

Summer-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Groups: STEPS 3-6 year olds; Higher Standards 6-14 year olds

Woodridge Park District

www.woodridgeparks.org

630-353-3300

Locations: *Jefferson Junior High School (Woodridge), **Community Park (Woodridge),
4-Lakes Village (Lisle), *Lisle Park District All Purpose Room

Camps

Baseball: M-F June 4-8, July 9-13
New-Balloon Ball: M-F June 4-8
Basketball: M-F June 11-15, July 16-20
Volleyball: M-F June 18-22, July 23-27
Flag Football: M-F June 25-29
Track & Field: M-F July 9-13
Tennis: M-F July 16-20, Aug. 6-10
Badminton: M-F July 23-27
Soccer: M-F July 30-Aug. 3
Dodge Ball: M-F Aug. 6-10

Programs

Blast Ball: Th. June 7-28
Cheerleading: Tu. June 5-26
Volleyball: Th. June 7-28, July 12-Aug. 2
Basketball: Th. June 7-28, July 12-Aug. 2
Flag Football: Sa. June 9-30
Baseball: Sa. June 9-30
New-Balloon Ball: W. July 11-Aug. 1
Tennis: Sa. July 14-Aug. 4

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

Sign-up Today!

Sports Specific Camp Descriptions

Kids First Baseball (Fundamentals) Camp & Program

Batter up, it's a HIT! This camp & program 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 & program concludes with a Championship Game.

Registration at: **Woodridge Park District**

Kids First Baseball (Fundamentals) Camp & Program

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

Camp Sessions: 5

When: **Monday-Friday: June 4-8 (Series 1)**
July 9-13 (Series 2)

Time: 9:00am-12:00pm (6-8, 9-14 year olds)

Cost: \$109



It's a Hit

Program Sessions: 4

When: **Saturdays: June 9-30**

Time: 1:00pm-3:00pm (6-8, 9-14 year olds)

Cost: \$69

Where: **Jefferson Jr. High School field**

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

Min./Max. 6/40

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

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

Sign-up Today!

New Kids First STEPS Balloon Ball Camp & Program

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, or throw it, or kick it in one of the two goals for a score.

The action is a bit faster, with fewer rules than soccer so kids are not being corrected as much in this new fast pace game. Kids will be taught coordination and balance along with the importance of exercise that their bodies need. Kids just love this new game that was created by Kids First.

Registration at: **Woodridge Park District**

Kids First: STEPS Balloon Ball Camp & Program

Who: Boys & Girls ages 3-4, 5-6 separated within the program

Camp Sessions: 5

When: **Monday-Friday: June 4-8**

Cost: \$59

Fun & Exciting

Program Sessions: 4

When: **Wednesdays: July 11-Aug. 1**

Cost: \$49

Time: 9:00am – 10:00am 3 & 4 year olds

10:00am – 11:00am 5 & 6 year olds

Where: **Lisle Park District All Purpose Room**

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

Min./Max.: 8/24

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

Sign-up Today!

Kids First STEPS Blast Ball Program

Batter UP! Blast Ball is the introduction to baseball for 4-7 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: [Woodridge Park District Kids First STEPS Blast Ball Program](#)

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

Sessions: 4

When: **Thursdays: June 7-28**

Time: 9:00am – 10:00am 4-5 year olds
10:00am – 11:00am 6-7 year olds

Where: [Lisle Park District All Purpose Room](#)

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

How Much: \$49

Min./Max. 8/24



Quality Beginners Sport

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

Sign-up Today!

Kids First Cheerleading Program

Cheerleader Spirit! 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: [Woodridge Park District](#)

[Kids First Cheerleading Program](#)

Who: Girls ages 6-14 divided and separated by age.

Sessions: 5

When: **Tuesdays: June 5-26**

Time: 12:00pm-2:00pm (6-8, 9-14 yr. olds)

Where: [Lisle Park District All Purpose Room](#)

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

How Much: \$69

Min./Max. 10/30



Major Fun

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

Sign-Up Today!

Kids First Basketball (Fundamentals) Camp & Program

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: **Woodridge Park District**
Kids First Basketball (Fundamentals) Camp & Program
Who: Boys & Girls Ages (6-8), (9-14)
Camp Sessions: 5
When: **Monday-Friday: June 11-15 (Series 1)**
July 16-20 (Series 2)
Time: 9:00am-12:00pm (6-8, 9-14 year olds)
Cost: \$109



Fundamentals

Program Sessions: 4
When: **Thursdays: June 7-28 (Series 1)**
July 12-Aug. 2 (Series 2)
Time: 12:00pm-2:00pm (6-8, 9-14 year olds)
Cost: \$69

Where: **Jefferson Jr. High School Gym**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/40

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

Sign-Up Today!

