



The Starting Block (Dev Roy, Founder)

Dear Readers,

Your enthusiasm and belief in the principles on which this organization is built, has been a pillar of support for the LeapStart team. With the number of institutions endorsing our cause increasing rapidly, we at the LeapStart team have managed to take another small step toward an educational revolution in India.

July started with a successful press launch in Bangalore, currently one of our focus cities given the high number of fine quality educational institutes. The press launch which took place on the 14th of July, 2010 was attended by representatives of some of the leading local media houses. What was a great sign for us was the intrigue and curiosity in all the journalists. The question hour session brought about some informative discussions and a thorough understanding of how the program will help kids across all age groups. You can log onto our website to see what the Press had to say.

The developments over the past few months have validated all the efforts of the LeapStart team, and further fueled our passion.

The thing that I have had a great passion for is sport. Growing up in Bangalore, empty plots were cricket pitches and soccer fields. And there was only one rule that governed evening play- be back before the streetlights came on! Today, as a father of a 3 year old son, I cannot let my son out unaccompanied and there is no spontaneous play on the streets. This leads me to believe that schools are the "Last Bastions" of play and physical activity for our children.

Apart from research that indicates the obvious overall development of a child through play, I think the happiness on a child's face when he or she is running around playing without a care in the world, just a smile and the wind in their face, trumps all logical benefits of play.

Thanks for reading. Till next time,

Dev!

The Perfect Fit

The months of June, July and August bring with them two reasons for children across the country to gloom. It's generally the end of the summer holidays as well as the onset of the Monsoon. The heavy rains forces youngsters to spend most of their free time at home, without any opportunity for outside activities. This month we bring you a few tips for children to stay healthy and active while indoors.

A very innovative and safe way to stay fit while indoors is to bring outside games into your home. Now this may warrant a lot of resistance from parents worried about the household objects being broken, but if done right this can be a very exciting opportunity for youngsters to stay active. Games like Basketball, Tennis, Cricket and even Football can be brought indoors by using foam, sponge or paper balls. Household objects like dustbins, stools and sofas etc can serve as hoops, wickets and goal posts.

Dance is often one of the best ways to stay fit and active. When forced to stay indoors, you can set up your very own dance marathon. It's a great way to stay in shape and keep children entertained while not being restricted by the barriers of being at home.

Another very creative idea is the concept of Indoor Olympics. You can stage your own Olympics by putting together an assortment of simple sports challenges for your kids within the comforts of your home. You can set up your own teams and uniforms and play a host of games like Slither Races-where contestants will have to slither along the length of a room, Balance Beam-walking on a piece of string on the floor, Weight Lifting-using onion bags and wadded up newspapers or even Knee Races on rugs.

There are hosts of different ways to stay active and healthy while indoors, all it takes is a little creativity and a whole lot of imagination.



Panel of Speakers at the Bangalore Press Launch

(Sitting R-L) **Dev Roy**-Founder of LeapStart, **Glenn Hartley**-Representative from St.Joseph's Boys High School, **Suresh Shankar**-Founder New Age School and **Kishen Whabi**-Program Director LeapStart.

Leapfacts

Play boosts academic achievements

- Outdoor games help to stimulate creativity and imagination. A study conducted by Case Western University concluded that a healthy imagination fosters creativity and enhances problem-solving skills in young children.
- Playground activities enhance social interactions and teamwork. Both of which are essential skills to a successful education as well as professional career.
- A variety of School-Yard games promote concentration and co-ordination. Both of which are essential in the current Indian Education System.

Partnership in Practice:

Delhi Public School (DPS) is one of the largest institutions in India pioneering education at the school level. There are over 150 DPS institutions in India and 13 other DPS institutes across 10 countries. DPS revolves around the philosophy of not just providing education but inculcating meaningful education to allow their students to evolve into educated and liberated human beings. Their curriculum and syllabus are well thought out and are drafted from extensive research and study. Their progressive outlook towards education provides a holistic experience to growing young minds and shapes them into thought leaders and successful global citizens.

DPS South in Bangalore, in keeping with this approach toward education, has realized the value of the LeapStart Program and has signed on with us. The fact that a top tier educational institute has decided to work with LeapStart speaks volumes about the revolutionary program that LeapStart provides as well as a testament to the keen interest from DPS South Bangalore to provide high quality sports and fitness education to children.

"Very happy with the program because for a school the children come first; with the Leapstart program the children are happy, having fun and are getting the benefit of the program all at the same time. Even the parents are impressed with the methodical approach the program offers and the professional staff and program."

Chitra Sharma,
Principal DPS: Bangalore

"A very good program, an over all apt fitness program for children. The children love Thomas (Leapstart Trainer at DPS) and can't wait for their sessions with him."

Chenda
(Coordinator for Grade 1 & 2 at DPS: Bangalore)



LeapStart is Fun



K-2 Program

TALKING Tennis:



It's that time of the year again, when top-notch Tennis Professionals from across the globe compete against each other on the hard courts of Flushing Meadows-Corona Park, New York City for the US open. We talk US Open, and we talk with Mukesh, Our Tennis expert from the Sports Advisory Board.

The US Open held annually in the months August and September is the final Grand Slam of the Tennis calendar, for some it's an opportunity for redemption while for others it's a chance at immortality. The Billie Jean King National Tennis Center has played host to many historic matches over the years, and has led to some of the most debated rivalries. With prize money of 21,600,000 USD at stake, this is where players become icons.

The US Open was originally played on grass courts before it went through a transitional period on clay, and now is played on DecoTurf hard courts. The US Open is set apart from the other 3 Grand Slams as it is the only Grand Slam to use a tie-break in the final set to decide the outcome of a game. New York City has seen some of the greatest Tennis Players stand victorious including Rod Laver, John McEnroe, Jimmy Connors, Pete Sampras, Roger Federer, Margaret Court, Steffi Graf, Monica Seles and the Williams sisters.

This year as well you can expect fierce competition, with Rafael Nadal looking to win his first US Open, and Roger Federer looking to regain the top spot, the Arthur Ashe Stadium will continue to grip the world with its Titanic Battles.

Profile of the Month:



Mr. Mukesh Chetan a Tennis Advisor for LeapStart and a Tennis coach for more than 20 years first started playing tennis when he was 12 years old with his father a state champion himself, at the Kanpur Club. Ever since that day he could not put his racquet down and today he continues his association with the game that has taught him so much in life. Mr. Mukesh sat down with us to share a few insights about Tennis and the LeapStart Program.

Q. What attracted you to the LeapStart Program?

A. I have always been an advocate for sports to be a part of the curriculum at schools. For many years I have been trying to integrate sports and in particular Tennis into the education system, and when LeapStart approached me it was clear that they had a similar vision and I couldn't resist the opportunity.

Q. How does a child benefit from the LeapStart Program?

A. Most schools run a very outdated Physical Education Program. The children just end up shaking their hands and legs and jumping a little. The LeapStart Program provides a variety of activities which are based on a child's interest, ability and talent. This approach is far more focused and organized.

Q. How will LeapStart help in identifying young sporting talent?

A. The biggest advantage that LeapStart provides is that they have a wider talent pool. By reaching out to so many schools they can identify young talented sports persons very easily.

Q. What is the biggest reward of coaching young Tennis enthusiasts?

A. The chance to give back to young children what Tennis has given me over the years is the best reward. Watching young talent grow and develop is an enriching experience.

Q. Who is your favorite Tennis player?

A. The Great Rod Laver.

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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