

ADDITIONAL INFORMATION & REQUIREMENTS

First Steps

is a non-competitive, instructional and development program for ages 3-5. Program runs six weeks.

Sessions are one hour. Parents select the date and time for each session.

Session locations and dates are subject to change.

Parent participation/parent orientation are mandatory.

Immunizations are required at the time of registration.

JBSA-LACKLAND
YOUTH PROGRAMS

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JBSA-LACKLAND FIRST STEPS

Instructional
sessions for

BASEBALL

SOCCER

BASKETBALL

Ages 3-5

2020 TIMELINE

FIRST STEPS INSTRUCTIONAL PROGRAM

FIRST STEPS BASKETBALL

Registration: Dec. 2-13, 2019
Parents Orientation: Jan. 9
First Session: Jan. 11
Last session: Feb. 15

FIRST STEPS SPRING SOCCER

Registration: Jan. 27–Feb. 7
Parents Orientation: Feb. 27
First Session: March 2
Last session: April 16
Spring Break Week (No Sessions) March 9-13

FIRST STEPS BASEBALL (T-BALL)

Registration: March 23-April 3
Parents Orientation: April 23
First Session: April 27
Last session: June 4

FIRST STEPS FALL SOCCER

Registration: Aug. 10-June 21
Parents Orientation: Sept. 10
First Session: Sept. 14
Last session: Oct. 22

GEAR UP TO PLAY BALL!

Safety comes first. Using the proper gear will help kids avoid injury. Comfort is a close second. Be sure the equipment fits properly. Equipment that is too tight or too loose may prevent a player from enjoying the game and could cause injuries. Know what to buy. A first time player should have his own individual equipment and a water bottle. Make sure the equipment meets league requirements.

SOCCER

- **WATER BOTTLE**
- **BALL:** Size 3, with good stitching
- **SHIN GUARDS:** MANDATORY for all sessions. Plastic or soft sided constructed. We recommend sock shin guards.
- **CLEATS:** Optional but recommended. Rubber cleated shoes reduce ankle, knee, and leg injuries. As a player moves to receive the ball or cut to the open space, his weight shifts. The outside edges of a good soccer shoe support the entire weight of a moving body. Cleats also dig into the turf and prevent a player from sliding. Metal cleats are NOT allowed in youth leagues. Soccer cleats do not have a toe cleat.

BASKETBALL

- **WATER BOTTLE**
- **BASKETBALL:** Size Junior (27.5") or Mini (22")
- **COURT SHOES:** Athletic shoes must be worn in the gym at all times

BASEBALL

- **WATER BOTTLE**
- **GLOVE:** For beginners, an inexpensive glove 9-10¹/₂ inches long is fine. Have your child try on the glove to make sure it's not too tight or too loose. It is normal for the glove to feel stiff. It will soften up with use and glove oil. Do not buy a vinyl glove. Vinyl wears out quickly and doesn't break in well, making it difficult to catch a ball.
- **BAT:** We provide a variety of bats (24" or 25") for practices, but it's best for your child to have one of his or her own that feels right and that they can practice with at home. Aluminum bats are preferred. Aluminum bats cost more but last longer. They also weigh less for their size and length than wooden bats and can increase hitting distance. Lighter bats are easier to control. Have your child hold the bat out parallel to the ground with one arm. If they can do this easily and the bat doesn't wobble, the weight is right. Also, check the bat's grip. Have your child hold the bat with one hand up against the knob and the second hand right next to the first. The fingertips of each hand should just reach around the handle. If the fingertips poke into the palms, the handle is too thin. If there's a gap between the fingers and thumb, it is too thick.
- **CLEATS:** Baseball cleats are similar to soccer cleats but the baseball cleat has a toe cleat on the center of the shoe, while the soccer cleat does not.