



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

[www.cicillinois.edu/noncredit/programs/youth.asp](http://www.cicillinois.edu/noncredit/programs/youth.asp)



## FAQ:

**Q:** I have so many questions: Where do I start?

**A:** Let's start together and go through all of your questions.

**Q:** What if you have two six-year-olds and 10 13-year-olds in the same camp?

**A:** Kids are divided into age-specific groups within the camp. Both boys and girls will have a choice to play games together.

**Q:** Will boys and girls, as well as different age groups, be separated within the camp?

**A:** Yes, younger age groups will be separated from older kids. Both boys and girls will have a choice in playing games together.

**Q:** What are the details about the parent meetings (time, length, content, etc.)?

**A:** Every Monday starts off with a detailed parent meeting from 9 a.m. to 9:15 a.m., directed by the Kids First head coach. Meetings will cover weekly camp sports activity, safety preparations, lunch/snack/drink time frames, inclement weather precautions, the championship game on Fridays, suggestions and parents' questions.

**Q:** What will be discussed in the Monday morning parent meeting?

**A:** A detailed parent meeting, directed by the Kids First head coach, runs 9 a.m.-9:15 a.m. every Monday. The content discussed will be weekly sports activity within the camp, including: safety preparations, lunch/snack/drink schedule, inclement weather precautions/procedures, the championship game on Fridays, and parents' questions. Any participant's medical needs will be discussed one-on-one with the head coach immediately following the parent meeting.

**Q:** What is the student to instructor ratio?

**A:** Approximately 10 kids to each coach: 10:1

**Q:** What will the kids be doing all day?

**A:** Having fun! Kids/parents will be asked to fill out a Kids First Camp Fulfillment Form. This provides additional information for the head coach to customize each week. A typical day starts off with exercises and a consistent rotation between playing mainstream sports (soccer, volleyball, softball, flag football, etc.) and recreational sports (bean bag toss, badminton, ultimate Frisbee, etc.). Plus, once each day (generally around 2 p.m.) kids will create their own sports game. Water, lunch, snack and cool-down breaks will be equally divided throughout the day. The last camp day involves a series of skill contests and championship sports games. The extended morning and afternoon participants play a variety of recreational sports throughout the week.

**Q:** Is one week different from another?

**A:** Each week is customized to satisfy each child's sports desire within each camp. Kids *love* it!

**Q:** Is the camp for boys and girls?

**A:** Yes.

**Q:** Will I have a chance to meet the coaches?

**A:** Yes, in a Monday morning parent meeting.

**Q:** Are there both indoor and outdoor facilities?

**A:** Yes. A large multipurpose athletic field and two college classes are dedicated for use for the sports camps. Indoor gym time is scheduled daily for 1 ½ hours to allow students to play basketball and other indoor sports.

**Q:** What about inclement weather and dangerously high temperatures?

**A:** The Kids First head coach directs all participants to a safe area designated at the parent meeting.

**Q:** Will indoor sports, such as basketball, be offered?

**A:** Basketball and other sports are offered, based on the facility.

**Q:** Does the Ultimate Sports Camp offer sport-specific programs?

**A:** Yes, both mainstream and recreational sports are offered.

**Q:** Describe a Kids First coach.

**A:** Coaches receive Kids First certification, the first pro-active preparation certification in the country.

**Q:** How do kids benefit by a Kids First coach compared to other organizations' coaches?

**A:** Kids benefit by a Kids First certified coach in several ways. Kids First coaches are fun. They are trained to include all kids in playing together at every camp. Further, Kids First coaches are trained to use a language-specific process that combines mental visual instruction with body alignment so kids feel safer and more confident about body position. A player's body that has balance not only performs better but gives the athlete (camper) the best chance to avoid injuries and remain safe.

**Q:** What is the goal of a Kids First instructor?

**A:** To generate a fun-filled camp in a safe and skillful environment.

**Q:** What organizations endorse Kids First training?

**A:** The largest independent youth football leagues in Illinois: TCYFL (Lake Zurich); colleges, such as College of Lake County, Elmhurst College and Carthage College; and park districts, such as Naperville, Brookfield, North Riverside, Woodridge, Lisle, Lemont, Lombard, Fox Valley Aurora, Des Plaines, Medinah, Mokena, Hillside, Palos Hills, River Forest and Forest Park. Visit our Web site: [www.kidsfirstsports.net](http://www.kidsfirstsports.net)

**Q:** What is the process in becoming a Kids First coach?

**A:** Candidates submit a resume, go through a Kids First detailed screening and interview process. Also, head coaches must attend a mandatory Kids First training program to obtain their Kids First coach certification.

**Q:** Where do I sign up?

**A:** Sign up using the Camp XPLORE! Kids First sports registration forms, available at [www.clcillinois.edu/noncredit/programs/youth.asp](http://www.clcillinois.edu/noncredit/programs/youth.asp), e-mail [tsjohnson@clcillinois.edu](mailto:tsjohnson@clcillinois.edu) or call the Xplore Hotline at 847-543-2759.

## **TO REGISTER:**

**Visit Camp XPLORE! - College of Lake County at**

[www.clcillinois.edu/noncredit/programs/youth.asp](http://www.clcillinois.edu/noncredit/programs/youth.asp)

## **REGISTRATION BEGINS SOON!**

Camp XPLORE! – College of Lake County  
Center for Personal Enrichment  
19351 W. Washington St.  
Grayslake, IL 60030  
847-543-2759 or 847-543-2653

**Kids First Sports Safety Inc.**

**220 Main St. – Lemont, IL 60439; Ph. 630-257-KID8 (5438) [www.kidsfirstsports.net](http://www.kidsfirstsports.net)**