

# Homebase

LEAPSTART NEWSLETTER

February 2011

leapstart



## The Starting Block (Dev Roy, Founder)

Dear Readers,

We are less than a month away from the ICC Cricket World Cup and the excitement is palpable. High-quality cricket will be on display as the world's top players compete for the game's biggest prize. As hosts and as sports fans we must appreciate all the teams for their efforts and acknowledge the dedication that goes behind competing on such international platforms.

While passion will make for fierce competition, it is 'Sportsmanship' that will make this a successful tournament. As someone who works with children on a daily basis, I cannot emphasise enough on the importance of this quality. Skill, perseverance, inspiration and sportsmanship are all part of competition and an integral component in building character.

Children who show appreciation towards a fellow competitor grow up into well rounded human beings. They carry the same level of respect and professionalism into all aspects of their lives. Learning to cope with failure is one thing, but learning to acknowledge a winner is a whole other ball game. As parents we need to set an example and encourage our children to participate in sports which serve as a vital tool to build this rare quality. Words of admiration or even a simple handshake at the end of a game goes a long way in preparing children for the obstacles of life. The coming World Cup is a perfect opportunity for all of us to support our favorites but at the same time cheer on great cricket and encourage our children to imbibe the same.

Here's wishing all the participating countries the very best of luck and a fantastic tournament ahead.

Till next time, Keep Reading.

Dev!

## MindPlay: The Thinking Captain

## The Perfect Fit

### Warm up and Cool Down!

Exercising on a regular basis is necessary to maintain a healthy and balanced lifestyle. However, two aspects often overlooked are the 'Warm Up' and 'Cool Down' exercises. At LeapStart, we educate children on their importance and ensure that every session is accompanied by age appropriate warming up and cooling down routines.

Warm Up sessions prepare the body for physical exertion. The body is conditioned to cope with the activities to follow and enables an individual to maximize his/her benefits from these activities. Injury prevention is also a huge advantage of a good Warm Up routine. Cool Down exercises are as important and play a crucial role in a well-rounded activity session.

Cool Down exercises prevent muscle spasms and cramps, eliminate the risk of fainting and reduce adrenaline levels in the body ensuring you don't tire after a work out. A good Cool Down routine also ensures the tapering of the heart beat to a standard rate, preventing hyperventilation.

**Question:**  
Who was the captain of the 1983 Indian team that won the World Cup?

Send in your answers to [info@leapstart.co.in](mailto:info@leapstart.co.in) and stand a chance to win exciting LeapStart merchandise.



Parents participate in the LeapStart program at the India International School Sports day.

## 2011 ICC Cricket World Cup

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Described as being highly enthusiastic, determined and an ardent supporter of cricket, 'Stumpy' the official mascot of the 2011 ICC Cricket World Cup, will be in carnival mode come February 17<sup>th</sup>. The Bangabandhu National Stadium in Dhaka will play host to the opening ceremony of cricket's biggest spectacle - rest assured a visually stunning extravaganza will be in the offing. As the world prepares itself for the festivities, drama and vintage competition, India prepares to host the highlight of the 2011 sports calendar.

49 games, 14 teams, 3 host nations and 1 chance to script history, this is where legends are born. From Clive Lloyd to Kapil Dev, from Imran Khan to Steve Waugh, each of these men have lifted the prized trophy and in turn lifted an entire nation. The tenth edition of the Cricket World Cup promises to be bigger, tougher and far more rewarding with nearly 10 million USD at stake. However, the eventual champions can take greater pride at having stood victorious in an era where competition has never been fiercer. Asia will be hosting the World Cup for the first time in 14 years. India, Sri Lanka and Bangladesh will have to jointly prove that they are capable of successfully and safely organizing a tournament of such importance. 13 cities across the 3 countries will welcome a diverse group of sportsmen and treat them to the cultural flavours that are the fabric of the sub-continent. The focus for the next couple of months will remain on the pitch and with the current crop of players, let us sit back and marvel at the cricket.

India and South Africa, the top two ODI teams will clearly start as favorites, one looking to cross the final frontier and the other looking to shed the tag of 'chokers'. The breath-taking quality comes from the fact that Australia, Sri Lanka, Pakistan, New Zealand and England can all steam roll into the Finals if they get the rub of the green. With unlimited talent on display, expect moments of individual brilliance to win matches. However, the veteran fan will know that only a well-balanced side can go all the way. So who will be rejoicing under the confetti at the Wankhede Stadium in Mumbai – thankfully, your guess is as good as ours!



1

Sir Vivian Richards holds the record for having played in both the Cricket and Football World Cups. He represented Antigua in the 1974 Football World Cup Qualifiers.

2

London, England holds the distinction of having hosted the most number of World Cup Finals – 4.

3

Sri Lanka, who co-hosted the 1996 Cricket World Cup, is the only host country that has ever gone on to win the tournament.

## LeapFacts

## Magic Moments of the World Cup



**Bangladesh and Ireland**, the so called 'Minnows', shocked the cricket world during the 2007 World Cup. They knocked out India and Pakistan respectively, to prove that there are no guarantees in cricket.

**Hands of God** – Kapil Dev's miraculous catch off Vivian Richards in the Final was the defining moment of India's historic 1983 World Cup triumph.

Sri Lanka's **Sanath Jayasuriya** and **Romesh Kaluwitharana** taught the world how to take advantage of field restrictions. Still considered one of the most explosive opening pairs in history, they stormed Sri Lanka to the trophy in 1996.

The greatest draw in the history of the game **Australia v South Africa** – The last over run-out of Alan Donald with just 1 run to win, in the 1999 World Cup Semi Final, is one of the most heart-wrenching and unforgettable moments of any Cricket World Cup.



**Jonty Rhodes** defied gravity to complete what is now called the 'Superman' run-out of Inzamam-ul-Haq, during the 1992 World Cup.



## Contact Us

LeapStart is a Sports & Fitness program that ensures fitness is a critical element in the academic and social development of children.

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