

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 Palos Heights Recreation

www.palosheights.org

708-480-3055

Locations: 6601 W. 127th Street, Palos Heights, IL 60463

Programs & Camps

Pre-Season Football: Aug. 13-27
Pre-Season Cheerleading: Aug. 13-27
Tennis: Aug. 13-Sept. 10, Sept. 17-Oct. 15
Tumbling & Gymnastics: Aug. 29-Sept. 26, Oct. 3-Nov. 7, Nov. 14-Dec. 19
Girls Softball: Sept. 8-Oct. 13
Flag Football: Sept. 10-Oct. 15
Cheerleading: Sept. 10-Oct. 15
Soccer: Sept. 10-Oct. 8, Oct. 10-Nov. 14 (off 10/31)
Volleyball: Sept. 14-Oct. 12, Oct. 19-Nov. 16, Nov. 30-Dec. 28
Dodge Ball: Sept. 14-Oct. 12, Oct. 19-Nov. 16, Nov. 30-Dec. 28
Blast Ball: Sept. 15-Oct. 13, Oct. 20-Nov. 17, Dec. 1-15
Baseball: Sept. 15-Oct. 13, Oct. 20-Nov. 17, Dec. 1-15
Volleyball League: Oct. 8-Nov. 5, Nov. 12-Dec. 17, Jan. 7-Feb. 4
Basketball: Oct. 8-Nov. 5, Nov. 12-Dec. 17, Jan. 7-Feb. 4
Holiday Flag Football: Dec. 20-23
Holiday Dodge Ball: Dec. 20-23
Holiday Basketball: Dec. 27-30
Holiday Volleyball: Dec. 27-30
Holiday Bowling: Dec. 27-30

Rain cancellations: time equally added to remaining days of camp

Sign-up Now!

Find: Kids First Banner

Questions: 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 **Palos Heights Recreation**

Kids First Pre-Season Flag Football

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

Sessions: 3

When: **Saturdays: Aug. 13-27**

Fundamentals

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

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

Where: **Palos Heights Recreation- Field**

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

Cost: \$33

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 **Palos Heights Recreation**

Kids First Pre-Season Cheerleading

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

Sessions: 3

When: **Saturdays: Aug. 13-27**

Fundamentals

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

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

Where: **Palos Heights Recreation- Field**

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

Cost: \$33

Min./Max. 8/40

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

Kids First Tennis

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 **Palos Heights Recreation**

Kids First Tennis Program

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

Sessions: 5

When: **Saturdays: Aug. 13-Sept. 10 (Series 1), Sept. 17-Oct. 15 (Series 2)**

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

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



Major Fun

Where: **Palos Heights Recreation Tennis Courts**

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

Cost: \$69

Min./Max. 6/18

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

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)

Registration at Palos Heights Recreation
Kids First Tumbling & Gymnastics Program

Who: Boys & Girls ages 3-4, 5-7, 8-9, 10-14

Sessions: 5

When: Mondays: Aug. 29-Sept. 26 (Series 1)
Oct. 3-Nov. 7 (Series 2) (off 10/31)
Nov. 14-Dec. 19 (Series 3)

STEPS-1: 3-4 year olds 5:00pm—5:45pm

STEPS-1: 5-7 year olds 5:45pm—6:30pm

HS & Adv.-1: 8-9, 10-14 year olds 6:30pm—7:15pm

Where: Palos Heights Recreation- Gymnasium

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 6/15



Coordination with Fun

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

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 Palos Heights Recreation

Kids First Girls Softball

Who: Girls 9-14 yr. olds

Sessions: 6

When: Thursdays: Sept. 8-Oct. 13

Girls Softball-1: 5:00pm – 6:15pm 9-14 year olds

Where: Palos Heights Recreation- Field

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$69

Min./Max. 8/30



Fundamentals

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 **Palos Heights Recreation**

Kids First Flag Football League Program

Boys & Girls ages 6-8, 9-14

Sessions: 6

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

Time: 9:00am – 10:15am 6-8 year olds

10:15am – 11:30am 9-14 year olds

Where: **Palos Heights Recreation- Field**

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

Cost: \$75

Min./Max. 8/38



Fundamentals

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

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 **Palos Heights Recreation**

Kids First Cheerleading

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: **Palos Heights Recreation- Field**

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

Cost: \$75

Min./Max. 8/38



Fundamentals

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

Kids First Soccer

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 **Palos Heights Recreation**
Kids First Soccer Fundamentals Program

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

Sessions: 5

When: **Saturdays: Sept. 10 – Oct. 8 (Series 1)**

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: **Palos Heights Recreation- Field**

When: **Mondays: Oct. 10 – Nov. 14 (Series 2), (off 10/31)**

Time: STEPS Soccer-1: 4:00pm – 5:00pm 3-5 year olds

Soccer-2: 5:00pm – 6:00pm 6-8 year olds

Soccer-3: 6:00pm – 7:00pm 9-14 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$62

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.



