

Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Groups: STEPS 3-4, 5-6 year olds; Higher Standards 6-14 year olds

Naperville Park District

www.napervilleparks.org

630-848-5000

*(Brookdale), (Brunswick Zone), (Frontier Park), (Patterson), (Lincoln Jr.), (Nike Park), (Ranch View), (Madison), (Commissioners)

Programs & Camps

B Volleyball: Tu: Mar. 20-Apr. 24, May 1-29
B Dodge Ball: Tu: Mar. 20-Apr. 24, May 1-29
R Spring Break Baseball: M-F: Mar. 26-30
B Spring Break Bowling: M-Th: Mar. 26-29
B New Spring Break Basketball: M-F: Mar. 26-30
B New Spring Break Volleyball: M-F: Mar. 26-30
B Spring Break Dodge Ball: M-F: Mar. 26-30
B Spring Break Badminton: M-F: Mar. 26-30
C Flag Football League Program: Sat: Apr. 14-May 19
B New Volleyball League Program: Sat: Apr. 14-May 19
C New Baseball: Sat: Apr. 21-May 19
C New Track & Field: Sat: Apr. 28-May 26
B New May Games Bowling: Sat: May 5-26
B New May Games Badminton: Sat: May 5-26
B New May Games Balloon Ball: Sat: May 5-26
R Baseball Volunteer Coaches Clinic: Sat: May 12

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

Sign-up Today!

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

Program & Camp Descriptions

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.

Registration at: Naperville Park District
Kids First Volleyball Program

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

Sessions: 5

When: Tuesdays: Mar. 20-Apr. 24 (off 3/27) (Series 1)
May 1-29 (Series 2)

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

Where: Brookdale School Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65

Min./Max.: 8/30



Fundamentals

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

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 Naperville Park District
Kids First Dodge Ball Program

Who: Boys & Girls ages 7-9, 10-14 separated by age

Sessions: 5

When: Tuesdays: Mar. 20-Apr. 24 (off 3/27) (Series 1)
May 1-29 (Series 2)

Time: 6:15pm – 7:15pm 7-9 year olds Court 1
6:15pm – 7:15pm 10-14 year olds Court 2

Where: Brookdale School Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65

Min./Max.: 8/24



Super Safe Dodge Balls

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

Kids First Spring Break Baseball Camp

Spring out of the box! Fundamental baseball preparation and skills training will provide the structure that players need.

Camp 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.

Registration at: **Naperville Park District**
Kids First Spring Break Baseball Camp

Who: Boys & Girls ages 6-8, 9-12

Sessions: 5

When: **Monday-Friday: Mar. 26 – 30** (Indoor Activity)

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

Where: **Brookdale Elementary School Gym**

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

Cost: \$59

Min./Max Kids: 8/40



Fundamentals

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

Kids First Spring Break Bowling Camp

BOWL thru the Break! Have Fun and Bowl... Games and instruction daily... Experienced Coaches 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!**

Registration at: **Naperville Park District**
Kids First Spring Break Bowling Camp

Sessions: 4

When: **Monday- Thursday: Mar. 26 – 29**

Time: 10:00am –1:00pm (6-8 year olds, 9-15 year olds)

Where: **Brunswick Zone** Aurora Rd. Naperville (8 years running)

Registration at: **Naperville Park District**

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

Cost: \$89



Great Times

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

Kids First Spring Break Basketball Camp

Spring to the basket! 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: **Naperville Park District**
Kids First Spring Break Basketball Camp
Who: Boys & Girls ages 4-5, 6-8, 9-13
Sessions: 5
When: **Monday-Friday: Mar. 26-30**



Awesome Fun

Time: 11:00am – 12:00pm 4-5 year olds
12:00pm – 1:00pm 6-8 year olds (1st -3rd Graders)
1:00pm – 2:00pm 9-13 year olds (4th – 7th Graders)

Where: **Brookdale Elementary School Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max. 6/24

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Kids First Spring Break Volleyball Camp

Spring into 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: **Naperville Park District**
Kids First Spring Break Volleyball Camp
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 5
When: **Monday-Friday: Mar. 26-30**



Awesome Fun

Time: 2:00pm – 3:00pm 6-8 year olds
3:00pm – 4:00pm 9-14 year olds

Where: **Brookdale Elementary School Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max.: 8/30

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Kids First Spring Break Dodge Ball Camp

Spring to it/ Dodge it! Dodge Ball Games every session 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: Naperville Park District
Kids First Spring Break Dodge Ball Camp
Who: Boys & Girls ages 8-10, 11-14 separated within the Camp
Sessions: 5 (inside Activity)
When: Monday-Friday: Mar. 26-30



Super Safe Dodge Balls

Time: 4:00pm – 5:00pm 8-10 year olds Gym 1
4:00am – 5:00pm 11-14 year olds Gym 2

Where: Brookdale Elementary School- Gym
Instructor: Staff from Kids First Sports Safety, Inc.
Cost: \$59
Min./Max. 8/40

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Kids First Spring Break Badminton

Spring Badminton Anyone! Now this is FUN

Badminton drills and games are played each session as Coaches teach proper fundamentals making the games fun and competitive. This instructional camp prepares players to succeed in badminton. 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.