Kids First Volleyball (Fundamentals) Camp & Program

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

Camp & 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.

Registration at: **Woodridge Park District**
Kids First Volleyball (Fundamentals) Camp & Program
Who: Boys & Girls Ages (6-8), (9-14)
Camp Sessions: 5
When: **Monday-Friday: June 18-22 (Series 1)**
July 23-27 (Series 2)
Time: 9:00am-12:00pm (6-8, 9-14 year olds)
Cost: \$109



Fundamentals

Program Sessions: 4
When: **Thursdays: June 7-28 (Series 1)**
July 12-Aug. 2 (Series 2)
Time: 12:00pm-2:00pm (6-8, 9-14 year olds)
Cost: \$69

Where: **Four Lakes Village-Volleyball Courts**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/40

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

Sign-Up Today!

Kids First Flag Football (Fundamentals) Camp & Program

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 & Program 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: **Woodridge Park District**
Kids First Flag Football (Fundamentals) Camp & Program
Who: Boys & Girls Ages (6-8), (9-14)
Camp Sessions: 5
When: **Monday-Friday: June 25-29**
Time: 9:00am-12:00pm (6-8, 9-14 year olds)
Cost: \$109



Fundamentals

Program Sessions: 4
When: **Saturdays: June 9-30**
Time: 9:00pm-11:00am (6-8, 9-14 year olds)
Cost: \$69

Where: **Jefferson Jr. High School Field**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Min./Max. 6/40

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

Sign-Up Today!

New- Kids First Track & Field (Fundamentals) Camp

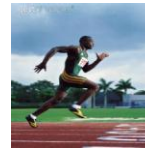
Run with a SMILE! One hour a day camp:
Speed, Quickness, Agility Camp thru Track & Field Events

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: **Woodridge Park District**
Kids First Track & Field (Fundamentals) Camp
Who: Boys & Girls ages 5-6, 7-9, 10-14
Sessions: 5
When: **Monday-Friday: July 9-13**



WOW its Fast

Time: 9:00am – 10:00am (5-6 yr. olds)
10:00am – 11:00am (7-9 yr. olds)
11:00am – 12:00pm (10-14 yr. olds)

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

Where: **Jefferson Jr. High School Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
How Much: \$59
Min./Max. 8/30

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Sign-Up Today!

Kids First Tennis (Fundamentals) Camp & Program

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: **Woodridge Park District**
Kids First Tennis (Fundamentals) Camp & Program

Who: Boys & Girls Ages (6-8), (9-14)

Camp Sessions: 5

When: **Monday-Friday: July 16-20 (Series 1)**
Aug. 6-10 (Series 2)

Time: 9:00am-12:00pm (6-8, 9-14 year olds)

Cost: \$109

Program Sessions: 4

When: **Saturdays: July 14-Aug. 4**

Time: 9:00am-11:00am (6-8, 9-14 year olds)

Cost: \$69

Where: **Woodridge Park District- Tennis Courts**

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

Min./Max. 6/28



*****Fundamentals*****

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

Sign-up Today!

Kids First Badminton Camp

Badminton Anyone! Now this is **FUN!** This instructional **Camp** prepares players to succeed in badminton. Excellent Coaches plan strategic, preparation drills and games that *will* increase **skills** through Fundamentals. **Kids Love It!!!**

Camp offers: **Badminton Skills Challenge Contest & Championship Badminton games.** **PLUS** preparation training such as: hand grips, racket positioning, serving, body balance, and first step directional movements for this fast & quickly paced game.

Kids First instructor raises the **SKILL & EXCITEMENT LEVEL** for the players using approximately 25% of the time devoted to fundamentals; 75% dedicated to games.

Registration at: **Woodridge Park District**

Kids First Badminton Camp

Who: Boys & Girls ages 9-15

Sessions: 5

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

Time: 9:00am – 12:00am 9-15 year olds

Where: **Jefferson Jr. High School Gym**

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

Cost: \$109

Min./Max. 6/40

Kids First Provides: Rackets, Birdies



*****Major Fun*****

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

Sign-up Today!

Kids First Soccer Camp

Take a **SOCCER 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: **Woodridge Park District**
Kids First Soccer Camp

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

Sessions: 5

When: **Monday-Friday: July 30-Aug. 3**

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **Jefferson Jr. High School Field**

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

Cost: \$109

Min./Max.: 8/40



Major Fun Camp

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Sign-Up Today!

Kids First Dodge Ball Camp

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: **Woodridge Park District**

Kids First Dodge Ball Camp

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

Sessions: 5

When: **Monday-Friday: Aug. 6-10**

Time: 9:00am – 12:00pm 9-14 year olds

Where: **Lisle Park District All Purpose Room**

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

Cost: \$99

Min./Max.: 8/24



Super Safe Dodge Balls

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

Sign-Up Today!
