

# Summer-12



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

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

**Location:** Northern Illinois University-Anderson Hall Facility, DeKalb IL

## Youth Sports Specific Camp Calendar

### **FREE** Player Safety Certification

#### Sports Specific Camp Dates

June 11-14 Volleyball

June 18-21 Flag Football/  
Cheerleading

June 25-28 Swimming

July 9-12 Basketball

July 16-19 Tennis



KIDS FIRST SPORTS SAFETY INC.

### **FREE** Player Safety Certification in each camp!

**Kids First Sports Safety, Inc.** has dedicated its sports education to player safety. Certified Coaches will teach players fundamentals for the sport using specific language created by Kids First that kids understand. This is a process that once it is understood the player will feel more confident, skillful, and safe giving them a sport competitive advantage.

Appreciation is extended to NIU's Dept. of Kinesiology and Physical Education (KNPE) for access to its facilities.

Is your son or daughter Kids First Certified?



## Who do I talk to? Call or email Kids First

All correspondence will be handled by a Kids First Sports Representative

**Including:** Camp specific sport description, locations, participant drop off & pick-up point, dates, times, rain make-up dates & times, clothing, shoes, water & snacks, cost, etc.

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

**Sign-up Today!**

Northern Illinois University will provide gym, pool, and field space in and around Anderson Hall Facility. Kids First Sports Safety, Inc. will accept checks, and credit card registration online through Pay Pal.

A Kids First Sports Representative will be the only contact a person needs to sign-up for a camp.

Kids First campers will be dropped off & picked up at Northern Illinois University, Anderson Hall Facility.

(Find: Kids First Banner)

**Note: Registration starts March 1, 2012**

**Special Pricing: NIU Facility and Student Body (FS)**

**Sign-up Today!**

# Sports Specific Camp Descriptions

## Kids First Volleyball (Fundamentals) Camp

**Spike IT!** Fun and instructional camp prepares players to succeed in volleyball. Excellent Coaches plan strategic, FUN preparation drills and games that *will* increase *skills & safety* through fundamentals. **Kids Love It!**

**Camp 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: **NIU Anderson Hall**  
**Kids First Volleyball (Fundamentals) Camp**  
Who: Boys & Girls Ages (6-8), (9-14)  
Sessions: 4  
When: **Monday - Thursday: June 11-14**



\*\*\*Fundamentals\*\*\*

**Time:** 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **NIU Anderson Hall Gym**  
Instructors: Staff from **Kids First Sports Safety, Inc.**  
Cost NIU (F/S): \$89  
Cost: \$99  
Free: **Kids First Player Safety Certification**  
Min./Max. 6/40  
Early Registration Starts: **Mar. 1<sup>st</sup> 2012**

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

**Sign-up Today!**

## Kids First Flag Football Camp

*Includes Kids First T-shirt*

Are you ready for some FOOTBALL! *Championship Thursday includes halftime performance*

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**.

**Camp offers:** Punt-Pass-Kick Contest & Championship Flag Football game. PLUS skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship. **Kids Love It!**

**Kids First Certified Coaches** the leader in youth sports preparation.

Registration at: **NIU Anderson Hall**  
**Kids First Flag Football (Fundamentals) Camp**  
Who: Boys & Girls Ages (6-8), (9-14)  
Sessions: 4  
When: **Monday - Thursday: June 18-21**



\*\*\*Premier Camp of the Year\*\*\*

**Time:** 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **NIU Anderson Hall Field**  
Instructors: Staff from **Kids First Sports Safety, Inc.**  
Cost NIU (F/S): \$89  
Cost: \$99  
Free: **Kids First Player Safety Certification**  
Min./Max. 10/80  
Early Registration Starts: **Mar. 1<sup>st</sup> 2012**

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

**Sign-up Today!**

## Kids First Cheerleading Camp

*Includes Kids First T-Shirt*

**Cheerleader Spirit!** *Championship Thursday halftime performance*

If your child dreams of being on the cheerleading squad then this camp is perfect. Experienced Coaches will focus on the sport by teaching cheerleading *skills* that our **FUN, safe and fundamental**. **Cheerleading drills set to music!**

**Camp 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 camp features a competitive cheer challenge contest. -Girls love it. Parents bring your cameras!

Registration at: **NIU Anderson Hall**

**Kids First Cheerleading Camp**

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

Sessions: 4

When: **Monday - Thursday: June 18-21**



**\*\*\*Premier Camp of the Year\*\*\***

**Time:** 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **NIU Anderson Hall Field**

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

Cost NIU (F/S): \$89

Cost: \$99

Free: **Kids First Player Safety Certification**

Min./Max. 10/80

Early Registration Starts: **Mar. 1<sup>st</sup> 2012**

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

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## Kids First Swimming (Fundamentals) Camp

**Kids First Certified Coaches** bring its teaching techniques to the pool. Swimmers will be prepped for speed in four styles of swim strokes through competitive swim drills.

**Swimming training** includes best body position for speed and balance in the pool for free style, butterfly, breast & back strokes. Further, this training process is age group specific and includes: starting positions, hands, arms, and leg movements, kick motions, finishing/winning event tactics, speed drills, and sportsmanship.

Swimmers that enjoy individual and team competitions will compete in championship swims on the last day of the camp.

**Kids Love It!**

Registration at: **NIU Anderson Hall**

**Kids First Swimming (Fundamentals) Camp**

Who: Boys & Girls Ages (6-8), (9-14) divided within the camp

Sessions: 4

When: **Monday-Thursday: June 25-28**



**\*\*\*Fundamentals\*\*\***

**Time:** 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **NIU Anderson Hall Pool**

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

Cost NIU (F/S): \$89

Cost: \$99

Free: **Kids First Player Safety Certification**

Min./Max. 10/80

Early Registration Starts: **Mar. 1<sup>st</sup> 2012**

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

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## Kids First Basketball (Fundamentals) Camp

**I've Got Game!** Basketball camp 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.

**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. **Kids Love It!**

Registration at: **NIU Anderson Hall**  
**Kids First Basketball (Fundamentals) Camp**  
Who: Boys & Girls Ages (6-8), (9-14)  
Sessions: 4



\*\*\*Fundamentals\*\*\*

When: **Monday - Thursday: July 9-12**

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **NIU Anderson Hall Gym**  
Instructors: Staff from **Kids First Sports Safety, Inc.**  
Cost NIU (F/S): \$89  
Cost: \$99  
Free: **Kids First Player Safety Certification**  
Min./Max. 6/40  
Early Registration Starts: **Mar. 1<sup>st</sup> 2012**

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

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## Kids First Tennis (Fundamentals) Camp

**Serve IT!** Experience the competition of **TENNIS! It's Fun.** Certified Coaches teach the skills of tennis through a tennis process that is easy to learn the game. Tennis camp challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!**

**Camp offers:** Individual **skills contest & championship tennis matches.** **PLUS** racket grips, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at: **NIU Anderson Hall**  
**Kids First Tennis (Fundamentals) Camp**  
Who: Boys & Girls Ages (6-8), (9-14)  
Sessions: 4  
When: **Monday - Thursday: July 16-19**



\*\*\*Fundamentals\*\*\*

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **NIU Anderson Hall- Tennis Courts**  
Instructors: Staff from **Kids First Sports Safety, Inc.**  
Cost NIU (F/S): \$89  
Cost: \$99  
Free: **Kids First Player Safety Certification**  
Min./Max. 6/40  
Early Registration Starts: **Mar. 1<sup>st</sup> 2012**

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

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