

Youth Sports

Youth Sports in Buffalo Grove

There are thousands of boys and girls that participate in youth sports every year in Buffalo Grove. One measure of success in these programs is the number of parents who volunteer as coaches and assistant coaches. Unfortunately, many parents do not get involved because they feel a lack of knowledge about that particular sport; however, if they did get involved, even more kids could participate. We conduct Park District programs on a "participation" philosophy, meaning that we feel it is more important for all youths to play and enjoy the sport, rather than to win at all costs. We never measure success in wins and losses. The Park District conducts training sessions for all new coaches with ideas to get them started. Youth sports coaches do not need experience, only the willingness and enthusiasm to coach. Kids and coaches alike should have fun. Coaching is a fulfilling aspect of any sport, especially youth sports. Call 847.850.2100 for more information.

National Youth Sports Coaches Association

The Buffalo Grove Park District requires all of its youth sports coaches to pass the National Youths Sports Coaches Association (NYSCA) on-line clinic. This nationwide organization teaches parents that kids want to have fun and participate in all sports. The on-line clinic is designed for parents who have never coached, as well as the seasoned veteran. With more youths registering for sports, the need for volunteer coaches grows more each season. NYSCA training makes it easy for all parents to become a coach. For more information about NYSCA visit their website at nays.org.

Bullying In Youth Sports

The Buffalo Grove Park District created a partnership with Peak Performance Sports, LLC to establish a training program for our youth sports coaches. The online training will provide coaches the necessary educational tools to intervene and work with athletes. Coaches will also benefit by learning the 3 types of bullying (physical, verbal and relational) their differences, and their warning signs. For more information about Peak Performance, visit their website at kidssportpsychology.com.

Parent/Child Super Sports

Nothing gets a child more interested in sports than if the people they look up to the most like sports. It's never a dull moment in this class when you mix 3 and 4 year olds with their parent and a soccer ball or basketball. Mom and Dad will help work on the skills of throwing, catching, running, jumping, hitting, turn taking and more, while using our scaled down equipment. Everyone is involved, so be sure to wear comfy clothes and gym shoes. The class will be held outside, but will move into a gym in case of inclement weather. Please bring a water bottle. **No class on November 30.** (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
38849	Sat	Nov 2 - Dec 14	9:15 - 10 am	\$57/\$71

Instructor: Sports-R-U's Location: Alcott Center

All Star Sports

This exciting class is just what you need to introduce your child to the world of sports. We play a different sport each week, including basketball, soccer, football, floor hockey, tee ball and more, all while using only scaled down equipment. We go over the basic skills and rules of each sport, and play a fun game at the end. (CE)

Age: 3 - 5 years

Code	Day	Date	Time	R/NR Fee
38843	Thu	Sept 12 - Oct 17	4 - 4:50 pm	\$57/\$71

Instructor: Sports-R-U's Location: Alcott Center

All Star Team Sports

This is a class that brings a little bit of every sport to every participant in the class. Take on a fun challenge with your friends, as the fundamentals of soccer, baseball and basketball are taught each week during this noncompetitive program. Participants will be given instruction and skills in the various sports we will be playing. Please be sure to bring a baseball glove to class. A fun game will be played at the end of each class. **No class on November 30.** (CE)

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
38855	Sat	Nov 2 - Dec 14	11 - 11:50 am	\$57/\$71

Instructor: Sports-R-U's Location: Alcott Center

Let's Go Girls Sports

Sometimes it's nice for girls to play sports with just girls. This class is a great way to introduce a variety of sports like soccer, baseball, hockey, basketball 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. **No class on November 28.** (CE)

Age: 4 - 7 years

Code	Day	Date	Time	R/NR Fee
38844	Thu	Nov 7 - Dec 19	4 - 4:50 pm	\$57/\$71

Instructor: Sports-R-U's Location: Alcott Center

Soccer & T-Ball Combo With Parent

This class is perfect for a child who is full of energy and parents who are looking for an introduction to tee ball and soccer. Socialization, teamwork, following directions, key motor skills and having fun will be the focus in this noncompetitive environment. The first 2 weeks of class will focus on tee ball, and the second 2 weeks we will work on soccer skills. The last 2 classes will be a fun game of each sport and a fun game will be played at the end of each class if time allows. Please bring a baseball glove and water bottle. **No class on September 14.** (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
38848	Sat	Sept 7 - Oct 19	9:15 - 10 am	\$57/\$71

