



VOLLEYBALL CAMP

Fun and instructional program prepares players to succeed in volleyball. Excellent coaches plan strategic, fun preparation drills and games that will increase skills and safety through fundamentals. Kids love it! Program offers volleyball skills challenge contest and championship volleyball game. Plus competitive drills for skills training, serving, bumping, setting, spiking, techniques on speed and quickness, body balance, first step directional movements, volleyball safety awareness and sportsmanship.

| Age | Date | Day | Time | R/N Fee | Code # |
|-------|----------------|-----|-----------|---------|--------|
| 10-15 | Oct 4 – Nov 8 | Th | 6-6:45 PM | \$35/50 | 192123 |
| 10-15 | Nov 29 – Jan 3 | Th | 6-6:45 PM | \$35/50 | 192123 |

Location: Grant Park Recreation Center Gym Min/Max: 8/16

Note: No experience necessary, each series works on different skill sets.



Tot Soccer for Beginners

Bring your children out and let them get introduced to the wonderful game of soccer. Participants are taught the basic skills of ball control, passing and shooting! Fun games will also be incorporated in the class. Parent-participation is encouraged!

| Age | Date | Day | Time | R/N Fee | Code # |
|-----|--------------|-----|-----------|---------|--------|
| 3-4 | Sep 7-Oct 12 | F | 4-4:45 PM | \$45/60 | 192123 |

Location: George A. Leoni Complex Turf Min/Max: 5/16

VPD Soccer Drills and Skills

Are you looking for a class to have a lot of fun while learning soccer skills? We have the perfect class for you. Our Veterans Park District staff will lead you and your friends in specific drills while you improve your overall understanding of the game, having a blast at the same time! Each class lasts for one hour and the children will rotate through different stations and drills. Smaller sided games will be used to bring everything together at the end of each class.

| Age | Date | Day | Time | R/N Fee | Code # |
|-----|---------------|-----|-----------|---------|--------|
| 5-6 | Sep 7-Oct 12 | F | 5:15-6 PM | \$45/60 | 192123 |
| 7-9 | Oct 26-Nov 30 | F | 6:15-7 PM | \$45/60 | 192123 |

Location: George A. Leoni Complex Turf Min/Max: 5/16

Beginner Baseball

Batter up! This program is a great introduction for kids to develop baseball/softball skills and have fun. Offense and defense skills, as well as the rules of the game and teamwork are taught and incorporated in fun games. You must provide your own glove.

| Age | Date | Day | Time | R/N Fee | Code # |
|-----|----------------|-----|-----------|---------|--------|
| 4-6 | Sep 5-Oct 10 | W | 5-5:45 PM | \$35/50 | 192123 |
| 4-6 | Oct 24- Nov 28 | W | 5-5:45 PM | \$35/50 | 192123 |

Location: George A. Leoni Complex Turf Min/Max: 5/16

VPD Hitting & Fielding Class

Calling all baseball and softball players! Individual players can sign up for this program and show us their stuff in this instructor lead baseball class. Participants will improve their fielding and batting skills, while also improving their knowledge of the game. We will have our batting cages set up and tees lined up for you. Please bring your own bat and glove. We will run you through rapid rotations in the cage and drills outside of it all with the aim of improving your skills.

| Age | Date | Day | Time | R/N Fee | Code # |
|------|---------------|-----|-----------|---------|--------|
| 7-12 | Sep 5-Oct 10 | W | 6-6:45 PM | \$35/50 | 192123 |
| 7-12 | Oct 24-Nov 28 | W | 6-6:45 PM | \$35/50 | 192123 |

Location: George A. Leoni Complex Turf Min/Max: 5/16



YOUTH BASKETBALL LEAGUE

(GRADES 1-8)

Veterans Park District is proud to present its annual Youth Basketball League. The basketball league will be available for grades 1-8. All children will receive participation trophies along with team shirts. Please help the program continue to grow by spreading the word throughout your child's schools and activities. Team shirts are provided before the start of the first game. Coaches will contact parents with their practice times and dates. Teams practice once or twice a week depending on grade level and gym space. Read the descriptions below to become familiar with our basketball leagues.

