



## The Starting Block (Dev Roy, Founder)

Dear Readers,

Summer Break is just around the corner and thinking about all the fun and entertainment ahead, brings back some fond memories. While children enjoy their well deserved summer vacation, parents enjoy the fact that their children have a wide plethora of activities to engage in. From sports to crafts, from dancing to travelling, summer brings with it endless possibilities for fun!

Growing up, I spent most of my summer holidays either in the swimming pool or on the cricket field. Swimming was a great way to stay fit and beat the heat, while cricket provided a platform to play with other children and learn the importance of being a good team player. This is definitely one of the positives of summer holidays - it gives children an opportunity to meet, interact and participate with a wide variety of individuals thus helping them to develop into well informed and well rounded social beings. Summer is also an opportunity to experiment, move out of your comfort zone and experience things you wouldn't normally venture into. With no pressures of class, studies and tests, summer is the ideal time to try out a range of new activities. To develop mentally, physically and creatively, children should be encouraged to participate in all activities that interests them while at the same time doing things at a pace that is convenient.

So here are my tips for the summer – stay healthy, stay active and go out there and utilize the free time to the fullest! These are the moments that you will always cherish, so make them memorable!

Till Next Time, Keep Reading,  
Dev

## LeapStart Talents

The training team in Kerala conducted a week long, intensive, talent-identification camp for the highly enthusiastic students of the **Trivandrum International School**. The extensive program centered on identifying children who have the potential to become the next generation of Indian sportspersons.

**With a focus on cricket, football, basketball, swimming and athletics, the program received a warm turn-out** and the LeapStart team was pleasantly surprised with the quality on display. Numerous potential stars were identified during the camp and with the right kind of training and discipline they can go a long way.

We, at the LeapStart team, are looking forward to working closely with these children and help them realize their true potential on the sports field. The LeapStart Program is designed in part to identify young children who have the capability to succeed in sports and we hope to continue this talent identification camp on a larger and wider scale in the years to come.



**Sports Highlight**  
Congratulations to the students of Global Public School, Trivandrum, for winning the coveted inter-school Kerala Swimming Gala. The swimmers from GPS stood victorious amidst stiff competition from some of the top schools in Kerala!

## Sports Day at DPS, Bangalore



## SpotLight: Next Stop, Wembley!

February, flags off the business end of Europe's most sought after football crown – The UEFA Champions League. **Built as the 'Peak' of European football, the competition is laden with history and has spawned some of the greatest ever matches**, matches that now belong to football folklore. Since its restructuring, no club has managed successive Champions League titles, a clear indication to why this tournament is regarded as the benchmark of success. Over the next month, Europe's top 16 will battle it out using any and every stratagem at their disposal, all for a place in the Final to be held at Europe's second largest stadium and England's football Pantheon – Wembley Stadium.



The obvious favorites will be the English and Spanish clubs, who together have accounted for 23 out of the 55 editions thus far. Italian sides have bagged the trophy 12 times but have been in general decline over the past decade despite Inter Milan ruling the roost last year. Looking at the fixtures for the knockout rounds – the three stand-out ties are **Arsenal v Barcelona, Inter Milan v Bayern Munich and Real Madrid v Olympique Lyonnais**. Though the punters have pledged allegiance to Barcelona, Bayern Munich and Real Madrid, expect the games to go down to the wire. **AC Milan v Tottenham Hotspur** is another mouth watering clash. This one can swing either way with the Italian war horse having a reservoir of experience, and the English side having the fearlessness of a newcomer. **Chelsea and Manchester United have relatively easier draws** against FC Kobenhavn and French side Marseille respectively. Both will be expected to progress scare-free, but the Champions League never fails to surprise. **Valencia v Schalke and AS Roma v FC Shakhtar** round off the knockout fixtures, definite dark horses for the title, look forward to an evenly contested affair and expect plenty of goals as these teams play highly attacking football.

The chorus of the UEFA Champions League anthem melodically delivers the lines – “These are the Champions”. Indeed they are, and on the 28<sup>th</sup> of May 2011, one of them will be engulfed in confetti and etched in history!



**1 Cook your meals!** Eating home cooked food is the best practice for the summer. If you have to eat out, choose boiled and steamed dishes as they are safer and healthier. Avoid street food!

**2 Stay Cool!** Make sure you drink lots of fluids to keep your body temperature in control. Diseases in summer are usually water-borne, so ensure you consume clean and boiled water.

**LeapFacts**

**3 Sun-Watch!** Make it a habit to use sunscreen and sunglasses to protect your skin and eyes against the dangerous UV rays of the sun.

## And The Winner Is....

Besides cheering on the 'Men in Blue', we share with you some of our other picks for the 2011 ICC Cricket World Cup.



**Dev Roy**, Founder of LeapStart, believes that South Africa might clinch this World Cup and expects AB de Villiers to be the star performer.

**Paul Thomas**, head of HR, expects Australia to continue their World Cup winning streak. “Michael Clarke will be the player of the tournament”, says Paul confidently!

**Dominic Vijay**, Operations Director, is also backing South Africa to dominate, while **MC George**, Regional Sales Manager, thinks Shahid Afridi will inspire Pakistan to the title.

**Eric Jacob**, Marketing Manager, thinks that Virender Sehwag will be the star performer of the World Cup, but agrees with **Shilpa Thomas**, Manager Trainee Operations, that Graeme Smith will lift the trophy in April.

**Sudhir Rao**, Supply Chain Manager, expects Andrew Strauss to carry the English to World Cup glory!

### Contact Us

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

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