

Program Descriptions

HUMMINGBIRDS SOCCER Ages 3-4

Join the fun! Kids ages 3-4 can learn soccer basics in a playful, age-appropriate setting. From dribbling to defending, every session is packed with exciting drills and non-competitive games. Get ready to kick, pass, and score with us!

HUMMINGBIRDS SOCCER Ages 5-6

Join the fun! Kids ages 5-6 can learn soccer basics in a playful, age-appropriate setting. From dribbling to defending, every session is packed with exciting drills and non-competitive games. Get ready to kick, pass, and score with us!

T-BIRDS T-BALL

A fun and highly instructional introduction to baseball for 3-4 year olds. Players learn the basics of throwing, catching, fielding, batting, and baserunning. Then they apply what they have learned in fun, non-competitive games. All players will receive a team shirt and a baseball cap! Parents are encouraged to participate in the coaching, but the program will be run by trained staff coaches from Jump Start Sports.

ROOKIE LEAGUE BASEBALL

A fun introduction to coach pitch baseball for 5-6 year olds. Players will receive instruction in all basics of the sport, and will apply what they have learned in fun games. The games will be non-competitive and no score will be kept. Players will receive a Jump Start Sports t-shirt and baseball hat. Players who are not able to hit a pitched ball will be able to use a tee while learning. Each session includes instruction and game play

FIRST DOWN FLAG FOOTBALL

Children ages 5-9 have a blast learning the basics of football. Players are grouped by age, coached at their level of understanding, and play fun, low competition games under adult supervision. All instruction will be conducted by Jump Start Sports staff coaches. Players will learn the basic fundamentals of offense and defense, and will be introduced to speed and agility training. Jump Start Sports staff will officiate and supervise all games to ensure equal playing time, a rotation of players in various positions, and they will help teach within the context of the game.

JUMP START VOLLEYBALL

An instructional and recreational program for boys and girls ages 6-12. Explore the fundamentals of volleyball through action-packed sessions designed to teach basic skills to beginner and intermediate players. Participants learn passing, setting, hitting, blocking and serving as well as basic offense, defense, positioning, and team strategy. Knee pads are recommended but not required. Whether your child is an experienced player or a complete novice, they will have a blast learning about the sport in this fun and innovative program!

JUMP START LACROSSE: Boys and girls ages 5-12 can learn to play one of the fastest growing sports in the United States. Lacrosse is action packed and lots of fun! All equipment will be provided in this highly instructional and recreational program. Experienced coaches from Jump Start Sports will teach children the fundamentals of the game including: passing and catching, fielding ground balls, cradling, spacing and positioning, and defense. Children will play fun game situational scrimmages. Plastic sticks and soft balls will be provided. No body checking or stick checking will be permitted! No helmets or shoulder pads will be used.

ALL AROUND TRACK & FIELD: Experienced coaches teach children ages 5-12 techniques for Track and Field. The athletes then participate in encouraging competition with others in their age range. Events include sprints, mid distance, long distance, hurdles, relays, and standing long jump. Age appropriate instruction will be given on starts, running on turns, running form, relays, and jumping form. All participants will receive a medal for participating.

KICKIN' IT CHEERLEADING: Jump Start Sports coaches will teach children ages 5-12 the fundamentals of cheerleading in a fun, positive environment. The participants will learn short chants, longer cheers and a pom routine. We will also teach basic jumps.

LITTLE HOOP STARS BASKETBALL: A fun interactive basketball program for children ages 4-6. The goal of this program is to pique each child's curiosity, to get kids excited about playing basketball and to teach good basic fundamentals at the same time.

HOOP STARS BASKETBALL: Hoop Stars Basketball is a fun-oriented, highly instructional, recreational basketball program designed for children ages 7-9.

LITTLE CHAMPS PRESCHOOL SPORTS: Children ages 2.5 to 5 years old learn about and play a wide variety of sports in an encouraging and age-appropriate environment. Children have fun and get plenty of exercise as they learn basic fundamentals of soccer, hockey, football, track and field, and more! Children also play fun running games and learn basic loco-motor movements (galloping, hopping, skipping, etc.) in a well-supervised and safe learning environment.

JUMP START SPORTS JAM: Get ready for non-stop fun! Kids in grades K-5 will have a blast each week playing a wide variety of exciting sports and games with friends and classmates. From popular favorites like basketball, soccer, floor hockey, flag football, and kickball, to creative games like "Tennis Baseball," "Pac Man," "Calling All Cars," "Army, Navy, Marines," Dodgeball, and British Bulldog, every session is packed with action, energy, and smiles. This program is the perfect way for kids to stay active, build teamwork skills, and enjoy the thrill of sports in a safe and supportive environment.

LITTLE STIX FLOOR HOCKEY: Participants will have a blast learning hockey fundamentals and playing games. Players are taught forehand and backhand passing and trapping, stick handling, shooting, defending, and goalkeeping. They then play fun oriented, low competition games to help them learn team concepts. Note: students MAY NOT bring their own stick. We use a soft plastic stick that is very safe and does not damage the floor.

JUMP START SPORTS RUNNING CLUB: (Ages 5-12)

1-Hour Weekly Sessions | 6-Week Program

Get ready to run, have fun, and build healthy habits! The Jump Start Sports Running Club is a high-energy program designed to introduce kids to the joy of running in a supportive environment. Over the course of six weeks, young athletes will build endurance, improve running technique, and develop strength through fun games, agility drills, relays, and short runs tailored to their age and ability.

Each 1-hour session includes a warm-up, running-based activities, cool-down, and a motivational lesson on goal setting, teamwork, and perseverance. Whether your child is new to running or looking to improve their fitness, this club is the perfect way to stay active and build confidence!

Here are a few examples of FUN running games that don't require a track or equipment:

- Indian Run
- Crossover Relay
- Human Clock
- Tag With A Twist
- Pac Man Chase
- The Pacing Race

Highlights:

- Weekly themed running challenges
- Fun group activities and games
- Focus on proper form, pacing, and motivation
- End-of-season celebration and mini "fun run" finale

Lace up those sneakers—it's time to run with Jump Start Sports!