(Information provided on the Youth Basketball League is subject to change at the discretion of Veterans Park District if necessary.)

Due to our enrollment numbers growing in the past 2 years, some grade levels might be practicing at different locations, playing a different day or playing at a different location. This is determined closer to the start of the season and determined by the number of children enrolled in our league.



GRADES 1-2

The season is scheduled to begin at the end of January on Saturday mornings. Teams will practice once a week. On game day, they will also practice for the first 20 minutes and then play a non-competitive game after. Coaches will provide parents with schedules on their day of practice. All children have equal playing time. At this level we stress the importance of teamwork and fun. Coaches are allowed to be on the court to encourage children to pass, dribble, shoot and help avoid committing fouls.

GRADES 3-4

The season is scheduled to begin at the end of January on Saturdays mid-afternoon following Grades 1-2. Teams will practice twice a week. Each team will have a roster of up to ten players. All children will have equal playing time. Veterans Park District will provide IHSA certified referees for this grade level. This league places a strong emphasis on fun and learning – not competition.

GRADES 5-6

The season is scheduled to begin at the end of January on Saturday early evenings following Grades 3-4. Teams will practice twice a week. Each team will have a roster of up to ten players. All children have equal playing time. Veterans Park District will provide IHSA certified referees for this grade level. This league places a strong emphasis on fun and learning – not competition.

GRADES 7-8

The season is scheduled to begin at the end of January on Saturday nights following Grades 5-6. Teams practice 1-2 times a week. Each team has a roster of up to ten players. All children will have equal playing time. Veterans Park District provides IHSA certified referees for this grade level. This league places a strong emphasis on fun and learning – not competition.

YOUTH BASKETBALL LEAGUE CONTINUED

Skills Days

Skills days are very important and should not be missed – parents please save the dates. The skills day are scheduled to evaluate children’s performance in an effort to create balanced teams. The first hour is to evaluate basic skills on dribbling, shooting and passing. The second hour is to evaluate kids on game-play. How they play defense, offense and overall knowledge of the game.

SKILLS DAY 1 – SATURDAY, NOV. 17

Time: 9-11 AM (Grades 1-2)

Time: 11 AM-1 PM (Grades 3-4)

Time: 1-3 PM (Grades 5-6)

Time: 3-5 PM (Grades 7-8)

1st hr is skills grading.

2nd hour is grading kids in a game type situation.

SKILLS DAY 2 – SATURDAY, DEC. 15

Time: 9-11 AM (Grades 1-2)

Time: 11 AM-1PM (Grades 3-4)

Time: 1-3 PM (Grades 5-6)

Time: 3-5 PM (Grades 7-8)

1st hr is skills grading.

2nd hour is grading kids in a game type situation.

Season: Jan. 19 – March 17

Playoffs: March 9-17

Game Days: Saturdays and Sundays

Grades 1-2: # 192123 A4

Grades 3-4: # 192123 A5

Grades 5-6: # 192123 A6

Grades 7-8: # 192123 A7

Time:

Grades 1-2 – Saturday Mornings*

Grades 3-4 – Saturday and Sunday Afternoons*

Grades 5-6 – Saturday and Sunday Evenings*

Grades 7-8 – Saturday Nights*

(*Games will also be played on Sundays)

Registration Deadline: Dec. 15

Location: Grant Park Recreation Center

Early Bird Fee (Register by Nov 12): \$60 R /\$70 N

Regular Fee (after Nov 13): \$65 R /\$75 N

Location: Grant Park Recreation Center

Volunteer Coach Program:

Volunteer coaches make the Youth Basketball League possible and a success. We are always in need of coaches, both beginner and experienced coaches for our recreational Youth Basketball League. Volunteer Coaches are asked to do a Criminal Background Check, Coaches Contract, Volunteer Waiver and Release Form, Volunteer Application and Volunteer Emergency Information Form. If you’re not sure about being a head coach for a team, assistant coaching can be arranged. If you do have questions about Volunteer Coaching, contact Nico Urbinati at (708) 716-4822.



