

Sports CHILDREN/YOUTH

Volleyball Camp

AGES: 10-15

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.

Days: Thursdays

Dates: Sept. 14 – Oct. 19 # 192122 B1
Nov. 2 – Dec. 14 (No class Nov. 23) # 192122 B2

Time: 6-7 p.m.

Location: Grant Park Recreation Center Gym

Fee: \$45 In District/\$60 Out of District

Min/Max: 8/16

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

Rookie Sports

AGES: 7-14

Get in the game! Children learn the basics of basketball, soccer, floor hockey, volleyball, tennis, whiffle ball and other group games. The program helps kids to develop their large motor skills and hand/eye coordination while having fun. Teamwork and good sportsmanship are stressed.

192122 B3

Days: Thursdays

Date: Sept. 28 – Nov. 2

Time: 5-6 p.m.

Location: Grant Park Recreation Center

Fee: \$45 In District/\$60 Out Of District

Min/Max: 5/16



VPD Hitting & Fielding Class

AGES: 6-12

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.

Day: Wednesdays

Dates: Sept. 13 – Oct. 18 # 196162 A7
Nov. 15 – Dec. 20 # 196162 A8

Time: 6-7 p.m.

Location: George A. Leoni Complex Turf

Fee: \$35 In District/\$50 Out of District

Min/Max: 5/16

Lil' Sluggers

AGES: 4-6

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.

196162 A9

Day: Wednesdays

Date: Sept. 13 – Oct. 18

Time: 5-6 p.m.

Location: George A. Leoni Complex

Fee: \$35 In District/\$50 Out of District

Min/Max: 5/16



Sign up at least 2 weeks before program, class or trip begins to avoid cancellations and wait lists.

(708) 343-5270 • veteransparkdistrict.org

Sports CHILDREN/YOUTH

Basketball Pre-Season Clinics

GRADES: 1-8

Veterans Park District is offering two pre-season camps for participants who will be enrolling in the Youth Basketball League at Veterans Park District or open to anyone who wants to enhance their basketball fundamental skills. This camp is also designed as a pre-season tune up/warm up camp before the league starts. The Staff will run participants through a series of fundamentals including shooting, ball handling, passing, defense and much more.

Day: Saturday

Date: Nov. 18

Dec. 2

192122 A

192122 A1

Times: 2-5 p.m.

Location: Grant Park Recreation Center

Fee: \$10

Min/Max: 20/60

Registration Deadline: Saturday, Nov. 9 and Saturday, Dec. 1

Preregistration is required for this program.

American Basketball Academy Clinic

AGES: 7-14

This is a four (4) week clinic led by former USBA's Annie Roberts and other former college players. These clinics will focus on developing ball handling, offensive/defensive skills, passing, shooting and positioning. All players will improve greatly with this class, from beginner to AAU players.

#192122 A2

Days: Tuesdays

Dates: Oct. 24 – Nov. 21 (No class Oct. 31)

Time: 6:30-7:30 p.m.

Location: Grant Park Recreation Center

Fee: \$40 In District/\$55 Out Of District

Min/Max: 7/20



Biddy Basketball

AGES: 4-6

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.

192122 A3

Day: Tuesday

Date: Sept. 19 – Oct. 24

Time: 5-6 p.m.

Location: Grant Park Recreation Center Gym

Fee: \$35 In District/\$50 Out of District

Min/Max: 5/16



Sign up at least 2 weeks before program, class or trip begins to avoid cancellations and wait lists.

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Sports CHILDREN/YOUTH

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.)

****Must register before Jan. 15**

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.

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 Connor Graham at (708) 716-4822.



Sports CHILDREN/YOUTH

Youth Basketball League continued

MANDATORY SKILLS DAYS AND TEAM MAKE UP — SAVE THESE DATES

Skills days are very important and should not be missed! 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** know the general game.

Skills Day 1 – Saturday, Nov. 18

Time: 10-11:30 a.m. (Grades 1-2)
Time: 11:30 a.m.-1 p.m. (Grades 3-4)
Time: 1-2:30 p.m. (Grades 5-6)
Time: 2:30-4 p.m. (Grades 7-8)

Skills Day 2 – Saturday, Dec. 16

Time: 10-11:30 a.m. (Grades 1-2)
Time: 11:30 a.m.-1 p.m. (Grades 3-4)
Time: 1-2:30 p.m. (Grades 5-6)
Time: 2:30-4 p.m. (Grades 7-8)

Location: Grant Park Recreation Center

Season: Jan. 20 – March 17

Playoffs: March 10–17

Game Days: Saturdays

Grades 1-2: # **192122 A4**

Grades 3-4: # **192122 A5**

Grades 5-6: # **192122 A6**

Grades 7-8: # **192122 A7**

Time:

Grades 1-2 – Saturday Mornings*

Grades 3-4 – Saturday Afternoons*

Grades 5-6 – Saturday Evenings*

Grades 7-8 – Saturday Nights*

(* Games will also be played on Sundays)

Registration Deadline: Jan. 1

Early Bird Fee (Register by Nov. 13):

\$60 In District/\$70 Out of District

Regular Fee (after Nov. 13): \$65 In District/\$75 Out of District

Veterans Park District Venom Travel Basketball Team

The mission of these travel teams is to provide a fun, safe and positive environment for competitive basketball. We provide the development of each player's skills, knowledge and appreciation for competitive basketball, as well as good sportsmanship and teamwork.

We are looking to get two teams to attend multiple NAYS tournaments in 2018. The levels would be a combined 5th/6th grade team, 7th /8th grade team. A team will consist of 8-10 players. We will have tryouts will be held for each team in each grade level. A mandatory parent/player meeting (for those children who have made the team) will be held to have uniform try-on and fee collection after try-outs. Cost per child is applied to payment of uniforms, payment of tournaments and any other items for the team to succeed.

TRYOUT SCHEDULE

5th/6th Level	March 20 5:30-7:30 p.m.	March 22 5:30-7:30 p.m.
7th/8th Level	March 20 7:30-9 p.m.	March 22 7:30-9 p.m.

Fee: \$125

Preregistration form is required for this program. Registration deadline: March 21



Sports CHILDREN/YOUTH

VPD Soccer Beginner Drills and Skills

AGES: 5-9

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 improving your overall understanding of the game while having a blast! 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.

Days: Fridays

Dates:

Oct. 6–Nov. 17 (No class Nov. 10) # 196162 A # 196162 C1
Dec. 1–Jan. 19 (No class Dec. 22&29) # 196162 A2 # 196162 C2

Time:

AGES: 5-6 5-6 p.m.
AGES: 7-9 6-7 p.m.

Location: George A. Leoni Complex Turf

Fee: \$45 In District/\$60 Out of District

Min/Max: 5/16

VPD Soccer Advanced Drills and Skills

AGES: 9-13

Looking to take your soccer training to the next level? Our very own VPD athletic staff will assist you by running you through specific skills and drills which are designed to give you that extra edge. During the one hour session you will rotate through stations and play small sided games to enhance your abilities all while having a great time.

196161

Day: Mondays

Dates:

Sept. 11 – Oct. 23 (No class Oct. 9) # 196162 A3
Nov. 6 – Dec. 11 # 196162 A4

Time: 5-6 p.m.

Location: George A. Leoni Complex Turf

Fee: \$45 In District/\$60 Out of District

Min/Max: 5/16



Beginners Soccer

AGES: 3-4

Bring your children out to introduce them to the beautiful 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!

Day: Tuesdays

Date: Oct. 3 – Nov. 14

Nov. 28 – Jan 9 (no class Jan. 2, 2018)

#196162 B

#196162 B1

Time: 4-5 p.m.

Location: George A. Leoni Complex

Fee: \$45 In District, \$60 Out of District

Min/Max: 5/16



Sports CHILDREN/YOUTH

Tennis Camp

AGES: 7-14

In this eight-week class we will learn the skills and knowledge of tennis. Learn how to properly serve, lob, slam and spike. This class is perfect for first-timers or for children that have been in our previous tennis classes.

We will provide balls and racquets.

Days: Mondays

Date: Sept. 18 – Nov. 13 (No class Oct. 9)

Time:

AGES: 7-10 5-6 p.m. # **192122 A8**

AGES: 11-14 6-7 p.m. # **192122 B4**

Location: Gouin Tennis Courts & Grant Park Recreation Center

Fee: \$45 In District/\$60 Out of District

Min/Max: 6/12



Family/Individual Archery Camp

AGES: 7- ADULT

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.

Day: Fridays

Date: Sept. 8 – Nov. 3 (No class Sept. 15)

Nov. 17 – Jan. 5

Time: 5-6:30 p.m. (Beginners) # **192122 A9**

6:30-7:30 p.m. (Advanced) # **192122 B**

Location: Grant Park Recreation Center Gym

Fee: \$50 In District/\$65 Out of District

(\$10 off the 3rd family member to sign up!)

Min/Max: 5/16

Advanced Class is for participants who have taken our Archery class two times or more!



Karate Academy

AGES: 6-15

Get your kid(s) involved in the best martial arts program in the area to learn self-defense, self-confidence and self-discipline. From basic techniques to sparring drills, Karate Academy helps students achieve leadership skills and everyday self-defense. Beginners package, uniform and gloves: \$65. This program is run by the highly successful Karate Academy based out of Chicago and Texas.