Instructor: Sports-R-U's Location: Alcott Center



Lil Pint Soccer

This is the perfect class for first timers! All the basic skills of dribbling, passing, shooting and goaltending will be taught in a noncompetitive 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. The class will be held outside, but will move into a gym in case of inclement weather. Please bring a water bottle. **No class on September 14, October 14, November 11 and 30.** (CE)

Code	Age	Day	Date	Time	R/NR Fee
38829	3 - 5 years	Mon	Sept 9 - Oct 21	9:30 - 10:15 am	\$57/\$71
38830	3 - 5 years	Mon	Nov 4 - Dec 16	9:30 - 10:15 am	\$57/\$71
38831	4 - 6 years	Sat	Sept 7 - Oct 19	10:15 - 11 am	\$57/\$71
38842	4 - 6 years	Sat	Nov 2 - Dec 14	10:15 - 11 am	\$57/\$71

Instructor: Sports-R-Us **Location:** Alcott Center

Little Kickers

This is an introduction to soccer by the Grove United Soccer Association, Buffalo Grove Park District's affiliated travel soccer club. Certified trainers from Grove United will be teaching basic fundamentals of dribbling, passing, shooting and defending in a noncompetitive environment. Teamwork, participation and good sportsmanship are stressed. Boys and girls are encouraged to join Little Kickers. This is an 8-week program that will include 1 practice on Wednesday or Thursday (your choice) and 1 game on Saturdays. Please be sure to bring a size #4 soccer ball, wear shin guards and soccer cleats (soccer cleats are optional). **No game on September 14, no practice on October 31.** (CE)

Age: 4 - 5 years

Code	Day	Date	Time	R/NR Fee
38740	Wed	Sept 11 - Nov 9	1 - 2 pm	\$110/\$138
	Sat		3 - 4 pm	
38741	Wed	Sept 11 - Nov 9	5:30 - 6:30 pm	\$110/\$138
	Sat		3 - 4 pm	
38742	Thu	Sept 12 - Nov 9	5:30 - 6:30 pm	\$110/\$138
	Sat		3 - 4 pm	

Instructor: Grove United **Location:** Mike Rylo Community Park

Grove United Juniors

To participate in this program, your child must already be registered in the Buffalo Grove Park District 2013 fall soccer house league. This program is specifically designed for house league players who wish to obtain training from a certified Grove United Soccer Association trainer, and is an introduction to travel soccer. The Grove United Soccer Association is the Buffalo Grove Park District's affiliated travel soccer club. The program is designed to supplement regular house league practices and games. Training will focus on foot skills, passing, shooting and teamwork. (CE)

Grade: K - 3

Code	Day	Date	Time	R/NR Fee
38743	Wed	Sept 11 - Oct 30	5:30 - 6:30 pm	\$100/\$125

Instructor: Grove United **Location:** Mike Rylo Community Park

Junior Soccer

This is the perfect class 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. Please bring a water bottle. **No class on September 14.** (CE)

Age: 7 - 9 years

Code	Day	Date	Time	R/NR Fee
38853	Sat	Sept 7 - Oct 19	11 - 11:50 am	\$57/\$71

Instructor: Sports-R-Us **Location:** Alcott Center

Grove United Buddy Soccer

This program is designed for kids ages 7-18 with developmental or physical disabilities that allow weekly participation through the game of soccer. Players are paired with a Grove United Travel Soccer teenage Buddy to enjoy 1 on 1 instruction and skill development. The Buddy Soccer program consists of warm-ups and calisthenics, soccer skills and non-competitive game play in a fun and positive setting. The 1-hour program runs for 5 weeks starting September 7 and concluding October 12. There is no fee for participation in this program. For more information, call 847.686.GUSA (4872) or visit the Grove United website at groveunitedsoccer.com. **No Buddy Soccer on September 14.**

Lacrosse America Fall Camp

Lacrosse America directors and coaches will host an introductory soft lacrosse camp for players new to the sport, or players with little lacrosse experience. Soft lacrosse incorporates all of the fast paced action and fun of regular lacrosse, but eliminates the need for hot and expensive protective equipment. Both boys and girls will be provided with a loaner lacrosse stick, mouth guard, and all other necessary equipment. Players will participate in fun and exciting drills and scrimmages that aim to teach the fundamentals and rules of the sport, in a safe and fun environment. Lacrosse is a great crossover sport for football, hockey, soccer and basketball players. Players will be split into groups by age and should bring their own water bottle. All participants will get a camp t-shirt. For more information, call Lacrosse America (847) 412-5LAX or visit their website at lacrosseamerica.com. (TVV)