Beginner Basketball

This program is our introductory class for future all-star basketball players. Participants will be instructed on the very basics of the game. Girls and boys will have fun working on their dribbling, passing, shooting, rebounding and defense with drills and fun games incorporating these basic skills. Age appropriate hoops will be provided.

| Age | Date | Day | Time | R/N Fee | Code # |
|-----|---------------|-----|-----------|---------|----------|
| 4-6 | Oct 3-Nov 7 | W | 5-5:45 PM | \$35/50 | 192123F1 |
| 4-6 | Nov 21-Dec 19 | W | 5-5:45 PM | \$35/50 | 192123F2 |

Location: Grant Park Recreation Center Gym Min/Max: 5/16



Pre-Season Basketball Clinics for Grades 1-8

These clinics will prepare you for the upcoming VPD Basketball League. We will focus on developing ball handling skills, offensive/defensive skills, passing, shooting and positioning.

All players will improve greatly with this class taught by former USBA's Annie Roberts and other former college players.

| Age | Date | Day | Time | R/N Fee | Code # |
|------------------|----------------|-----|--------------|---------|-----------|
| SESSION 1 | | | | | |
| grade 1-8 | Oct 23-Nov 13 | Tu | 6:30-7:30 PM | \$45/60 | 192122 F2 |
| SESSION 2 | | | | | |
| grade 1-8 | Nov 27- Dec 18 | Tu | 6:30-7:30 PM | \$45/60 | 192122 F3 |

Location: Grant Park Recreation Center Gym
Min/Max: 7/20

TUMBLING

Beginner Tumbling

Beginner tumblers will learn forward rolls, cartwheels, bridges, and jumps. Strength and flexibility are also needed to progress into the higher level classes. Children will be evaluated at the end of each session and advised when to move to the next level.

| Age | Date | Day | Time | R/N Fee | Code # |
|----------------------------------|--------------|-----|---------------|---------|--------|
| 18-35 months | Sep 5-Oct 24 | W | 5-6 PM | \$45/60 | 192123 |
| Location: Cimbalo Fitness Center | | | Min/Max: 3/12 | | |

Intermediate Tumbling

This class is designed to perfect your child's beginner skills and add new skills. Skills to be taught are: backbends, handstand forward rolls, and round-offs. Children will be evaluated at the end of each session and advised when to move to the next level.

| Age | Date | Day | Time | R/N Fee | Code # |
|----------------------------------|--------------|-----|---------------|---------|--------|
| 4-8 | Sep 5-Oct 24 | W | 6-7 PM | \$45/60 | 192123 |
| Location: Cimbalo Fitness Center | | | Min/Max: 3/12 | | |



Advanced Tumbling

This class is designed take your child's skills to the next level and learn new skills. Children must be able to safely execute the following skills before attending this class: backbends, handstand forward rolls, and round-offs. Children will be evaluated at the end of each session.

| Age | Date | Day | Time | R/N Fee | Code # |
|----------------------------------|--------------|-----|---------------|---------|--------|
| 8-12 | Sep 5-Oct 24 | W | 7-8 PM | \$45/60 | 192123 |
| Location: Cimbalo Fitness Center | | | Min/Max: 3/12 | | |

Family / Individual Archery Camp

The whole family can join now in this fun-filled Archery program. If you want to have fun learning a new sport or simply want to improve your hand-eye coordination, this eight-week camp is guaranteed to be fun and challenging. Watch your accuracy improve every week! Archery supplies will be provided for everyone.

| Age | Date | Day | Time | R/N Fee | Code # | Instructor |
|---------|---------------|-----|-----------------------------|---------|----------|--------------|
| 7-Adult | Sep 28-Nov 16 | F | 5-6:30PM (all skill levels) | \$50/65 | 192123F1 | Andy Ferraro |

Location: Grant Park Recreation Center Gym Min/Max: 5/16

Discount: \$10 off the 3rd family member to sign up!

