

Winter/Spring12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

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

North Riverside Recreation

www.northriverside-il.gov

708-442-5515

Locations: *North Riverside Recreation Fields, **Gymnasium, ***JC/Ehlert Park

Programs & Camps

Blast Ball: Sat. Jan. 14-Feb.11, Feb. 18-Mar. 17
T-Ball Baseball: Sat. Jan. 14-Feb.11, Feb. 18-Mar. 17
Volleyball: Wed. Jan. 18-Feb. 15, Feb. 22-Mar. 21
Dodge Ball: Wed. Jan. 18-Feb. 15, Feb. 22-Mar. 21
Basketball/Spring Break: Thur. Jan. 19-Feb. 16, Mon.-Fri. Mar. 26-30
Spring Break/ Soccer: Mon.-Fri. Mar. 26-30, Sat. Apr. 28-May 26
Flag Football League: Sat. Apr. 14-May 19
Baseball: Tues. Apr. 17-May 15
New Tennis League: Sat. Apr. 28-May 26
New May Games Track & Field: May 5-26

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

Sign-up Now!

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

Low Costs-High Quality

Program & Camp Descriptions

Kids First STEPS Blast Ball

Batter UP! Blast Ball is the introduction to baseball for 3-6 year olds. The game is very safe, played with a soft bat and ball, no glove is needed. Each player bats once an inning and no scores are kept. Blast Ball consists of one base and it makes a "honking" noise when a player steps on it.

Major League Baseball recognized Blast Ball as part of its campaign to promote the resurgence of baseball at the grass-roots level. (Bring your cameras). **Kids Love It!**

Registration at: **North Riverside Recreation Department**
Kids First STEPS Blast Ball Program

Quality Beginners Sport

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**
Feb. 18-Mar. 17 (Series 2)

Time: 4:00pm – 5:00pm 4-5 year olds

Where: **North Riverside Recreation Department Gym**

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

Cost: \$52

Min./Max. 8/24

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

Kids First T-Ball Baseball Program

Baseball it's a HIT! Instruction & Games! Kids First is offering two baseball program series teaching different baseball drills in each. Kids will understand the game of baseball through fundamentals. Players learn how to step catch & throw at different fielding positions. Plus: Batting is taught from a Tee-Stand, followed by coach-pitch making kids feel comfortable swinging the bat and hitting the ball. Baseball games are played once the players are ready. **Kids Love It!**

Registration at: **North Riverside Recreation Department**
Kids First - T-Ball, Baseball Program

Who: Boys & Girls ages 6-7, 8-11

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**
Feb. 18-Mar. 17 (Series 2)

Time: 5:00pm – 6:00pm 6-9 year olds

Where: **North Riverside Recreation Department Gym**

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

Cost: \$52

Min./Max. 6/24



Catch the Fever

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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 **North Riverside Recreation Department**
Kids First Volleyball Program

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

Sessions: 5

When: **Wednesdays: Jan. 18– Feb. 15 (Series 1)**
Feb. 22 – Mar. 21 (Series 2)

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

Where: **North Riverside Recreation Department Gym**

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

Cost: \$52

Min./Max.: 8/30

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Kids First Dodge Ball

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 **North Riverside Recreation Department**

Kids First Dodge Ball Program

Who: Boys & Girls ages 7-11 separated by age

Sessions: 5

When: **Wednesdays: Jan. 18– Feb. 15 (Series 1)**
Feb. 22 – Mar. 21 (Series 2)

Time: 6:15pm – 7:15pm 7-11 year olds

Where: **North Riverside Recreation Department Gym**

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

Cost: \$52

Min./Max.: 8/24



Super Safe Dodge Balls

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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.

