

Fall 2011



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

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

Fall-11 Oswegoland Park District

www.oswegolandparkdistrict.org

630-554-4480

Locations: 5 Ashlawn Ave. Montgomery, IL 60538

Programs & Camps

Tumbling/Gymnastics: Tues: Aug. 9– Sept. 13
Tumbling/Gymnastics: Tues: Sept. 20– Oct. 25
Tumbling/Gymnastics: Tues: Nov. 1– Dec. 13 (off 11/22)
Flag Football: Sept. 6-Oct. 11, Sept. 10-Oct. 15
Tennis: Sept. 10-Oct. 15
Soccer: Sept. 10-Oct. 15
Volleyball: Sept. 15-Oct. 13 (Series 1), Oct. 20-Nov. 17 (S2), Dec. 1-29 (S3)
Dodge Ball: Sept. 15-Oct. 13 (Series 1), Oct. 20-Nov. 17 (S 2), Dec. 1-29 (S3)
Basketball: Oct. 22-Nov. 19 (Series 1), Dec. 3-Jan. 14 (off 12/24, 12/31)
Holiday Tumbling/Gymnastics: Dec. 19-23
Holiday Basketball: Dec. 27-30

Sign-up Now!

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

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

Program & Camp Descriptions

Kids First Tumbling & Gymnastics Program

It's FUN!!! STEPS & Higher Standards Tumbling & Gymnastics are excellent ways to start your child on their way to balance and coordination.

Each program within our tumbling & gymnastics series will cover more moves, from somersaults to flip-flops and walkovers. Instructors will instill confidence and starting points that develop gymnastics skills that will last a lifetime. Each drill will focus on body formation and balance- PLUS it's great exercise! Concluding the program will feature a gymnastics challenge contest. (Bring your cameras)



Coordination with Fun

Registration at Oswegoland Park District
Kids First Tumbling & Gymnastics Program

Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14

Sessions: 6

When: *Tuesdays: Aug. 9-Sept. 13 (Series 1)
Sept. 20-Oct. 25 (Series 2)
Nov. 1-Dec. 13 (Series 3) (off 11/22)

STEPS-1: 3-4 year olds 5:30pm—6:15pm

STEPS-1: 5-6 year olds 6:15pm—7:00pm

HS -1: 7-8 year olds 7:00pm—7:45pm

HS & Adv.-1: 9-14 year olds 7:45pm—8:30pm

Where: Oswegoland Park District Gymnasium

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 6/15

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!!!



Fundamentals

Registration at Oswegoland Park District

Kids First Flag Football League Program

Boys & Girls ages 6-8, 9-14 separated by age

Sessions: 6

2 Program Options:

When: Tuesdays: Sept. 6-Oct. 11

Time: 5:30pm – 6:45pm 6-10 year olds

Where: Oswegoland Park District Field

Saturdays: Sept. 10-Oct. 15

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

10:15am – 11:30am 9-14 year olds

Where: Oswegoland Park District Field

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$75

Min./Max. 8/30

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

Kids First Tennis Program

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 **Oswegoland Park District**
Kids First Tennis Program

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

Sessions: 6

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

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

Tennis-2: 10:30am – 12:00pm 9-14 year olds

Where: **Oswegoland Park District Tennis Courts**

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

Cost: \$75

Min./Max. 6/18



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

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

Kids First Soccer Program

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 **Oswegoland Park District**
Kids First Soccer Fundamentals Program

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated by age.

Sessions: 6

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

Time: **STEPS Soccer-1:** 9:00am – 10:00am 4-5 year olds

Soccer-2: 10:00am – 11:00am 6-8 year olds

Soccer-3: 11:00am – 12:00pm 9-14 year olds

Where: **Oswegoland Park District Field**

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

Cost: \$69

Min./Max.: 8/20



*****Fundamentals*****

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

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 **West Chicago Park District**

Kids First Volleyball Program

Who: Boys & Girls ages 9-14

Sessions: 5

When: ***Thursdays: Sept. 15– Oct. 13 (Series 1)**

Oct. 20 – Nov. 17 (Series 2)

Dec. 1-29 (Series 3)

Time: 5:15pm – 6:30pm 10-14 year olds

Where: **West Chicago Park District Gym**

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

Cost: \$62

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 **Oswegoland Park District**

Kids First Dodge Ball Program

Who: Boys & Girls ages 8-13

Sessions: 5

When: ***Thursdays: Sept. 15– Oct. 13 (Series 1)**

Oct. 20 – Nov. 17 (Series 2)

Dec. 1-29 (Series 3)

Time: **Dodge Ball-1:** 6:30pm – 7:30pm 8-13 year olds

Where: **Oswegoland Park District- Gym**

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

Cost: \$59

Min./Max.: 8/24

Super Safe Dodge Balls



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

Kids First Basketball (Fundamentals) Program

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 **Oswegoland 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), Dec. 3-Jan. 14 (off 12/24, 12/31) (Series 2)**

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: **Oswegoland Park District Gym**

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

Cost: \$59

Min./Max. 6/24



Fundamentals

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

Kids First Holiday Tumbling & Gymnastics Camp

Tumble into the Holidays!!! **STEPS & Higher Standards Tumbling & Gymnastics** are excellent ways to start your child on their way to balance and coordination.

This Camp: The instructor covers more moves on a daily basis giving kids quicker muscle memory; from somersaults to flip-flops and walkovers. Also, the Coach will instill confidence and starting points that develop gymnastics skills that will last a lifetime. Each drill will focus on body formation and balance- **PLUS** it's great exercise! Concluding the camp will feature a gymnastics challenge contest. **(Bring your cameras)**

Registration at **Oswegoland Park District**

Kids First Tumbling & Gymnastics Camp

Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14

Sessions: 5

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

Time: **STEPS-1:** 3-4 year olds 9:30am—10:15am

STEPS-1: 5-6 year olds 10:15am—11:00am

HS -1: 7-8 year olds 11:00am—11:45am

HS & Adv.-1: 9-14 year olds 11:45am—12:30pm

Where: **Oswegoland Park District Gym**

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

Cost: \$49

Min./Max.: 6/15



Coordination with Fun

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

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 **Oswegoland 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



*****Fundamentals*****

Where: **Oswegoland Park District Gym**

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

Cost: \$45

Min./Max. 6/24

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

Sign-up Now!
