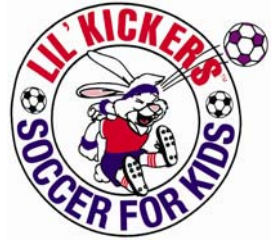




# *Lil' Kickers*

## *Youth Development Program*



### **Lil' Kickers New Customer Handout**

Welcome to the Lil' Kickers program! You have chosen the highest quality youth development program in the country for your child! We have put together this information for you to help enhance your Lil' Kickers experience. Please save this message for future reference as your child moves through our program.

#### What is Lil' Kickers?

Lil' Kickers is a one of kind, non-competitive soccer and movement skills program for children ages 18 months - 9 years. As a child development program, Lil' Kickers uses the great game of soccer to teach kids to be successful in life. Kids can begin as toddlers learning how to kick and develop gross motor movements and end up as a school aged player with a strong set of soccer skills and an understanding of the team concept. Classes are designed for specific age groups and skill levels and work together to form the following progression:

<u>Classes</u>	<u>Age Group</u>	<u>Skill Level</u>
<b>Bunnies</b>	<b>18-24 months</b>	<b>Parent/Child Class</b>

Bunnies classes are a fun introduction to the Lil' Kickers program. Toddlers and parents explore basic soccer and movement skills together. Classes include parachute activities, bubbles, lots of goal scoring, and the famous cone towers!

<b>Thumpers</b>	<b>2-3 years</b>	<b>Parent/Child Class</b>
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Parents and kids, lead by one of our instructors, play organized games together to develop listening skills, balance, ball skills and foot-eye coordination. Thumpers is the ideal next step for Bunnies veterans who are not yet old enough for the Hoppers level, and a perfect introduction to Lil' Kickers for new players who are just barely 3 years old.

<b>Hoppers</b>	<b>3 &amp; 4 years</b>	<b>Beginning</b>
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Three and four year-olds get a fast-paced, fun exposure to the most popular sport in the

world. Classes focus on foot-eye coordination, dribbling, scoring and balance. Hoppers classes will also introduce the concepts of teamwork and cooperation. Hoppers will not play any competitive soccer games.

**Jackrabbits**

**3 & 4 years**

**Intermediate**

Jackrabbits is a class designed for three and four year-olds who have either taken a session of Hoppers or have other soccer experience. Jackrabbits classes will focus on more complex ball skills (trapping and passing). Some small-sided soccer games will be introduced.

**Big Feet**

**5 & 6 years**

**Beginning**

Big Feet classes are for five and six year-olds who have not played soccer before. These classes concentrate on giving beginning kids a set of basic soccer skills (dribbling, passing, trapping, scoring) and some confidence on the field of play. Kids will be introduced to the ideas of sportsmanship and team play. Kids will play some small-sided soccer games and be encouraged to progress into Micro Leagues.

**Micro Leagues**

**4-9 years**

**Variable**

Micro Leagues are non-competitive, developmental leagues for kids 4-9 years designed to enhance individual and team skills; with an emphasis on fun and safety. Micro Leagues are for kids who have played soccer before either in Lil' Kickers or another program.

**Micro League Advanced 6-8 years**

**Advanced**

Children in these classes will be introduced to more complex soccer tactics and skills. Our curriculum is designed to introduce players to the finer aspects of the game of soccer, including team concepts and individual skills. Classes are fun, non-competitive, and taught by experienced instructors.

**Camps - Summer, Spring Break, Mid-Winter Break**

These half-day camps provide hours of fun and sports skills education for children 3-9 years. Keep your children active when school is out. Camps have a recreational focus and will contain activities relevant to various sports, with a focus on soccer.

## How do Parents Help Kids in the Lil' Kickers Program?

Parents play a huge role in their child's social and emotional development. As children are introduced to team sports in a fun, safe non-competitive way they will be encounter situations that will challenge them to progress as players and as people. These challenges can lead to personal growth and increased self-esteem. If parents can learn how to support a child involved in sports appropriately, they will help make these challenges manageable and therefore exciting.

The Lil' Kickers program is committed to helping parents find the best way to facilitate their child's development in sports. All classes offered in Lil' Kickers are designed with the parent's role in mind.

### Parents Role in Bunnies (18 -24 months) and Thumpers (2-3 years) Classes

Bunnies and Thumpers classes are designed for parent and child participation. For kids to get the full benefit out of the class, parents need to be involved with their kids on the field. Kids will emulate their parents' behavior on the field. If parents do not show energy and enthusiasm kids will loose interest. If parents show excitement and energy during classes, kids will continue to stay involved and stimulated.

Kids in the 18-36 months range may or may not get involved with all the group activities during Bunnies and Thumpers classes, and that is just fine. Parents sometimes feel pressure to make sure their child is "participating" and become frustrated when kids like to do their own thing. Bunnies and Thumpers classes allow kids to be involved to the extent they are comfortable. As long as kids are staying active and interested in different types of movement, they are participating. The important thing to remember is that parents must try to stay involved with their kids regardless of the style of participation that is happening.

The main thing that distracts parents from participating in classes is the other parents. Parents enjoy adult dialogue, especially when their kids are occupied. The point of Bunnies and Thumpers classes is for the parent and child to be occupied with each other.