Registration at: Naperville Park District
Kids First Badminton Program
Who: Boys & Girls ages 8-14 separated by age
Sessions: 5
When: Monday-Friday: Mar. 26-30



Swinging Good Time

Time: 5:00pm – 6:00pm 8-14 year olds

Where: Brookdale Elementary School Gym
Instructor: Staff from Kids First Sports Safety, Inc.
Cost: \$59
Min./Max. 6/24
Kids First Provides: Rackets, Birdies

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

Kids First: Spring Flag Football League

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!



Safe Football Fundamentals

Registration at: **Naperville Park District**

Kids First Spring Flag Football League Program

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

Sessions: 6

When: **Saturdays: Apr. 14 – May 19**

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

Where: **Commissioners Park 3704 111th Street**

Registration: **Naperville Park District**

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

Cost: \$79 includes **Kids First T-Shirt**

Min./Max. 8/38

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

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: **Naperville Park District**

Kids First Volleyball League Program

Who: Boys & Girls ages 9-14

Sessions: 6

When: **Saturdays: April 14-May 19**

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

Where: **Brookdale Elementary School Gym**

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

Cost: \$75

Min./Max.: 8/30



Super Fun

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Kids First 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.

Registration at: **Naperville Park District**
Kids First: Pre-Season Baseball Training Program
Who: Boys & Girls ages 4-5, 6-10
Sessions: 5
When: **Saturdays Apr. 21-May 19**



Safety & Fundamentals

Time: 9:00am – 10:00am (4-5 yr. olds)
10:00am – 11:00am (6-10 yr. olds)

Where: **Nike Park Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max.: 8/24

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

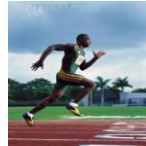
New- Kids First Track & Field

Run with a SMILE! 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 program 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 session, concluding with an event **Championship Series** on the final day. **Kids Love It!**

Registration at: **Naperville Park District**
Kids First Track & Field (Fundamentals) Program
Who: Boys & Girls ages 6-7, 8-10, 11-14
Sessions: 5
When: **Saturdays: April 28-May 26**



WOW its Fast

Time: 9:00am – 10:00am (6-7 yr. olds)
10:00am-11:00am (8-10 yr. olds)
11:00am-12:00pm (11-14 yr. olds)

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

Where: **Nike Park Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max. 8/34

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May Games Kids First Bowling

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!**

Registration at: **Naperville Park District**
Kids First: Bowling (Fundamentals) Program
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 4
When: **Saturdays: May 5-26**



*****Major Fun*****

Time: 10:00am –1:00pm (6-8 year olds, 9-15 year olds)

Where: **Brunswick Zone** Aurora Rd. Naperville (8 years running)
Register: **Naperville Park District**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$89
Includes: **Ball & Shoe Rental**
Min./Max.: 8/24

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

May Games Kids First Badminton Program

May I Serve!

Badminton drills and games are played each session as Coaches teach proper fundamentals making the games fun and competitive.

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.

Registration at: **Naperville Park District**
Kids First Badminton Program
Who: Boys & Girls ages 8-14 separated by age
Sessions: 4
When: **Saturdays: May 5-26**



*****Swinging Good Time*****

Time: 12:00pm – 1:15pm 8-14 year olds

Where: **Brookdale Elementary School Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$52
Min./Max. 6/30

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New Kids First STEPS Balloon Ball

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: **Naperville Park District**

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

Kids First: **STEPS Balloon Ball Program**

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

Sessions: 4

When: **Saturdays: May 5-26**

Time: 1:30pm – 2:30pm 3 & 4 year olds

2:30pm – 3:30pm 5 & 6 year olds

Where: **Brookdale Elementary School Gym**

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

How Much: \$49

Min./Max.: 8/24

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New Baseball Coaches Clinic

Senior level **Kids First Certified Coach** will present a power point presentation at Woodridge 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.

Registration at: **Naperville Park District**

(Safety & Fundamentals)

Kids First: **Baseball Coaches Clinic**

Who: Volunteer Coaches

Sessions: 1

When: **Saturday May 12**

Free Baseball Clinic-1: 9:00am – 11:00am (Adults)

Where: **Ranch View Elementary School Gymnasium**

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

Cost: Free

Min./Max.: 22/44

Power Point Presentation

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Sign-up Today!
