

Fall-11



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Group: Kids First Higher Standards (10-14 year olds)

Fall-11 West Chicago Park District

630-231-9474

www.we-goparks.org

Locations: West Chicago Park District Gym, Fields

Address: 157 West Washington Street

Outdoor Programs

Pre-Season Football: Aug. 13-27
Pre-Season Cheerleading: Aug. 13-27
Girls Softball: Sept. 8-Oct. 13
Flag Football: Sept. 10-Oct. 15
Cheerleading: Sept. 10-Oct. 15
Soccer: Sept. 10-Oct. 15
Track & Field: Sept. 13-Oct. 18

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 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 **West Chicago Park District**

Kids First Pre-Season Flag Football

Who: Boys & Girls ages 10-14

Sessions: 3

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



Fundamentals

PS-Football-1: 9:00am – 10:15am

Where: **West Chicago Park District Field**

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

Cost: \$33

Min./Max. 8/40

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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 **West Chicago Park District**

Kids First Pre-Season Cheerleading

Who: Boys & Girls ages 10-14

Sessions: 3

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



Fundamentals

PS-Cheerleading-1: 9:00am – 10:15am

Where: **West Chicago Park District Field**

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

Cost: \$33

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 **West Chicago Park District**

Kids First Girls Softball

Who: Girls 10-14 year olds

Sessions: 6

When: **Thursdays: Sept. 8-Oct. 13**



Fundamentals

Girls Softball-1: 5:00pm – 6:15pm

Where: **West Chicago Park District Field**

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

Cost: \$69

Min./Max. 8/30

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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 **West Chicago Park District**

Kids First Flag Football League Program

Boys & Girls ages 10-14

Sessions: 6

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

Time: 9:00am – 10:15pm 10-14 year olds

Where: **West Chicago Park District Field**

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

Cost: \$69

Min./Max. 8/30



Fundamentals

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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 **West Chicago Park District**

Kids First Cheerleading

Who: Girls ages 10-14

Sessions: 6

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

Time: 9:00am – 10:15am 10-14 year olds

Where: **West Chicago Park District Field**

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

Cost: \$69

Min./Max. 8/40

Fundamentals

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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 **West Chicago Park District**

Kids First Soccer Fundamentals Program

Who: Boys & Girls ages 10-14

Sessions: 6

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

Time: **Soccer-1: 10:30am – 11:45am**

Where: **West Chicago Park District Field**

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

Cost: \$69

Min./Max.: 8/30



*****Fundamentals*****

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New- Kids First Track & Field

Run with a SMILE! *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 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 **West Chicago Park District**

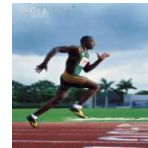
Kids First Track & Field (Fundamentals) Program

Who: Boys & Girls ages 10-14

Sessions: 6

When: **Tuesdays: Sept. 13-Oct. 18**

Track & Field-1: 5:00pm – 6:15pm



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

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

Where: **West Chicago Park District Field**

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

Cost: \$69

Min./Max. 8/34

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(Find: Kids First Banner)

Sign-up Now!
