

Additional Athletic Program Descriptions

Lacrosse

What is the oldest but fastest growing team sport in North America? Lacrosse, and now you can participate in this popular sport through spring and summer classes at the Rolling Meadows Park District! The classes will cover various lacrosse techniques, including cradling, scooping, passing, catching, shooting, and goalie skills. Young players will learn the grip, wrist and arm action, stick position and other basic principles needed to perform these techniques. Included will be the basic stick skills needed for building individual confidence and team success. Both drills and games will be a part of these classes and will help youngsters to develop coordination and agility. We provide a fun and exciting playing environment for beginning lacrosse players. Smaller and easier to handle equipment will be used in the classes, and lacrosse sticks will be provided. So, bring a friend and come join us to learn the fundamentals of one of the fastest growing sports in recent years--one that is sweeping the nation and Chicago's northwest suburbs.

Fundamentals of Hitting Clinic (Ages 7 & Up)

Get the extra hitting time you need to improve your game using a pitching machine. Swing analysis, live pitching and other techniques are a part of this program. All levels of hitters can benefit from this step-by-step approach to learning. All equipment will be provided. Remember to bring a hat and water bottle. SportsKids instructors will teach the camp.

Pee Wee Soccer

This is the perfect class for the first timers! All the basic skills of dribbling, passing, shooting, and goaltending will be taught in a non-competitive environment. Teamwork, participation, and good sportsmanship are stressed. Both boys and girls are encouraged to join this class if they have an interest in soccer and plan to play in the future. Be just like big brother or sister! A 'game' will be played at the end of each class.

Lil Pint Baseball

Younger kids will love this introduction to one of the most popular summer sports around! Be just like the older kids by learning the techniques to throwing, catching, base running, hitting, and fielding, all of which are taught in a non-competitive environment. We use soft balls and scaled down equipment and we play a game at the end of each class.

Soccer & T-Ball Combo

This class is a perfect for kids who are full of energy and parents who are looking of an introduction to t-ball and soccer. Socialization, teamwork, following directions, key motor skills and having fun will be the focus in this non-competitive environment. For the two weeks of class we will focus on t-ball and the second two weeks we will work on soccer skills. The last two classes will be a fun game of each sport. A fun game will be played at the end of each class.

Pee Wee T-Ball with Parent

It's time to team up with Mom or Dad in this pint-sized T-Ball class. We will use soft baseballs and scaled down equipment to begin developing your child's fine motor skills. Throwing, catching, base running and batting will be taught throughout the program. A fun game will be played at the end of each class.

Tae Kwon Do

One of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of Grand Master Ki Hong Kim* (8th Dan World Tae Kwon Do Federation.).Uniform fee is required at the first class.

Little Dragons (Age 4-5)

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Early Taekwondo (Age 6-7)

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

Youth Taekwondo (Age 8-13)

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Parent/Child Taekwondo (Age 7 and up with parent)

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional the Taekwondo techniques including punching, kicking, and blocking.

Taekwondo Adult (High School and older)

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking

Baseball Camp (Ages 7 & Up)

Try a step-by-step approach to learning baseball. Drills for defense, hitting, base running and throwing will be taught. Outfield, infield, pitching and catching segments will all be included. Games will be played every day. Let our competitive staff guide you through techniques that can elevate your game. This camp provides a comprehensive baseball experience for boys and girls regardless if they are a beginner, intermediate or advanced player. Each participant is required to bring a glove, hat, and water bottle. SportsKids instructors will teach the camp.

Pitcher/Catcher Clinic (Ages 7-11)

Pitchers work on the form needed to increase the speed of the fastball and protect their throwing arm. Various age-appropriate grips are reviewed. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. Fielding, pop-ups, balls in the dirt and bunts with the proper form can catch any coach's attention. All equipment will be provided. Remember to bring a hat and water bottle. SportsKids instructors will teach the clinic.

Fundamentals of Hitting Clinic (Ages 7 & Up)

Get the extra hitting time you need to improve your game using a pitching machine. Swing analysis, live pitching and other techniques are a part of this program. All levels of hitters can benefit from this step-by-step approach to learning. All equipment will be provided. Remember to bring a hat and water bottle. SportsKids instructors will teach the camp.

T-Ball Training Camp (Ages 4-6)

Learn the basics of batting, base running, catching and throwing. Boys and girls will learn to concentrate on the very fundamentals of t-ball. Games will be played. Remember to bring a hat, water bottle, and glove and join the fun! SportsKids instructors will teach the camp.

Sandlot Baseball & Softball Camp (Ages 7 & Up)

A unique experience of our national pastime. All game play! This week is for warming up and picking teams. Coaches supervise game play with a suggestion here and there. Softballs pitched to softball players and safety baseballs to baseball players all in the same game. Each participant is required to bring a glove, hat, and water bottle. Come join in on the fun! SportsKids instructors will teach the camp.

Archery Camp (Ages 7-14)

Learn and master the timeless sport of archery in a safe environment. Archery helps participants' concentration and increases discipline. Exciting drills and fun games will be implemented in this outdoor setting. Bows, arrows and targets will be provided during camp. Each participant is required to bring a water bottle. Bring a friend and come join in on the fun and exciting sport of archery! SportsKids instructors will teach the camp.

Soccer & T-Ball Combo Camp

This class is a perfect for kids who are full of energy and parents who are looking of an introduction to t-ball and soccer. Socialization, teamwork, following directions, key motor skills and having fun will be the focus in this non-competitive environment. For the two weeks of class we will focus on t-ball and the second two weeks we will work on soccer skills. The last week of class will be a fun game of each sport. A fun game will be played at the end of each class.

Lil Sluggers Baseball Camp

Younger kids will love this introduction to one of the most popular summer sports around! Be just like the older kids by learning the techniques to throwing, catching, base running, hitting, and fielding, all of which are taught in a non-competitive environment. We use soft balls and scaled down equipment and we play a game at the end of each class. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a water bottle.

Jr. Soccer Camp

This is the perfect camp to learn the game or expand your skills! All the basic skills of dribbling, passing, shooting, and goaltending will be taught in a non-competitive environment. Teamwork, participation, and good sportsmanship are stressed. A 'game' will be played at the end of each class. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a water bottle.

Lil Pint Baseball Camp

Our Lil Pint Summer Baseball Camp is a great introduction to baseball. Children will learn base running, catching, throwing, and hitting from a tee. Our goal is for each child to have fun, experience success and understand the fundamentals of baseball. Equipment will be provided, however, each child will need to bring a glove. Soft baseballs will be used. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a water bottle.

Pee Wee Soccer Camp

This is the perfect class for the first timers! All the basic skills of dribbling, passing, shooting, and goaltending will be taught in a non-competitive environment. Teamwork, participation, and good sportsmanship are stressed. Both boys and girls are encouraged to join this class if they have an interest in soccer and plan to play in the future. Be just like big brother or sister! A 'game' will be played at the end of each class.

Go Girl! Go-Sports Camp

Life is tough, especially for girls trying to make it in the world of sports. This class is a great way to introduce basketball, soccer, hockey, t-ball and much more in an all-girl environment. Basic skills in all sports are taught, and games are played at the end of each class.