Registration at: **North Riverside Recreation Department**

Kids First Basketball (Fundamentals) Program

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

Sessions: 5

When: **Thursdays: Jan. 19-Feb. 16**

Time: 4:00pm – 4:45pm 4-5 year olds
4:45pm – 5:45pm 6-8 year olds (1st -3rd Graders)
5:45pm – 6:45pm 9-14 year olds (4th – 8th Graders)

Time: Mar. 26-30 Spring Break 9:00am-9:45am (4-5 yr. olds)
9:45am-10:45am (6-8 yr. olds)
10:45am-11:45am (9-14 yr. olds)

Where: **North Riverside Recreation Department Gym**

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

Cost: \$52

Min./Max. 6/24



Awesome Fun

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

Kids First Soccer

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

In addition, kids will enjoy being competitively challenged to increase soccer **SKILLS & SAFETY** through **Fundamentals**. **Plus:** first step directional movements, ball handling, headers, goalie positioning, and sportsmanship, were concluding with a championship soccer game.

Registration at: **North Riverside Recreation Department**

Kids First Soccer (Fundamentals) Program

Who: Boys & Girls ages 4-5, 6-12, separated by age.

Sessions: 5

When: **Monday-Friday Spring Break: Mar. 26-30 (Series 1)**
Saturdays: Apr. 28-May 26 (Series 2)

Time: Mar. 26-30 Spring Break 12:00pm-12:45pm (4-5 yr. olds)
12:45am-1:45pm (6-12 yr. olds)

Time: Apr. 28-May 26 9:00am-9:45am (4-5 yr. olds)
9:45am-10:45am (6-12 yr. olds)

Where: **North Riverside Recreation Department Gym - Mar. 26-30 Spring Break**
North Riverside Recreation Department Field- Apr. 28-May 26

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

Cost: \$52

Min./Max.: 8/24



Safe Quality Program

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

Kids First: Spring Flag Football League

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 **North Riverside Recreation Department**
Kids First Spring Flag Football League Program

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

Sessions: 6

When: **Saturday: Apr. 14 – May 19**

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

Where: **North Riverside Recreation Department Field**

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

Cost: \$69

Min./Max. 8/38

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Kids First Baseball

Let's hit it!

Kids First Certified Coaches offer a Baseball program that teaches kids through the season.

Baseball: Player safety & fundamentals preparation, individual Baseball skills, techniques on: fielding, hitting, throwing, running; Plus- game rules and sportsmanship during the baseball season.

Registration at: **North Riverside Recreation Department**

Kids First: Baseball Program

Who: Boys & Girls ages 4-5, 6-10

Sessions: 5

When: **Tuesdays: Apr. 17-May 15**

Time: 5:00pm – 6:00pm (4-5 yr. olds)
6:00pm – 7:00pm (6-10 yr. olds)

Where: **North Riverside Recreation Department Field**

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

Cost: \$52

Min./Max.: 8/24



(Safety & Fundamentals)

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New- Kids First Tennis League

Team & Individual Games Played! Experience the competition of **TENNIS! It's Fun**. Tennis League program challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!!!**

League instructs: Individual **Skills Contest & Championship Tennis Matches**. **PLUS** racket skill positions training, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at **North Riverside Recreation Department**
Kids First Tennis Program

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

Sessions: 5

When: **Saturdays: Apr.28-May 26**

Time: 9:00 am – 10:30 am (6-8 year olds)
10:30 am -12:00 pm (9-14 year olds)

Where: **North Riverside Recreation Department- Tennis Courts**

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

Cost: \$69

Min./Max. 6/24



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

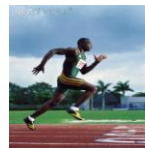
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New- Kids First May Games Track & Field

Run with a SMILE!

Speed, Quickness, Agility Program thru Track & Field Events

Excellent Coaches will focus on teaching sprints, hurdles, jumps, distance running, and throws in way.



a safe and fundamental

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 **North Riverside Recreation Department**

Kids First Track & Field Program

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

Sessions: 4

When: **Saturdays: May 5-28**

*****WOW its Fast*****

Track & Field-1: 9:00am – 10:00am (5-6 yr. olds)

Track & Field-2: 10:00am – 11:00am (7-9 yr. olds)

Track & Field-3: 11:00am – 12:00pm (10-14 yr. olds)

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

Where: **North Riverside Recreation Department Field**

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

Cost: \$39

Min./Max. 6/28

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Sign-up Now!