Fundamentals

Registration at **Palos Heights Recreation**

Kids First Volleyball Program

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

Sessions: 5

When: ***Wednesdays: Sept. 14– Oct. 12 (Series 1)**

Oct. 19– Nov. 16 (Series 2)

Nov. 30- Dec. 28 (Series 3)

Time: 4:30pm – 5:30pm 6-8 year olds

5:30pm – 6:30pm 9-14 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$62

Min./Max.: 8/30

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

Kids First Dodge Ball

Dodger Dodger! 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 **Palos Heights Recreation**

Kids First Dodge Ball Program

Who: Boys & Girls ages 9-13

Sessions: 5

When: ***Wednesdays: Sept. 14– Oct. 12 (Series 1)**

Oct. 19– Nov. 16 (Series 2)

Nov. 30- Dec. 28 (Series 3)

Time: 6:30pm – 7:30pm 9-13 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$59

Min./Max.: 8/30

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

Super Safe Dodge Balls



Kids First STEPS Blast Ball

Where's 1st BASE! Blast Ball is the introduction to baseball for 4-5 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 **Palos Heights Recreation**

Kids First STEPS Blast Ball Program

Who: Boys & Girls ages 4-5

Sessions: 5

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

Oct. 20-Nov. 17 (Series 2)

Dec. 1-15 (Series 3)

Sessions: 3

Time: **STEPS Blast Ball-1: 4:00pm – 5:00pm 4-5 year olds**

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$59 / (Series 3) \$33

Min./Max. 8/24

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



Quality Beginners Sport

Kids First Tee-Stand Baseball

Stand-Up for Baseball!! It's a HIT! [Instruction & Games!](#) This program prepares kids to 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 **Palos Heights Recreation**

Kids First Tee-Stand Baseball Program

Who: Boys & Girls ages 6-8

Sessions: 5

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

Oct. 20-Nov. 17 (Series 2)

Dec. 1-15 (Series 3)

Sessions: 3

Time: **Higher Standards Tee-Ball-1: 5:00pm – 6:00pm 6-8 year olds**

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$59 / (Series 3) \$33

Min./Max. 8/24

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



Catch ON

Kids First Volleyball League Program

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 **Palos Heights Recreation**

Kids First Volleyball League Program

Who: Boys & Girls ages 9-14

Sessions: 5

When: **Saturdays: Oct. 8-Nov. 5 (Series 1),
Nov. 12-Dec. 17 (Series 2), (off 11/26)
Jan. 7-Feb. 4 (Series 3)**

Time: HS Volleyball-2: 9:00am – 10:15am 9-14 year olds (4th – 8th Graders)

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$62

Min./Max.: 8/30



*****Super Fun*****

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

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 **Palos Heights Recreation**

Kids First Basketball (Fundamentals) Program

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

Sessions: 5

When: **Saturdays: Oct. 8-Nov. 5 (Series 1),
Nov. 12-Dec. 17 (Series 2), (off 11/26)
Jan. 7-Feb. 4 (Series 3)**

Time: STEPS Basketball-1: 10:15am – 11:00am 4-5 year olds

Basketball-2: 11:00am – 12:00pm 6-8 year olds

Basketball-3: 1:00pm – 2:00pm 9-14 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$62

Min./Max. 6/24



*****Fundamentals*****

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

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 **Palos Heights Recreation**

Kids First Holiday Flag Football Camp

Who: Boys & Girls ages 6-8, 9-13 divided and separated by age.

Sessions: 4 (inside Activity)

When: **Tuesday - Friday: Dec. 20 - 23**

Time: 9:00am – 10:15am 6-8 year olds
10:15am – 11:30pm 9-13 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$49

Min./Max. 10/30

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



Fundamentals

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 **Palos Heights Recreation**

Kids First Holiday Dodge Ball Camp

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

Sessions: 4

When: **Tuesday- Friday: Dec. 20 – 23**

Time: 12:00pm –1:15pm 7-9 year olds
1:15pm- 2:30pm 10-14 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$49

Min./Max. 8/30

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

Super Safe Dodge Balls



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 **Palos Heights Recreation**

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

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$44

Min./Max. 6/24

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



Fundamentals

Kids First Holiday Volleyball Camp

Holiday 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 **Palos Heights Recreation**

Kids First [Holiday Volleyball Camp](#)

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

Sessions: 4

When: **Tuesday-Friday: Dec. 27-30**

Time: **Volleyball-1:** 12:15am – 1:15pm 6-8 year olds
Volleyball-2: 1:15pm – 2:15pm 9-14 year olds

Where: **Palos Heights Recreation- Gymnasium**

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

Cost: \$44

Min./Max.: 8/24

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



Fundamentals

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 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 **Palos Heights Recreation**

Kids First [Holiday Bowling Camp](#)

Who: Boys & Girls ages 5-8, 9-14 separated within the Camp

Sessions: 4

When: **Tuesday- Friday: Dec. 27– 30**

Time: **Bowling:** 12:00pm –1:30pm 5-8 year olds
Bowling: 12:00pm –1:30pm 9-14 year olds

Where: Vito's & Nick Pizza & Bowling Alley- State Street, Lemont, IL

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

Cost: \$55

Includes: **Ball & Shoe Rental**

Min./Max.: 8/16

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



*****Quality Camp*****

Sign-up Now!