



The Starting Block (Dev Roy, Founder)

Dear Readers,

2010 has been a wonderful year for Indian Sport. It's not just the cricket team that has dominated the field, but the entire contingent of Indian sports persons has had a resounding and memorable year. With the success of the Commonwealth and Asian Games, our athletes have proved that India has the potential to become a global sports power. However, if we are to make that final leap, it is imperative that our sports stars receive the right kind of support and backing. A simple study will reveal the disparity in earnings between a cricketer and a non cricket-playing sports person. The need of the hour is for the government to provide greater benefits and monetary rewards to these dedicated professionals. World class facilities and high intensity training methodologies will only push us towards Olympic Gold.

The government is only one aspect to this paradigm shift. It is necessary for corporates to invest, and invest big, in our sports persons and athletes. Be it for financial purposes or pure CSR, the time has come for all of us to play a role in the sports revolution that is taking place in India. The involvement of corporates at the grass root and elite levels will provide the right kind of impetus and modernise sports in India.

In keeping with our efforts to give back, the LeapStart family was proud to support the Bala Mela 2010, organized by ECHO (Empowerment of Children and Human Rights Organization) for 10,000 children from under-privileged backgrounds. The LeapStart team sponsored and volunteered at the event to bring some fun and games to their lives. In a year when sports have taken a front seat, it was an honor to share the joy of sport with these children from all over Karnataka. Here's wishing all of you a wonderful New Year.

Till next time!

Dev!



The Perfect Fit – The Spirit of Competition

"It's not about winning or losing, it's how you play the game", a motto that sportsmen from across the globe will attest to. However, the competitor within each and every one of us will stand firm by the belief that - *"Winning isn't everything; it's the only thing"*. Two iconic quotes with two very different ideals. Perhaps the unequivocal truth is that for real success, a fine balance between the two is essential. Children today are growing up in a fiercely competitive world, be it in sport or education. The additional pressures of winning only contribute towards an unhealthy if not destructive environment. From emotional damage to detrimental physical effects, failure can have serious negative repercussions on a child. As parents and teachers, it becomes our responsibility to equip our children with a mindset to cope with failure. We need to build an atmosphere that propagates healthy sportsmanship and promotes the importance of – having fun!

At home and on the sports field, parents need to set an example. Laugh at your mistakes, even discuss them with your children, it will encourage them to do the same. Setting realistic goals is vital to building self confidence. Attainable targets motivate children to do better and push their boundaries. It is important to teach your children that life moves on. Never let them dwell on their disappointments and show them that winning and losing is a part of life. Children need to learn the value of trying until you succeed-there will always be another chance. Another important aspect to coping with pressure is to be a team-player. In success and failure, being part of a supportive team establishes a strong foundation for the future. Most importantly, never project your feelings of disappointment onto your children. An encouraging atmosphere is all it takes for healthy competition. At LeapStart, we focus on building healthy individuals who can take success and failure in their stride, while still enjoying the journey

Partnership in Practice

Queen Mary's School:

Set in the flurry city of Delhi, Queen Mary's School bears a strong resemblance to the coveted schools of London. The elegant British style architecture, beautiful gardens and modern infrastructure makes this a student's dream. The prestigious institute stands tall with aplomb, having been blessed with a highly sought after faculty and a dedicated staff. Established in 1912 by Helen Jerwood, the school has a rich history and a wealth of experience to boast. With students from all across the country, Queen Mary's School is a hub of learning and progressive education.

The school follows the CBSE syllabus and provides an exciting mix of studies, extra-curricular activities and sports. The well-planned curriculum is challenging and is essential in building the next generation of leaders. In keeping with their tradition of setting new heights in excellence, Queen Mary's School has asked LeapStart to handle and structure their P.E and sports education. The LeapStart team is delighted to have tied up with an organization that has repeatedly set top standards for the educational experience.

SpotLight 2010- A Romance with Sport



2010 will go down in history as the year that marked the resurgence in Indian Sport. The transition, from a country bereft of medals to a competitive sporting nation is now complete. No longer will our athletes meander along in anonymity and the time for a new age of Indian sports stars has finally arrived.