Grade: K - 6

Code	Day	Date	Time	R/NR Fee
38787	Mon	Sept 9 - Oct 14	4:30 - 6 pm	\$125/\$156

Instructor: Lacrosse America **Location:** Rolling Hills North Park

NFL Punt, Pass & Kick

The NFL Punt, Pass and Kick program is a national skills competition for boys and girls to compete separately against their peers in 5 separate age divisions (6 - 7, 8 - 9, 10 - 11, 12 - 13, and 14 - 15) in punting, passing and place kicking in a fun and engaging forum. The competition will take place at the Buffalo Grove High School Football Stadium, located at 1100 W. Dundee Rd., in Buffalo Grove. For more information regarding NFL Punt, Pass, and Kick, including competition rules, please visit nflppk.com. For more information regarding the Buffalo Grove Punt, Pass, and Kick event, please contact TJ Wilkes at 847.850.2199 or email at twilkes@bgparks.org.

Age: 6 - 15

Code	Day	Date	Time	Fee
39142	Sat	Sept 21	4 - 6 pm	Free

Location: Buffalo Grove High School

Flag Football - All Star Sports

This class is designed to teach and enhance the skills of our future stars. Proper techniques on passing, receiving, blocking and kicking will be covered. Breakdown of offensive and defensive strategies will also be taught. Teamwork and positive play are highly stressed; but, our main objective is to have fun. Necessary equipment includes knee and elbow pads. **No class on November 29.** (CB)

Age: 4 - 6 years

Code	Day	Date	Time	Fee
38757	Fri	Sept 6 - Oct 18	6 - 7 pm	\$65
38758	Fri	Nov 1 - Dec 20	6 - 7 pm	\$65

Instructor: All Star Sports Location: Cooper Middle School

Floor Hockey - All Star Sports

Learn and play the fastest game in the world. This action packed class will emphasize the importance of teamwork and sportsmanship, while teaching the basic skills of passing, shooting and stick handling before the skates go on. Mandatory equipment needed includes a bike helmet and gloves. Optional equipment includes shin pads, knee pads and elbow pads. **No class on November 29.** (CB)

Age: 4 - 6 years

Code	Day	Date	Time	Fee
38760	Fri	Sept 6 - Oct 18	7 - 8 pm	\$65
38761	Fri	Nov 1 - Dec 20	7 - 8 pm	\$65

Instructor: All Star Sports Location: Cooper Middle School

Gymnastics & Tumbling

This is a wonderful way to introduce your child to gymnastics. All classes are noncompetitive, but each child is encouraged to set goals and follow through by achieving them. We can bring them from their first somersault to their first flip. Parent must participate with their child in the 2 - 3 year old class. (TVV)

Code	Age	Day	Date	Time	R/NR Fee
38771	2 - 3 years	Wed	Oct 23 - Nov 20	6 - 6:30 pm	\$24/\$30
38772	2 - 3 years	Wed	Oct 23 - Nov 20	6:30 - 7 pm	\$24/\$30
38775	4 - 5 years	Wed	Sept 11 - Oct 9	5:15 - 6 pm	\$36/\$45
38773	4 - 5 years	Wed	Oct 23 - Nov 20	4:30 - 5:15 pm	\$36/\$45
38776	6 - 9 years	Wed	Sept 11 - Oct 9	4:30 - 5:15 pm	\$36/\$45
38774	6 - 9 years	Wed	Oct 23 - Nov 20	5:15 - 6 pm	\$36/\$45

Instructor: Dance Techs Location: Alcott Center

Rhythmic Gymnastics

Children will have fun while receiving instruction with 4 pieces of hand apparatus: rope, hoop, ball and ribbons. This class will also enhance your child's coordination, motor skills, flexibility and endurance. Dance will be emphasized. (TVV)

Age: 5 - 9 years

Code	Day	Date	Time	R/NR Fee
39075	Wed	Sept 11 - Oct 9	6:15 - 7 pm	\$36/\$45

Instructor: Dance Techs Location: Alcott Center

Junior Basketball

Boys and girls alike will enjoy learning the skills needed to advance them in the world of basketball. Whether you are trying it out for the first time or are a seasoned pro, you will have a ton of fun enhancing your skill level. Through games and drills, we will practice dribbling, passing, shooting, positions and the importance of teamwork. Games will be played at the end of each class. Please bring a water bottle. **No class on September 14, November 28 and 30.** (CE)

