

Fall-11



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

Fall-11 Naperville Park District

www.napervilleparks.org

630-848-5000

*(Brookdale School) **(Brunswick Zone) *** (Frontier Park) **** (Patterson) ***** (Lincoln Jr.) ***** (Nike Park)

Programs & Camps

N Pre-Season Flag Football: Sat. Aug. 13-27
N Pre-Season Cheerleading: Sat. Aug. 13-27
N Girls Softball: Tu. Sept. 6-Oct. 11 (9-14)
N Flag Football: Wed. Sept. 7-Oct. 12 (6-8)
N Flag Football: Thur. Sept. 8-Oct. 13 (9-14)
L Flag Football: Sat. Sept. 10-Oct. 15
L Flag Football-Games Only: Sat. Oct. 22-Nov. 12
L Cheerleading: Sat. Sept. 10-Oct. 15
B Volleyball: Tues. Sept. 13-Oct. 11
B Volleyball: Tues. Oct. 18-Nov. 15
B Volleyball: Tues. Nov. 29-Dec. 13
B Dodge Ball: Tues. Sept. 13-Oct. 11
B Dodge Ball: Tues. Oct. 18-Nov. 15
B Dodge Ball: Tues. Nov. 29-Dec. 13
B Holiday Bowling: M-Th. Dec. 19-22, T-F. Jan. 3-6
P Holiday Baseball: M-F. Dec. 19-23
B Holiday Dodge Ball: M-Th. Dec. 19-22, T-F. Jan 3-6
P Holiday Flag Football: Tu.-F. Dec. 27-30
P Holiday Badminton: Tu.-F. Dec. 27-30

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

Sign-up Now!

www.kidsfirstsports.net ph: 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 **Naperville 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 (North Side of Naperville)**



Fundamentals

PS-Football-1: 9:00am – 10:15am 6-8 year olds

PS-Football-2: 10:15am – 11:30am 9-14 year olds

Where: **Nike Park**

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

Cost: \$35

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 **Naperville 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 (North Side of Naperville)**



Fundamentals

PS-Cheerleading-1: 9:00am – 10:15am 6-8 year olds

PS-Cheerleading-2: 10:15am – 11:30am 9-14 year olds

Where: **Nike Park**

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

Cost: \$35

Min./Max. 8/40

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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.

Registration at **Naperville Park District**

Kids First Girls Softball

Who: Girls 9-14 yr. olds

Sessions: 6

When: **Tuesdays: Sept. 6-Oct. 11 (North Side of Naperville)**



Fundamentals

Girls Softball-1: 5:00pm – 6:15pm 6-8 year olds

Where: **Nike Park**

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

Cost: \$83

Min./Max. 8/40

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 **Naperville Park District**
Kids First Flag Football League Program
Boys & Girls ages 6-8, 9-14 separated by age

Sessions: 6
3 Program Options:

When: **Wednesdays: Sept. 7-Oct. 12 (Nike Park) 6-8 year olds**
Thursdays: Sept. 8-Oct. 13 (Nike Park) 9-14 year olds

Tues. & Wed. Time: 5:30pm – 6:45pm
Where: **Nike Park**



Fundamentals

Saturdays: Sept. 10-Oct. 15 (Lincoln Jr.) 6-8, 9-14 year olds

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

Where: **Lincoln Jr. High School**

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

Cost: \$83
Min./Max. 8/40

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

Kids First Flag Football- Games Only

Kids First: Flag Football Games- Starting in October

Players trained by Kids First Staff are eligible

4 weeks of Flag Football Games will start concluding the Sept. Flag Football League Program

4 Week Season of FLAG FOOTBALL Games!! – Players will be assigned to a team the first two weeks of the season, team assignments will remain the same starting week 3 the championship game will be week 4.

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

Registration at **Naperville Park District**
Kids First Flag Football Games Only

Who: Boys & Girls ages 6-8, 9-14 separated by age
Sessions: 4 (**Outside Activity**)

When: **Saturdays: Oct. 22– Nov. 12**

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

Note: concludes 6 wk Flag Football League Program

Where: **Lincoln Jr. High School**

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

Cost: \$55
Min./Max. 8/40



*** Fun Games***

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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!



