

Summer-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Group: Kids First Higher Standards (9-14 year olds)

West Chicago Park District

630-231-9474

www.we-goparks.org

Locations: West Chicago Park District Gym, Fields

Address: 157 West Washington Street

Camps

Baseball: June 11-15
Football: June 18-22
Basketball: June 25-29
Volleyball: June 25-29
Track & Field: July 9-13
Tennis: July 16-20
Soccer: July 23-27

Sign-up Today!

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

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

Sport Specific Descriptions

Kids First Baseball (Fundamentals) Camp

Batter up, it's a HIT! This camp challenges all players through fun competitive baseball drills and games that will maximum player potential: Parents have called Kids First baseball mandatory for **fundamentals**, **safety**, and **skills** training. **Kids Love It!**

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: **West Chicago Park District**

Kids First Baseball (Fundamentals) Camp

Who: Boys & Girls ages 9-14 separated within the camp

Camp Sessions: 5

When: **Monday-Friday: June 11-15**

Time: 9:00am-12:00pm (9-14 year olds)

Cost: \$109

Where: **Baseball field**

Instructors: Staff from Kids First Sports Safety, Inc.

Min./Max. 6/40

Early Registration Starts: **Mar. 1st 2012**



It's a Hit

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

Sign-up Today!

Kids First Flag Football (Fundamentals) Camp

Touchdown! Are you ready for some **FOOTBALL!** Flag Football Games & Preparation; Parents have called Kids First Sports Safety **Mandatory** before playing tackle football. Excellent Coaches plan strategic, FUN preparation drills and games that **will** increase **skills & safety** through fundamentals.

Camp offers: **Punt-Pass-Kick Contest & Championship** Flag Football game. **PLUS** skill positions training, techniques on passing, catching, blocking, speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship. **Kids Love It!**

Registration at: **West Chicago Park District**

Kids First Flag Football (Fundamentals) Camp

Who: Boys & Girls Ages 9-14

Camp Sessions: 5

When: **Monday-Friday: June 18-22**

Time: 9:00am-12:00pm (9-14 year olds)

Cost: \$109

Where: **Park District Field**

Instructors: Staff from Kids First Sports Safety, Inc.

Min./Max. 6/40



Fundamentals

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Sign-Up Today!

Kids First Basketball (Fundamentals) Camp

I've Got Game! Basketball camp 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.

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. **Kids Love It!**

Registration at: **West Chicago Park District**
Kids First Basketball (Fundamentals) Camp

Who: Boys & Girls Ages 9-14

Camp Sessions: 5

When: **Monday-Friday: June 25-29**

Time: 9:00am-12:00pm (9-14 year olds)

Cost: \$109

Where: **Park District Gym**

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

Min./Max. 6/40



Fundamentals

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Kids First Volleyball (Fundamentals) Camp

Spike IT! Fun and instructional **camp** 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!**

Camp 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 (Fundamentals) Camp

Who: Boys & Girls Ages 9-14

Camp Sessions: 5

When: **Monday-Friday: June 25-29**

Time: 1:00pm-4:00pm (9-14 year olds)

Cost: \$109

Where: **Park District Gym**

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

Min./Max. 6/40



Fundamentals

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Sign-Up Today!

New- Kids First Track & Field (Fundamentals) Camp

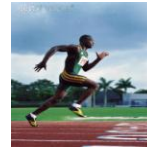
Run with a SMILE! One hour a day camp:
Speed, Quickness, Agility Camp thru Track & Field Events

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

The camp 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 day, concluding with an event **Championship Series** on the final day. **Kids Love It!**

Registration at: **West Chicago Park District**
Kids First Track & Field (Fundamentals) Camp
Who: Boys & Girls ages 7-9, 10-14
Sessions: 5
When: **Monday-Friday: July 9-13**



WOW its Fast

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

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

Where: **Park District Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
How Much: \$55
Min./Max. 8/30

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Sign-Up Today!

Kids First Tennis (Fundamentals) Camp

Serve IT! Experience the competition of **TENNIS! It's Fun.** Certified Coaches teach the skills of tennis through a tennis process that is easy to learn the game. Tennis camp challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!**

Camp offers: Individual **skills contest & championship tennis matches.** **PLUS** racket grips, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at: **West Chicago Park District**
Kids First Tennis (Fundamentals) Camp
Who: Boys & Girls Ages 9-14
Camp Sessions: 5
When: **Monday-Friday: July 16-20**



Fundamentals

Time: 9:00am-12:00pm (9-14 year olds)
Cost: \$109

Where: **West Chicago Park District- Tennis Courts**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/28

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

Sign-up Today!

Kids First Soccer Camp

Take a **SOCCKER Break!** 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**. The Camp will combine body balance & speed drills with FUN preparation soccer drills, making this Camp ideal for beginners to advanced players.

In addition, kids will enjoy being competitively challenged to increase soccer **SKILLS & SAFETY** through **Fundamentals**. This instructional camp also includes: ball handling, passing, goalie positioning, and sportsmanship, concluding with a championship soccer game.

Registration at: **West Chicago Park District**
Kids First Soccer Camp

Who: Boys & Girls ages 9-14 separated by age.

Sessions: 5

When: **Monday-Friday: July 23-27**

Time: 9:00am – 12:00pm (9-14 yr. olds)

Where: **Park District Field**

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

Cost: \$109

Min./Max.: 8/40



*****Major Fun Camp*****

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