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
38954	Sat	Sept 7 - Oct 19	12 - 12:50 pm	\$57/\$71
38845	Thu	Sept 12 - Oct 17	5 - 5:50 pm	\$57/\$71
38955	Sat	Nov 2 - Dec 14	12 - 12:50 pm	\$57/\$71
38847	Thu	Nov 7 - Dec 19	5 - 5:50 pm	\$57/\$71

Instructor: Sports-R-Us Location: Alcott Center

Basketball Level 1- All Star Sports

This program will introduce your children to the game of basketball if they are beginners or if they need the know how to get to the next level. Basic skills of dribbling, passing, shooting and defense will be taught. Games will also be played to show the importance of teamwork in game situations. **No class on November 30.** (CB)

Code	Age	Day	Date	Time	Fee
38622	3 - 4 years	Sat	Sept 7 - Oct 19	9 - 9:45 am	\$65
38624	3 - 4 years	Sat	Nov 2 - Dec 21	9 - 9:45 am	\$65
38623	4 - 6 years	Sat	Sept 7 - Oct 19	9:45 - 10:45 am	\$65
38625	4 - 6 years	Sat	Nov 2 - Dec 21	9:45 - 10:45 am	\$65

Instructor: All Star Sports Location: Willow Grove School

Basketball Level 2- All Star Sports

These classes enhance the basics already taught in our level 1 class. Level 2 concentrates more on teamwork and game situations. Man to man, and zone defense are both taught, along with offensive strategies that are guaranteed to keep the players moving. **No class on November 30.** (CB)

Age: 6 - 8 years

Code	Day	Date	Time	Fee
38626	Sat	Sept 7 - Oct 19	10:45 - 11:45 am	\$65
38627	Sat	Nov 2 - Dec 21	10:45 - 11:45 am	\$65

Instructor: All Star Sports Location: Willow Grove School

Basketball Level 3- All Star Sports

This program is designed for the children to run the floor and play most of the time. Each position, along with offensive and defensive strategies, will be covered thoroughly. Each child must be ready to learn and ready to work. Each child will be challenged and their play will improve. **No class on November 30.** (CB)

Age: 9 - 11 years

Code	Day	Date	Time	Fee
38628	Sat	Sept 7 - Oct 19	12 - 1 pm	\$65
38629	Sat	Nov 2 - Dec 21	12 - 1 pm	\$65

Instructor: All Star Sports Location: Willow Grove School

Boys & Girls Winter Basketball

Coed 1 - 2

Boys Grades 3 - 8

Girls Grades 3 - 8

The Buffalo Grove Park District basketball program is a recreational/instructional league designed to provide each player, regardless of ability, with a positive sports experience. We stress learning, safety, sportsmanship and fun. Parents should support their young athlete with encouragement and good sportsmanship at all games and practices. This is an instructional league and emphasis will be placed on participation.

The season will begin with practices in December. Opening day is scheduled for the second weekend in January and the season will end in March. Practices are once week for an hour and games will be on Saturdays and/or Sundays at various schools in Buffalo Grove. Games will typically be played on Saturday between 9 am and 6 pm, and Sunday between 1 pm and 6 pm.

Registration

Residents and nonresidents may register their child into the lottery registration from August 2 thru September 14 at the Alcott Center during regular business hours.

No mail in or on-line registration will be accepted. Participants are required to complete a triplicate sports registration form at the Alcott Center and include full payment. Entering the registration lottery does not guarantee a place in the program. Random drawing will begin on September 14 for residents. Nonresidents will be drawn after all residents have been drawn and placed in a division or on a wait list. We will e-mail your receipt confirming your registration.

If you miss the above registration dates, you may put your name on a wait list at the Alcott Center during regular business hours. If space is available, you will be placed on a team after all the registration has been entered.

Fee

The basketball jersey is a mandatory uniform for basketball. Returning players may use their existing jersey, or a new jersey may be purchased.

Program Fee: \$79
Uniform Fee: \$14

Parents that are interested in being Head Coaches should contact Chuck Burgess by September 1 at 847.850.2125 or via e-mail at cburgess@bgparks.org.