Days: Mondays and Thursdays

Dates: January–June/July–December

Time: 5:15-6 p.m. (White belts, 1 stripe)

6-6:45 p.m. (White belts with 2 stripes or higher)

Location: George A. Leoni Complex

Fee: \$56 per month

Instructor: Karate Academy

Registration will be taken by Karate Academy.

Sign up at least 2 weeks before program, class or trip begins to avoid cancellations and wait lists.

(708) 343-5270 • veteransparkdistrict.org



Tumbling

ALL NEW PROGRAM, INSTRUCTORS AND LOCATION

Beginner Tumbling

AGES: 18 MONTHS – 35 MONTHS

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 up to the next level.

#192122 B1

Day: Saturday

Date: Sept. 9 – Oct. 21 (No class Sept. 16)

Time: 1-2 p.m.

Location: Cimbalo Fitness Center

Fee: \$45 in district/\$60 out of district

Intermediate Tumbling

AGES: 4-8

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 up to the next level

#192122 B2

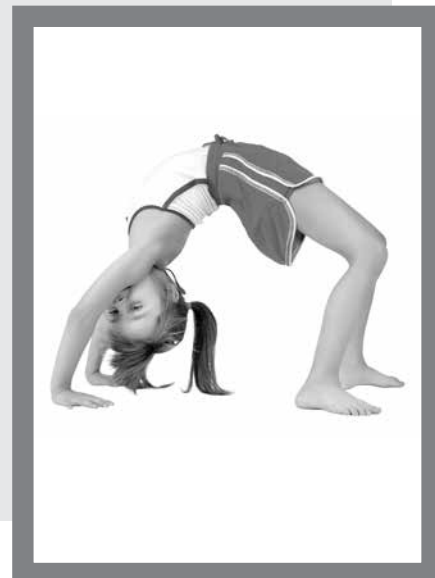
Day: Saturday

Date: Sept. 9 – Oct. 21 (No class Sept. 16)

Time: 2-3 p.m.

Location: Cimbalo Fitness Center

Fee: \$45 In District/\$60 Out of District



Floor Hockey

AGES: 9-13

This (8) eight-week clinic we will enhance your skills and knowledge of Floor Hockey. This is an action-packed class that will emphasize the importance of teamwork and sportsmanship while teaching the basic skills of hockey passing, shooting, and stick handling before the skates go on. This program will include class scrimmages then leading to tournaments and competitive games. This is a perfect class for kids who love or want to learn how to play hockey.

Day: Wednesday

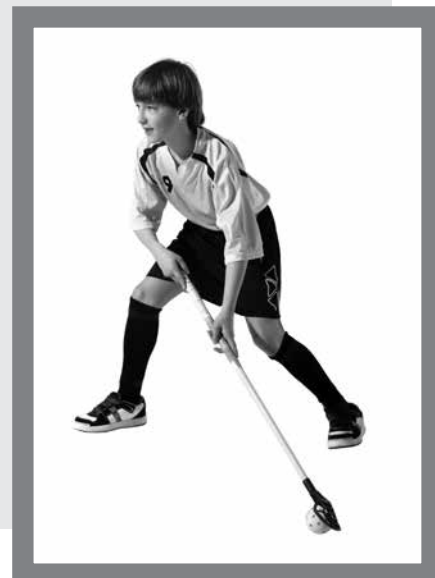
Date: Oct. 4 – Nov. 22

Time: 7-8 p.m.

Location: Grant Park Recreation Center Gym

Fee: \$45 In District/\$60 Out of District

Min/Max: 5/16



Learning Lacrosse

NEW



AGES: 9-12

This lacrosse class is designed to perfect your child's beginner skills and add new skills in lacrosse. Each Child will learn the rules and basics of lacrosse proper cradling, passing, shooting, and groundball techniques to help take their play to the next level.

196162 A6

Day: Fridays

Dates: Sept. 8 – Oct. 13

Time: 5-6 p.m. or 6-7 p.m.

Location: Leoni Complex Turf

Fee: \$45 In District / \$60 Out of District

Min/Max: 5/16

Flag Football Camp

NEW



AGES: 6-13

Join our camp to learn and enhance your football skills. Focus is in the core components of flag football: passing, catching, deflagging and positions on offense and defense. Kids go through different drills and stations to develop their football skills.

196162 A5

Day: Thursdays

Date: Aug. 31 – Oct. 5

Time: 6-7 p.m.

Location: George A. Leoni Complex

Fee: \$45 In District, \$60 Out of District

Min/Max: 5/12