



## About Revolutionary Sports

Revolutionary Sports provides quality, age-appropriate sports instruction through community partnerships with schools, community centers, park and rec boards, early childhood learning centers and sports facilities.

Revolutionary Sports offers instructional class, day camp, and fundamental league programming for youth players starting at age two across the Twin Cities Metro Area. Coaching combines sport instruction with child development best practices to create a fun and positive learning environment for kids. All sports are taught by experienced coaches who understand child development and apply age-appropriate curriculum.

## History

The story began, in 2001, when Coach John Richardson was asked by the Minneapolis Park Board to start a preschool soccer class at a local park. As parents spread the word, one class grew to multiple classes, until John was coaching multiple sports year round at multiple parks, across the city in 2008. You can now find a Revolutionary Sports class nearly every day of the year at over 50 Minneapolis parks, schools, and spreading fast across the metro.

Revolutionary Sports is no longer just Coach John Richardson. Revolutionary Sports has developed over 100 passionate coaches leading instructional classes, day camps, fundamental leagues, and special events in over 25 different sports. Each coach is identified for their ability to connect with children and teach sport-specific skills. Coach training teaches coaches our proven format combined with continual mentoring by experienced Revolutionary Sports coaches. Revolutionary Sports encourages individual coaches to expand their knowledge, refine their instruction and teach others. Each Revolutionary Sports coach is dedicated to creating a positive experience for all participants.



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# COVID-19 Safe Program Offerings

## Short & Long Program Descriptions

[Click Here](#) to access a list of all our COVID-19 Safety Modifications for Programs

### **RevSports Baseball, Softball and T-Ball**

RevSports Baseball/Softball/T-ball is a fundamental skills class that includes catching the ball in the air, grounders, throwing form, hitting, base running, and fielding. Small Group sizes are used for a more fun and active environment. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. Gloves are optional, all other equipment provided. Parent participation is required for age groups 2-3 and 3-5, and is recommended for all other age groups. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities.

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### **RevSports Basketball**

RevSports Basketball is a fundamental skills program including focus on ball handling, shooting, passing, rebounding, and defending. Small Group sizes are used for a more fun and active environment. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. All equipment provided. Parent participation is required for age groups 2-3 and 3-5, and is recommended for all other age groups. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities.

RevSports Basketball is a fundamental skills program including focus on ball handling, shooting, passing, rebounding, and defending lay-ups. Small Group sizes are used for a more fun and active environment. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. All equipment provided. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities. RevSports is directed by nationally licensed Coach John Richardson and staffed by experienced, trained, professional coaches that understand the value of age-appropriate sports instruction. Unique curriculum was developed for age appropriate creative instructions. Come join the fun, improve your child's skills, boost their confidence, and help build your participant's interest with an important sport foundation!

## **RevSports Flag Football**

RevSports Flag Football is an active and fun flag football program that is designed for player development. Each day will focus on a topic building on the previous topic, including ball carrying, passing, receiving, defending, hand-offs, running routes and more. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. All equipment provided. Parent participation is required for age groups 2-3 and 3-5, and is recommended for all other age groups. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities.

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## **RevSports Soccer**

RevSports Soccer maximizes the time a player spends with their own ball. Players will work on fundamental skill development, dribbling using all parts of the feet, dribbling under pressure, passing, scoring goals, and defending. Small group sizes are used for a more fun and active environment. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage that maximizes play time for each participant. All equipment provided. Parent participation is required for age groups 2-3 and 3-5, and is recommended for all other age groups. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities.

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## **RevSports Tennis**

RevSports Tennis is a fundamental skills program including focus on basic skills of forehand, backhand, rally hitting, overhead hit, ready position and moving to the ball. Players will learn on a smaller court with a smaller net, and age appropriate racquets are used. Small Group sizes are used for a more fun and active environment. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. All equipment provided. Parent participation is required for age groups 2-3 and 3-5, and is recommended for all other age groups. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities.

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## **RevSports Volleyball**

RevSports Volleyball is a fundamental skills class that includes focus passing, setting, serving and hitting. Small Group sizes are used for a more fun and active environment. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. All equipment provided. Parent participation is required for age groups 2-3 and 3-5, and is recommended for all other age groups. This class will be offered in a socially distant way for the current COVID-19 environment including limited class size and adjusted activities.

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# Explanation of RevSports Levels

## **TotStars – Ages 2-3 (Parent/Child)**

TotStars is an entry-level, parent/child program. TotStars classes are great opportunities for your toddler to explore their new and developing motor skills in a social setting. Parents/guardians are expected to be fully present and engaged with their player throughout the class while instructors provide fun yet basic structure and activities for these tots to practice social skills, listening, and most importantly, having fun!

## **PreStars - Ages 3-5 (Parent/Child)**

PreStars is an entry-level parent-child program. This non-competitive, sport introduction is a movement skills program for parents/guardians to help their little player explore and develop their interpersonal and motor skills. Parents/guardians are expected to stay close to their player to help them become comfortable socially, understand activities, and interpret directions from the instructor.

## **KinderStars – Ages 4-6 (Parent Involved)**

KinderStars is an entry-level parent/child program. This non-competitive, sport introduction is a movement skills program for parents to help their little player become more independent through improving their inter-personal and motor skills. Parents/guardians are encouraged to stay close as players become more independent and involved in some of the class activities.

## **MiniStars – Ages 5-7/5-8**

MiniStars is a non-competitive foundational skills program for players to become more confident through improving players' inter-personal and motor skills. Players are involved independently from their parents, but we encourage parents to be present and engaged. Parents are encouraged to be close during scrimmages, but encouraged to cheer (not instruct) during scrimmages so players can apply learning on their own.

## **MightyStars – Ages 6-9**

MightyStars is a non-competitive fundamental skills program for players to advance their individual skills in a class environment. Kids are at different levels, but activities and instructions are created for players at all levels.

## **SkillStars – Ages 7+ (varies 7-10, 8-11, 9-12)**

SkillStars is a fundamental and personal skills development class. This class is open to all experience levels. Instructors teach sport-specific skills in a manner that encourages development and understanding of sportsmanship and healthy, respectful competition.