Girls Travel Basketball Tryouts



We are members of the North Suburban Basketball League. League rules state that players must reside within the town they are representing or reside in a town that directly borders that is otherwise not represented in the league to play for Buffalo Grove. Players selected for traveling teams will be competing in a very competitive environment. Players must have established skills and will be selected by the Park District coaching staff. Players and parents should understand that this is a more focused, intense program, involving multiple practices per week, and travel to and from locations in the greater Chicagoland and suburban area for games and tournaments. Players should be able to make a full commitment for the entire season without interruption or distraction from other sports or activities. Travel basketball does not operate as other travel programs in regards to the under a certain age system (ex. U-11 or U-12). Players must tryout for their specific grade level. Participants are encouraged to attend both scheduled tryouts. There is no fee to tryout, however registration is required. If you make the team, the fee is \$400. (CB)

Grade: 5

Code	Day	Date	Time	Fee
38990	Tue	Sept 10	7 - 8:30 pm	\$0

Location: Willow Grove School

Boys Travel Basketball Tryouts



We are members of the North Suburban Basketball League. League rules state that players must reside within the town they are representing or reside in a town that directly borders that is otherwise not represented in the league to play for Buffalo Grove. Players selected for traveling teams will be competing in a very competitive environment. Players must have established skills and will be selected by the Park District coaching staff. Players and parents should understand that this is a more focused, intense program, involving multiple practices per week, and travel to and from locations in the greater Chicagoland and suburban area for games and tournaments. Players should be able to make a full commitment for the entire season without interruption or distraction from other sports or activities. We are offering teams in grades 4, 5 and 6 for boys. Travel basketball does not operate as other travel programs in regards to the under a certain age system (ex. U-11 or U-12). Players must tryout for their specific grade level. Participants are encouraged to attend both scheduled tryouts. Interested in coaching a team? If so, please contact Chuck Burgess by July 3 at 847.850.2125. There is no fee to tryout, however registration is required. If you make the team, the fee is \$400. (CB)

Code	Grade	Day	Date	Time	Fee
38129	4	Thu	Sept 5	6 - 7 p.m.	\$0
		Sun	Sept 8	5 - 6:30 p.m.	
38130	5	Thu	Sept 5	7 - 8 p.m.	\$0
		Sun	Sept 8	7 - 8:30 p.m.	
38131	6	Thu	Sept 5	8 - 9 p.m.	\$0
		Sun	Sept 8	7 - 8:30 p.m.	

Location: Cooper Middle School



Twin Rinks Ice Pavilion



Beginning learn to skate ice skating and hockey classes are for those with little or no ice experience. Balance and basic forward skating skills are taught using the Ice Skating Institute program. Bring your own skates or skate rental is available for \$2. There are no other equipment requirements, although helmets and knee/shin pads are recommended. Hockey classes include equipment rental. Skates, helmet and shin guards are required, and are included in the price. Please call Scott at 847.821.7465 x122 to arrange a fitting time before your first class (hockey only). Twin Rinks Ice Pavilion is located at 1500 Abbott Court in Buffalo Grove, 1.7 miles north of Lake Cook Road on Weiland Road. Call 847.821.RINK for more information. **No class on September 2, November 2, 28, 30, December 9, 12, 14, 24, 28, 31 and January 4.** (CB)

Toddler Beginner

Age: 3 years

Code	Day	Date	Time	Fee
38630	Mon	Aug 26 - Oct 14	9:30 - 10 am	\$129
38632	Mon	Aug 26 - Oct 14	12:40 - 1:10 pm	\$129
38720	Mon	Oct 21 - Dec 16	9:30 - 10 am	\$163
38722	Mon	Oct 21 - Dec 16	12:40 - 1:10 pm	\$163

