First Soccer

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

Plus: Soccer ball handling, headers, goalie positioning; concluding with a championship soccer game.

Registration at **Medinah Park District**

Kids First Soccer Fundamentals Program

Who: Boys & Girls ages 3-5, 6-8, 9-14 separated by age.

Sessions: 5

When: **Tuesdays: Sept. 13 – Oct. 11 (Series 1) outdoors, Oct. 18-Nov. 15 (Series 2) indoors**

Time: **STEPS Soccer-1:** 4:30pm – 5:15pm 3-5 year olds
Soccer-2: 5:15pm – 6:15pm 6-8 year olds
Soccer-3: 6:15pm – 7:15pm 9-14 year olds

Where: **Medinah Park District Gym**

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

Cost: \$59

Min./Max.: 8/20



Fundamentals

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Kids First Volleyball

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.



Fundamentals

Registration at **Medinah Park District**

Kids First Volleyball Program

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

Sessions: 5

When: *Wednesdays: Sept. 14– Oct. 12 (Series 1)
Oct. 19 – Nov. 16 (Series 2)
Nov. 30- Dec. 28 (Series 3)

Time: 4:15pm – 5:15pm 6-8 year olds
5:15pm – 6:15pm 9-14 year olds

Where: **Medinah Park District Gym**

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 8/30

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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.



Fundamentals

Registration at **Medinah Park District**

Kids First Basketball (Fundamentals) Program

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

Sessions: 5

When: Saturdays: Oct. 22-Nov. 19 (Series 1),
Nov. 26-Jan. 7 (Series 2), (off 12/24, 12/31)
Jan. 14-Feb. 4 (Series 3)

Time: STEPS Basketball-1: 9:15am – 10:00am 4-5 year olds
Basketball-2: 10:00am – 11:00am 6-8 year olds
Basketball-3: 11:00am – 12:00pm 9-14 year olds

Where: **Medinah Park District Gym**

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max. 6/24

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Kids First Holiday Flag Football Camp

Holiday Touchdown!! Kids First Instructor 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!**

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

Registration at **Medinah Park District**

Kids First Holiday Flag Football Camp

Who: Boys & Girls ages 6-8, 9-13 divided and separated by age.

Sessions: 4 (**inside Activity**)

When: **Tuesday - Friday: Dec. 20- 23**

Time: 9:00am – 10:15am 6-8 year olds
10:15am – 11:30pm 9-13 year olds

Where: **Medinah Park District Gym**

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

Cost: \$45

Min./Max. 10/30



Fundamentals

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Kids First Holiday Basketball Camp

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

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.

Registration at **Medinah Park District**

Kids First Holiday Basketball Camp

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

Sessions: 4

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

Time: **STEPS Basketball-1:** 9:15am – 10:00am 4-5 year olds
Basketball-2: 10:00am – 11:00am 6-8 year olds
Basketball-3: 11:00am – 12:00pm 9-14 year olds

Where: **Medinah Park District Gym**

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

Cost: \$45

Min./Max. 6/24



Fundamentals

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Kids First Holiday Volleyball Camp

Holiday Volleyball!!! Games and Instruction each day- Players practice at the start of each session leading to 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!!!**

Registration at **Medinah 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. 27-30**

Volleyball-1: 12:30pm – 1:30pm 6-8 year olds
Volleyball-2: 1:30pm – 2:30pm 9-14 year olds

Where: **Medinah Park District Gymnasium**

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

How Much: \$45

Min./Max.: 6/24



Fundamentals

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