



# LITTLE CHAMP SPORTS

## Fall Newsletter 2024

This fall is more exciting than ever with our Little Champ Sports and fitness program. These classes have been super! The focus for fall is soccer and basketball. The classes have started out with basic ball skills and will proceed into drills to develop athletic fundamentals. Several of the instructors are using stopwatches to record the students' progress in speed and agility throughout the school year. As always, fostering teamwork and sportsmanship are prominent among our goals.

LCS is a carefully structured program, developed by experts in Kinesiology and sports recreation. Rather than beginning classes by throwing a ball around, or have a basketball or soccer game immediately, it was formulated to first develop the foundational principles common to all sports, including coordination, agility, locomotive movements, range in motion, and flexibility. These skills are imperative to progression in all sports. After all, you must know how to stand before you walk, and walk before you can run. With this in mind, the first few classes focus on general ball skills and spatial awareness. The exercises and drills are very basic, and improve hand-eye and foot-eye coordination. Yet, we focus on developing these principles and skills in a *fun* atmosphere – solid development occurs much more naturally when the students are enjoying themselves. In addition to the sport/athletic training, there are exercises and drills hidden in the program that develop left and right skills and LISTENING skills.

### August & September: GENERAL BALL SKILLS & SPATIAL AWARENESS

- Appropriate stretches, flexibility, range of motion
- Introduction to the sport – rules, understanding of the game
- Rolling
- Bouncing/Catching
- Kicking
- Throwing/Catching
- Hoop drills – Spatial awareness



### October:

### BASKETBALL (A few coaches may begin with soccer)

- Sport related warm up – appropriate muscles and needed flexibility involved
- Introduction to Basketball (NBA 5-on-5)
- Ball handling
- Dribbling – practice without looking at the ball
- Dribbling while moving
- Passing
- Shooting
- Game skills – cones and buckets

# IMPORTANT REMINDERS

## Holiday and School Closing Calendar

Classes follow the same closings as the county in which your child's school is located for Thanksgiving, Winter, and Spring Break only. Classes will be held on teacher work days and early release days.

**Church enrichment programs, County Parks & Recreation facilities, and private schools may differ.** At these schools, we follow their closing schedule.

We will post a holiday closing schedule and reminder in November by "handout" newsletters, as well as on our website. All monthly newsletters are posted at the on-site locations and on our website under "Newsletter."

**PLEASE DO NOT LEAVE PAYMENTS AT YOUR CHILD'S SCHOOL!** Teachers CMD **are not permitted to accept checks that are left at schools!** Teachers do not come to the business office, and locations frequently misplace checks.

Please be sure to pay your tuition **on time**—make your monthly payment online, or mail it in. Please adhere to the guidelines below to avoid having your child withheld from class. This can be embarrassing and uncomfortable for the child as well as the teachers.

**📍 Payments are due on the 1st of each month**

- 📍 We encourage **AUTOMATIC MONTHLY DRAFTS** and monthly payments online. **You can authorize auto draft by logging in to the Parent Portal- just change Membership Type from Monthly Self-Pay to Auto Draft, if you haven't already.** This is our most popular method, and the easiest way to ensure timely payments. Payments will be made automatically through May 1st. **OR**
- 📍 Make check payable and mail to: CREATIVE MOVEMENT AND DANCE, INC. Payments must be **mailed with student/location info to ensure proper credit to your account.**
- 📍 Late charge incurred after the 10<sup>th</sup> is \$15.00
- 📍 If payment is not received by 20<sup>th</sup>, **student will be withheld from class.** CMD will notify parents through contact information provided in registration materials before any child will be withheld.
- 📍 Tuition is based on the entire session cost, divided into equal monthly payments. There is no deduction for scheduled days off (like November & December).



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