Tot 1 Beginner

Age: 4 - 6 years

Code	Day	Date	Time	Fee
38633	Mon	Aug 26 - Oct 14	9:30 - 10 am	\$129
38631	Mon	Aug 26 - Oct 14	12:40 - 1:10 pm	\$129
38634	Mon	Aug 26 - Oct 14	4:40 - 5:10 pm	\$129
38635	Wed	Aug 28 - Oct 16	9:30 - 10 am	\$146
38647	Thu	Aug 29 - Oct 17	12:40 - 1:10 pm	\$146
38646	Thu	Aug 29 - Oct 17	4:40 - 5:10 pm	\$146
38645	Sat	Aug 31 - Oct 19	9:20 - 9:50 am	\$146
38644	Sat	Aug 31 - Oct 19	10 - 10:30 am	\$146
38643	Sat	Aug 31 - Oct 19	10:30 - 11 am	\$146
38641	Sat	Aug 31 - Oct 19	11:05 - 11:35 am	\$146
38723	Mon	Oct 21 - Dec 16	9:30 - 10 am	\$163
38721	Mon	Oct 21 - Dec 16	12:40 - 1:10 pm	\$163
38724	Mon	Oct 21 - Dec 16	4:40 - 5:10 pm	\$146
38725	Wed	Oct 23 - Dec 18	9:30 - 10 am	\$163
38737	Thu	Oct 24 - Dec 19	12:40 - 1:10 pm	\$146
38736	Thu	Oct 24 - Dec 19	4:40 - 5:10 pm	\$129
38735	Sat	Oct 26 - Dec 21	9:20 - 9:50 am	\$129
38734	Sat	Oct 26 - Dec 21	10 - 10:30 am	\$129
38733	Sat	Oct 26 - Dec 21	10:30 - 11 am	\$129
38731	Sat	Oct 26 - Dec 21	11:05 - 11:35 am	\$129

Pre Alpha 1

Age: 6 - 12 years

Code	Day	Date	Time	Fee
38642	Mon	Aug 26 - Oct 14	4:40 - 5:20 pm	\$136
38640	Thu	Aug 29 - Oct 17	4:40 - 5:20 pm	\$154
38649	Sat	Aug 31 - Oct 19	9:20 - 10 am	\$154
38648	Sat	Aug 31 - Oct 19	11:05 - 11:45 am	\$154
38732	Mon	Oct 21 - Dec 16	4:40 - 5:20 pm	\$172
38730	Thu	Oct 24 - Dec 19	4:40 - 5:20 pm	\$154
38739	Sat	Oct 26 - Dec 21	9:20 - 10 am	\$136
38738	Sat	Oct 26 - Dec 21	11:25 - 11:45 am	\$136

Hockey Tot 1

Age: 4 - 6 years

Code	Day	Date	Time	Fee
38636	Tue	Sept 3 - Oct 29	5:10 - 5:50 pm	\$190
38637	Sat	Sept 7 - Oct 26	12:15 - 12:55 pm	\$170
38726	Tue	Nov 5 - Jan 14	5:10 - 5:50 pm	\$190
38727	Sat	Nov 9 - Jan 18	12:15 - 12:55 pm	\$170

Hockey 1

Age: 6 - 12 years

Code	Day	Date	Time	Fee
38638	Tue	Sept 3 - Oct 29	5:10 - 5:50 pm	\$190
38639	Sat	Sept 7 - Oct 26	12:15 - 12:55 pm	\$170
38728	Tue	Nov 5 - Jan 14	5:10 - 5:50 pm	\$190
38729	Sat	Nov 9 - Jan 18	12:15 - 12:55 pm	\$170

Instructor: Twin Rinks Staff

Location: Twin Rinks Ice Pavilion

Bison Wrestling Club



Founded in 1990, the Bison Wrestling Club develops young wrestlers in the world's oldest sport. Our goals are to increase self-assurance, reliance and achievement by developing physical strength and endurance, the ability to use proper wrestling techniques, and confidence in one's own abilities. This is not a Buffalo Grove Park District program. Administration is through a board of directors composed of coaches and parents who ensure the program is structured to provide a balance of the physical and emotional development of each wrestler. The season begins in the middle of November and runs through the end of February. Practices are on Tuesday and Thursday evenings and Saturday mornings. On most Sundays, wrestlers may participate in a developmental tournament sponsored by another club in the metropolitan area. There, each wrestler will participate in 2 or 3 matches with the possibility of winning a trophy or medal. We typically attend 12 developmental tournaments throughout the season with an average of 30 of our wrestlers at each. At the end of the regular season, wrestlers 9 years and older may continue tournament participation at the State and National playoff levels. We have had 7 State Champions and a National Champion along with 63 state place finishers. Please note: A mandatory informational parents meeting will be on Tuesday, November 12 from 6 - 8 pm at Buffalo Grove High School in Section 4 of the field house. (CE)