The 'men in blue' continued their successes on the cricket pitch. We started the year as the number 1 test team in the world, and will finish the year at the helm of cricket's ultimate challenge. The epitome of India's performances over the past year has been consistency. From inspiring to dependable, the 'first family' of Indian sport has cemented their place as the top team in the world. Special mention has to be made of Sachin Tendulkar. A double century in ODI's along with 14000 test runs, the little maestro has proved yet again why he is the heart of Indian cricket.

Saina Nehwal, Vishwanathan Anand, Mary Kom, Sushil Kumar and Vijender Singh have all established themselves as the best in their sports. 2010 has witnessed these mavericks break records and clinch results that has charted the way for India's foray into all avenues of the sporting spectrum. Somdev Devvarman and Rohan Bopanna have proved that Indian Tennis has more to offer than just the Lee-Hesh express. These men and women are icons in their own right, and their exemplary achievements are a strong indication that India is no longer a one-sport country. Perhaps the time has come for our sports bodies and authorities to invest more in our sports persons and give the country what it truly deserves – A Sports Culture.

If 2010 was compared to the Trojan War, then the Delhi Commonwealth Games would be our wayward hero – Achilles, and the organizing committee would take the apt title of the 'Achilles Heel'. Yes, Delhi 2010 will be remembered as the biggest sporting event of the year. The controversial event, laden with media trials and public scrutiny is testimony to the undying spirit of the Indian Athlete. The athletics team, in particular the women's relay team, the wrestlers, the shooters and the boxers gave the nation a reason to celebrate. Thanks to their efforts the world will focus on the 101 medals, rather than the 101 blemishes leading upto the event.

The stage is set for a remarkable adventure in 2011, so let the games begin!

A Breakfast a Day..

1 It is generally seen that individuals who consume up to 1/3 of their daily calories at breakfast eat less during the day. When you don't, your body wants to play catch-up and you often surpass what you would have eaten otherwise.

2 Lots of fruit, vegetables, breads and cereals are great. They're easy to prepare, easy to eat and easy to digest. A breakfast high in fat takes longer to digest, and therefore longer to re-energize.

3 Children who eat a good breakfast perform better on standardized achievement tests and have fewer behavior problems in school.

LeapFacts



Profile of the Month:

One conversation with Kishen Whabi, and you are immediately drawn by his articulate nature and deep love for sports. Kishen Whabi has spent the past 23 years of his life in the field of health and fitness. A thoroughly dedicated professional, he has trained some of India's top athletes including Sharmila Nicolette (former No.1 Ladies Amateur Golfer), Pallavi Sukumar (Junior Long Jump National Champion) and Archana Venkataraman (National Double's Tennis Champion). For the last 4 years Kishen has been working towards the development of physical education and youth performance programs at the school level.

A multi-faceted personality with a passion for competition, Kishen is one of the few sportsmen whose talents go way beyond the spectrum of sports. He is a well-trained Performance Enhancement and Corrective Exercise specialist. A Certified Personal Trainer from the National Academy of Sports Medicine, USA, Kishen has always had the zest to learn more. He is currently pursuing the Youth Fitness and Youth Speed specializations.

Q. Having worked with some of India's finest athletes, do you think we are lacking on the fitness front?
There is a lot of talent in India, but a combination of poor infrastructure and outdated training facilities has led to us lagging behind on this front. The Americans and Europeans have implemented modern mechanisms that have set them apart. But we are definitely on the right track and a lot of changes are being made.

Q. Why is LeapStart important to children?

The LeapStart Program provides a level of efficiency that children are normally not exposed to with the current P.E curriculum. The LeapStart Program comes with nearly 25 years of research, and takes all the guess-work out of P.E classes. The kids get fitter quicker, and are more aware of the reasons behind the exercises and the advantages the Program has towards a healthy lifestyle.

Q. How do you keep yourself fit?

I work on functional fitness 4 times a week, paying special attention to flexibility and strength training. I also play Tennis once a week and go cycling atleast two times a week.

Q. Your favorite sport and sportsperson?

I have played many sports, but really love watching and playing Golf. Without a doubt my favourite sportsperson is Tiger Woods, he single-handedly transformed the game.

Q. Your favourite quote?

Practice does not make perfect. Perfect practice makes perfect.

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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