### Lil' Kickers (3-6 years) and Micro Leagues (4-9 years)

Our main concern is that all kids involved have a safe, fun experience which enhances their social and physical skills. In order to achieve this goal, our instructors are trained in child development and youth soccer curriculum. Instructors use this well-rounded training to deal with emotional and social issues in an age-appropriate way.

In Lil' Kickers' we encourage parents to be involved in their child's soccer experience. Parent support is important in helping kids succeed. We do ask that parents be involved by supporting kids with hi-fives and words of encouragement and refrain from coaching from the sidelines.

When parents attempt to give instructions, or reprimands from the sideline, kids become confused and sometimes frustrated. Kids can only focus on one set of instructions at a time, and our instructors need to be the only coach during their class.

This can be very difficult for parents for several reasons. Some parents have experience playing soccer or even coaching soccer. It can also be difficult because the excitement of the action on the field spreads to the spectators. Other times parents will see their child doing something which is obviously against the rules and instinctively respond with a reprimand or reminder. In all these cases parents' intentions are to help the instructors. The best way to help an instructor is to let he/she deal with all issues that occur during a class. Please remember that our instructors are also trained to ask for parents help when they feel it is necessary. Allowing instructors to deal with behavioral and development issues during class will help develop a great relationship between the instructor and kids. With parents and instructors working together all kids will get the greatest possible benefit from Lil' Kickers.

What Should my Son or Daughter Wear to their Lil' Kickers Classes?

Luckily for all new sports parents soccer is a sport which requires very little equipment. Soccer equipment for all ages is easy to find on the web or at athletic retailers and consists of shorts or sweats, a t-shirt, soccer socks and shingaurds. Not all age groups are required to wear shingaurds, but even most 3 and 4 year-olds enjoy getting all the gear so they can feel like a "real" soccer player. The chart below outlines what type of clothing is recommended and required for participation in Lil' Kickers classes.

Equipment	<b>Bunnies, Hoppers, Jackrabbits</b>	<b>Big Feet &amp; Micro Leagues</b>
	<b>Ages 18 months - 4 years</b>	<b>Ages 4-9 years</b>
Shoes	Lace up athletic shoes No cleats or sandals	Lace up athletic shoes or indoor soccer shoes No cleats or sandals
Clothing	Shorts, sweats, t-shirts Light fabric, no denim	Shorts, sweats, t-shirts Light fabric, no denim Soccer length socks - <b>Required</b>
Soccer Shingaurds	Not required	<b>Required</b>

*Soccer Equipment Vocabulary:*

Kit - A player's collection of uniform, shoes, socks etc.

Cleats - Shoes with 6-10 large molded plastic or rubber studs under the sole. These shoes are designed for play on grass or other outdoor surfaces. Cleats are not appropriate for indoor soccer and may actually increase the risk of injury if worn on indoor playing surfaces.

Turf Shoes - A modified version of cleats designed for indoor playing surfaces. Turf shoes have various designs and appearances, the best way to identify a turf shoe is that the "cleats" are much smaller and cover the entire sole of the shoe. Turf shoes are not commonly found in kids sizes.

Indoor Shoes - Indoor soccer shoes have flat soles and are very lightweight and sleek. Indoor shoes can be found for kids of all ages and are typically not very expensive.

Shinguards - The only protective soccer gear needed for field players game play (goalies wear additional gear). Shinguards are made of various materials and come in a variety of styles. Shinguards are worn **underneath** soccer socks and protect players from being kicked in the shins during soccer games.

Soccer Socks - Soccer socks are over the calf length and sometimes over the knee and are designed to cover shinguards.

### How Can I Register for Lil' Kickers?

We have a year-round open enrollment policy, which means you can sign up at any time in any session. All registrations are done on a first-come, first-serve basis, and no spaces in any class are guaranteed without payment. Our sessions are 12 weeks long, so you only have to register every 3 months. We begin return registrations for the upcoming session by about the 6<sup>th</sup> week of the current session year round. The easiest way to register is in the arena, towards the end of your session. Our instructors and hosts will remind you when it is time to re-register. Remember that Lil' Kickers is a very popular program so if you wait too long to sign-up you may lose your spot in class.

You can also register by phone: (317) 273-0413

You can check out our class schedule on the website: [www.sportscenter.biz](http://www.sportscenter.biz)

## Program Policies

### Transfers

1. Customers may transfer their child at any point in the session.
2. All class transfers are dependent upon space availability.

### Make-up Classes

1. In order to qualify for a make-up class customers must let us know in advance when their child will be absent.
2. Make-ups are done on a space available basis.
3. Make-ups do not carry over into the next session.

### Registration

1. No spaces in any class are guaranteed without payment.
2. All registrations are on a first-come, first-serve basis.

### Discounts

*Multiple Classes* - All participants who register for 2 or more classes per week per session will receive two free classes off the second class. To qualify for this discount, customers could be enrolled in two Lil' Kickers in the same session.

*Sibling* - Siblings are defined as children that reside in the same household and are under the care of the same parent/guardian. The sibling discount is 2 free classes for each child after the first who are enrolled in the same session.

*Teams or Groups* - Any player who is part of a team or group (10 + players) which registers for a Lil' Kickers class will receive one free class.

### Group Rates

Special group pricing and scheduling is available. Any interested group should contact Mike Ellis, (317) 273-0413 ext 105 or email [mikeellis@the-sports-center.com](mailto:mikeellis@the-sports-center.com).