Grade: K - 8

Code	Day	Date	Time	Fee
38983	Tu, Th, Sat	Nov - Feb	TBA	\$150

Instructor: Durlacher

Location: Buffalo Grove High School



Karate

Through a variety of fun and creative activities, children will develop coordination, strength and poise as well as personal safety skills all in a well-supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through karate helps foster a strong positive self-image. The mental aspect involved in karate builds self-confidence, control and discipline. The physical aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities. These classes are for individuals between the ages of 4 to 15. All classes are taught by instructors of the Illinois Shotokan Karate Club, under the direction of John DiPasquale, 4 time National Champion and former U.S. Karate National Coach. Advanced students may be asked to purchase additional equipment for classes. Fee for Parent/Child class is per participant. Camelot Park is located at 1005 E. Suffield in Arlington Heights. **No class on September 13, November 27, 28 and 29.** (TWN)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
38799	4 - 7		Fri	Sept 6 - Dec 20	4 - 4:45 pm	Emmerich Park	\$126/\$158
38796	4 - 7		Thu	Sept 12 - Dec 19	4 - 4:45 pm	Frontier Park - A.H.	\$126/\$158
Pre-Karate Continuing (1 or more prior sessions)							
38800	4 - 7		Fri	Sept 6 - Dec 20	4:50 - 5:35 pm	Emmerich Park	\$126/\$158
38797	4 - 7		Thu	Sept 12 - Dec 19	4:55 - 5:40 pm	Frontier Park - A.H.	\$126/\$158
Pre-Karate Intermediate							
38802	6 - 10	Orange - Green	Fri	Sept 6 - Dec 20	6:30 - 7:30 pm	Emmerich Park	\$144/\$180
Pre-Karate Teacher Permission							
38801	4 - 7		Fri	Sept 6 - Dec 20	5:45 - 6:30 pm	Emmerich Park	\$126/\$158
38798	4 - 7		Thu	Sept 12 - Dec 19	5:45 - 6:30 pm	Frontier Park - A.H.	\$126/\$158
Youth Karate Beginning/Continuing							
38809	7 - 14	White Only	Sat	Sept 7 - Dec 14	9 - 10 am	Frontier Park - A.H.	\$135/\$169
38803	7 - 14	White - Yellow	Tue	Sept 10 - Dec 17	4 - 4:50 pm	Alcott Center	\$133/\$166
38805	7 - 14	White - Orange	Wed	Sept 11 - Dec 18	4 - 5 pm	Alcott Center	\$126/\$158
Youth Karate Novice							
38810	7 - 14	White w/ stripes - Orange	Sat	Sept 7 - Dec 14	10:10 - 11:10 am	Frontier Park - A.H.	\$135/\$169
38806	7 - 15	Yellow - Blue	Wed	Sept 11 - Dec 18	5 - 6 pm	Alcott Center	\$126/\$158
Youth Karate Intermediate							
38811	7 - 14	Yellow - Green	Sat	Sept 7 - Dec 14	11:20 am - 12:20 pm	Frontier Park - A.H.	\$135/\$169
38807	7 - 14	Green - Low Purple	Wed	Sept 11 - Dec 18	6:30 - 7:30 pm	Cooper Middle School	\$126/\$158
Youth Karate Intermediate/Advanced							
38804	7 - 14	Blue & up	Tue	Sept 10 - Dec 17	4:50 - 5:50 pm	Alcott Center	\$135/\$169
Youth Karate Advanced							
38812	7 - 14	Purple - Black	Sat	Sept 7 - Dec 14	12:30 - 1:30 pm	Frontier Park - A.H.	\$135/\$169
38808	7 - 15	High Purple - Black	Wed	Sept 11 - Dec 18	6:30 - 7:30 pm	Cooper Middle School	\$126/\$158
Parent/Child Beginning/Continuing							
38792	7 +	White Only	Sat	Sept 7 - Dec 14	9 - 10 am	Frontier Park - A.H.	\$135/\$169
Parent/Child Novice							
38793	7 +	White w/ stripes - Orange	Sat	Sept 7 - Dec 14	10:10 - 11:10 am	Frontier Park - A.H.	\$135/\$169
Parent/Child Intermediate							
38794	7 +	Yellow - Green	Sat	Sept 7 - Dec 14	11:20 am - 12:20 pm	Frontier Park - A.H.	\$135/\$169
Parent/Child Advanced							
38795	7 +	Purple - Black	Sat	Sept 7 - Dec 14	12:30 - 1:30 pm	Frontier Park - A.H.	\$135/\$169

Instructor: Illinois Shotokan Karate Club