

# Fall-11



KIDS FIRST SPORTS SAFETY INC.

[www.kidsfirstsports.net](http://www.kidsfirstsports.net)

630-257-5438

Age Group: Kids First Higher Standards (6-14 year olds)

**Fall-11 Winfield Park District**

**630-653-3811**

[www.winfieldparkdistrict.com](http://www.winfieldparkdistrict.com)

Locations: Winfield Park District Gym, Fields

Address: 0 N 020 County Farm Road

Camp drop off & pick up will be at Main Entrance- (Find: Kids First Banner)

Locations: Winfield Park District Gymnasium, & Field

## Programs & Camps:

<b>Basketball (Series 1 &amp; 2): Sat. Aug. 13- Sept. 10; Sept. 17-Oct. 15</b>
<b>Tennis (Series 1 &amp; 2): Sat. Aug. 13-Sept. 10; Sept. 17-Oct. 15</b>
<b>Flag Football: Sat. Sept. 10-Oct. 15</b>
<b>Soccer: Sat. Sept. 10-Oct. 15</b>
<b>Volleyball: Wed. Sept. 14- Oct. 19</b>
<b>Dodge Ball: Wed. Sept. 14- Oct. 19</b>
<b>Holiday Basketball: W-F. Dec. 21-23</b>
<b>Holiday Volleyball: W-F. Dec. 21-23</b>
<b>Holiday Flag Football: Tu.-F. Dec. 27-30</b>
<b>Holiday Dodge Ball (Series 1 &amp; 2): Tu.-F. Dec. 27-30; Jan. 3-6</b>

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

## Sign-up Now!

**Lower Prices – Quality Programs & Camps**

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# Program & Camp Descriptions

## Kids First Basketball 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 **Winfield 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: Aug. 13-Sept. 10 (Series 1), Sept. 17-Oct. 15 (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



\*\*\*Fundamentals\*\*\*

Where: **Winfield Park District Gym**

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

Cost: \$59

Min./Max. 6/24

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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 **Winfield Park District**

**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: **Winfield Park District Tennis Courts**

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

Cost: \$69

Min./Max. 6/18

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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 **Winfield Park District**  
**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: **Winfield Park District Field**

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

Cost: \$69

Min./Max. 8/30



\*\*\*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 **Winfield 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: **Winfield Park District Field**

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

Cost: \$69

Min./Max.: 8/20



\*\*\*Fundamentals\*\*\*

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## 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 Winfield Park District

Kids First Volleyball Program

Who: Boys & Girls ages 8-13

Sessions: 6

When: \*Wednesdays: Sept. 14– Oct. 19

Time: 5:00pm – 6:00pm 8-13 year olds

Where: Winfield Park District Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65

Min./Max.: 8/30

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## 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 Winfield Park District

Kids First Dodge Ball Program

Who: Boys & Girls ages 8-13

Sessions: 6

When: \*Wednesdays: Sept. 14– Oct. 19

Time: Dodge Ball-1: 6:00pm – 7:00pm 8-13 year olds

\*\*\*Super Safe Dodge Balls\*\*\*

Where: Winfield Park District- Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 8/24

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## 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 Winfield Park District

Kids First Holiday Basketball Camp

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

Sessions: 3

When: Wednesday-Friday: Dec. 21-23

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: Winfield Park District Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$33

Min./Max. 6/24

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## 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 **Winfield Park District**  
**Kids First Holiday Volleyball Camp**

Who: Boys & Girls ages 6-8, 9-14  
Sessions: 3

**Wednesday-Friday: Dec. 21-23**

**Time: Basketball-2: 12:30pm – 1:30pm 6-8 year olds**  
**Basketball-3: 1:30pm – 2:30pm 9-14 year olds**

Where: **Winfield Park District Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$33  
Min./Max.: 6/20



Fundamentals

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## 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!**

**Camp offers:** skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

Registration at **Winfield Park District**  
**Kids First Holiday Flag Football Camp**

Who: Boys & Girls ages 6-8, 9-14  
Sessions: 4 (inside Activity)

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

**Time: Football-1: 9:00am – 10:00am 6-8 year olds**  
**Football-2: 10:00am – 11:00am 9-14 year olds**

Where: **Winfield Park District Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$44  
Min./Max. 8/24



\*\*\*Major Fun\*\*\*

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## 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 **Winfield Park District**  
**Kids First Holiday Dodge Ball Camp**

Who: Boys & Girls ages 7-9, 10-14 separated within the Camp  
Sessions: 4

When: **\*Tuesday-Friday: Dec. 27 - 30 (Series 1), Jan. 3 – 6 (Series 2)**

**Time: Dodge Ball-1: 11:00am – 12:00pm 7-9 year olds**  
**Dodge Ball-2: 12:00pm – 1:00pm 10-14 year olds**

Where: **Winfield Park District Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$44  
Min./Max. 8/24



\*\*\*Super Safe Dodge Balls\*\*\*

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