Registration at **Naperville Park District**
Kids First Cheerleading

Fundamentals

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: **Lincoln Jr. High School**

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

Cost: \$83

Min./Max. 8/40

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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.



Registration at **Naperville Park District**
Kids First Volleyball Program

Fundamentals

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

When: ***Tuesdays: Sept. 13– Oct. 11 (Series 1)**

Oct. 18 – Nov. 15 (Series 2)

Nov. 29, Dec. 6, 13 Games Only (Series 3)

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

Where: **Brookdale Elementary School**

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

Cost: \$65 Series 1 & 2; \$29 Series 3 Games Only

Min./Max.: 8/30

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Kids First Dodge Ball

Dodger Rodger! 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 Dodge Ball Program

Who: Boys & Girls ages 7-9, 10-14 separated within the Program
Sessions: 5

When: *Tuesdays: **Sept. 13– Oct. 11 (Series 1)**
Oct. 18 – Nov. 15 (Series 2)
Nov. 29, Dec. 6, 13 Games Only (Series 3)

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

Where: **Brookdale Elementary School**

Min./Max.: 8/40

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

Cost: \$65 Series 1 & 2; \$29 Series 3 Games Only

Super Safe Dodge Balls



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Kids First Holiday Bowling Camp

BOWL thru the Holiday! Have Fun and Bowl... Games and instruction daily... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

Camp Teaches: 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 Holiday Bowling Camp

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

When: **Monday- Thursday: Dec. 19 – 22 (Series 1)**
Tuesday- Friday: Jan. 3 – 6 (Series 2)

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

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

Register: **Naperville Park District**

Min./Max.: 8/40

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

Cost: \$83



Fundamentals

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Kids First Holiday Baseball Camp

Christmas Hit! Combining Baseball Instruction with Games! This camp has a fun approach to learning the game of baseball. Experienced Coaches prepare players through position demonstrations that help them understand how the game is played.

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

Registration at **Naperville Park District**
Kids First Holiday Baseball Camp

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

Sessions: 5

When: **Monday - Friday: Dec. 19-23**

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

10:15am – 11:30am (9-14 year olds)



It's a Hit

Where: **Patterson Elementary School**

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

Cost: \$65

Min./Max. 6/40

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Kids First Holiday Dodge Ball Camp

Holiday 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 Holiday Dodge Ball Camp

Who: Boys & Girls ages 7-9, 10-14 separated within the Camp

Sessions: 4

When: **Monday- Thursday: Dec. 19 – 22 (Series 1)**

Tuesday- Friday: Jan. 3 – 6 (Series 2)

Time: 12:00pm – 1:15pm 7-9 year olds (**Court 1**)

10-14 year olds (**Court 2**)

Where: **Patterson Elementary School**

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

Cost: \$55

Min./Max. 8/40

Super Safe Dodge Balls



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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 **Naperville Park District**
Kids First Holiday Flag Football Camp
Who: Boys & Girls ages 6-8, 9-14 divided and separated by age.
Sessions: 4 sessions (inside Activity)
When: *Tuesday - Friday: Dec. 27 - 30
Time: 9:00am – 10:15am 6-8 year olds
10:15am – 11:30pm 9-14 year olds



Fundamentals

Where: **Patterson Elementary School**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$55
Min./Max. 10/60

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Kids First Holiday 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.

Badminton Camp Teaches: Techniques for handling the racket, directing the birdie, playing with a partner and being part of a team. Games are played throughout the camp and conclude with a championship singles, and doubles match. **Kids Love It!**

Registration at **Naperville Park District**
Kids First Holiday Badminton Camp
Who: Boys & Girls ages 9-15
Sessions: 4
When: **Tuesday-Friday: Dec. 27-30**
Time: 12:00pm – 1:15pm 9-15 year olds



Major Fun

Where: **Patterson Elementary School**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$55
Min./Max. 6/28
Kids First Provides: Rackets, Birdies

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Sign-up Now!
