

Winter/Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Group: Kids First STEPS (3-5 year olds), Higher Standards (6-14 year olds)

Winter/Spring-12 Wheeling Park District

www.pdofp.org

708-366-7500

Locations: *Wheeling Park District Fields, **Gymnasium

Programs & Camps

Blast Ball: Sat. Jan. 14-Feb. 11, Feb. 18-Mar. 17
Basketball: Thur. Jan. 19-Feb. 16
Soccer/Spring Break Soccer: Wed. Mar. 21-Apr. 18, M-F Mar. 26-30
Spring Break Baseball: Mon.-Fri. Mar. 26-30
Flag Football League: Sat. Apr. 14-May 19
Baseball: Tues. Apr. 10-May 8
Tennis: Sat. Apr. 28-May 26
Volleyball League: Sat. Apr. 28-May 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 Program

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: [Wheeling Park District](#)
[Kids First STEPS Blast Ball Program](#)

Quality Beginners Sport

Who: Boys & Girls ages 4-5, 6-7

Sessions: 5

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

Time: 9:00am – 9:45am 4-5 year olds
9:45am – 10:30am 6-7 year olds

Where: [Wheeling Park District- Gym](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

Cost: \$49

Min./Max. 8/24

Kids First: www.kidsfirstsports.net - 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: [Wheeling Park District](#)

[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: 4:30pm – 5:30pm 4-5 year olds
5:30pm – 6:30pm 6-8 year olds (1st – 3rd Graders)
6:30pm – 7:30pm 9-14 year olds (4th – 8th Graders)

Where: [Wheeling Park District- Gym](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

Cost: \$55

Min./Max. 6/24



Awesome Fun

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

Kids First Soccer (Fundamentals) Program

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: **Wheeling Park District**
Kids First Soccer (Fundamentals) Program
Who: Boys & Girls ages 4-5, 6-8, 9-14, separated by age.
Sessions: 5
When: **Wednesdays: Mar. 21-Apr. 18 (Series 1)**
Monday-Friday Spring Break: Mar. 26-30 (Series 2)



Safe Quality Program

Time: Mar. 21-Apr. 18 4:30pm-5:30pm (4-5 yr. olds)
5:30pm-6:30pm (6-8 yr. olds)
6:30pm-7:30pm (9-14 yr. olds)

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: **Wheeling Park District- Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$55
Min./Max.: 8/24

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Kids First Spring Break Baseball Camp

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

Camp Offers: Baseball Skills Competition: Hitting, Fielding, Running & **Championship** Baseball Game. **PLUS-** position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship.

Registration at: **Wheeling Park District**
Kids First Spring Break Baseball Camp
Who: Boys & Girls ages 6-11
Sessions: 5 **(Indoor Activity)**
When: **Monday – Friday: Mar. 26-30**



Fundamentals

Time: 12:00pm —1:15pm 6-11 year olds

Where: **Wheeling Park District- Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$55
Min./Max. 6/28

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

Kids First: Spring Flag Football League Program

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 **Wheeling Park District**
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 (1st – 3rd Graders)
10:15am – 11:30am 9-14 year olds (4th – 8th Graders)

Where: **Wheeling Park District**

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

Cost: \$69

Min./Max. 8/24

Safe Football Fundamentals

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

Kids First Pre-Season Baseball Training Program

Let's Hit it!!

Kids First Certified Coaches offer a pre-season Baseball training program to properly prepare kids for the upcoming season.

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

Registration at **Wheeling Park District**

Kids First: Pre-Season Baseball Training Program

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

Sessions: 5

When: **Tuesdays Apr. 10-May 8**

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

Where: **Wheeling Park District**

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

Cost: \$55

Min./Max.: 8/24



(Safety & Fundamentals)

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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 **Wheeling Park District**
Kids First Tennis Program

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

Sessions: 5

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

Time: 9:00am-11:00am (6-8 yr. olds)
11:00am-1:00pm (9-14 yr. olds)



Major Fun

*rain cancellations: time equally added to remaining days of program.

Where: **Wheeling Park District Tennis Courts**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$89
Min./Max. 6/18

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Kids First Volleyball League

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 **Wheeling Park District**
Kids First Volleyball League Program

Who: Boys & Girls ages 9-14

Sessions: 5

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

Time: 9:00am – 10:15am 6-8 year olds (1st – 3rd Graders)
10:15am – 11:30am 9-14 year olds (4th – 8th Graders)



Super Fun

Where: **Wheeling Park District Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max.: 8/30

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Sign-up today!