



LITTLE CHAMP SPORTS

JANUARY 2019 NEWSLETTER



The January syllabus will include the review of our soccer and basketball skills. In February, we will implement baseball fundamentals & skills into our classes. This will help educate and introduce our young athletes to the upcoming spring seasonal sport. We will continue to develop our soccer skills for the improvement of footwork, and feel this is an essential sport year-round, because footwork skills are integral to virtually all sports.

JANUARY:

- Ball Handling
- Flexibility improvement
- Speed drills

FEBRUARY: BASEBALL

- Warm up
- Baseball Intro
- Throwing and Catching
- Defense
- Hitting
- Pickle Drill
- Fielding ground balls
- Game/Home run derby
- Teamwork & Sportsmanship acknowledgement



MARCH: SOCCER

- Sport related warm up – appropriate muscles and needed flexibility involved
- Introduction to Soccer
- Foot dexterity – one foot & both feet
- Trapping & Passing – with partner
- Defense
- Shooting – target drills
- Game skills – cones & goals





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Please understand the LCS program was not designed to throw a ball around and start a baseball or soccer game within minutes of the start of class. The purpose of LCS is to establish the proper framework for development of the basics of sports: coordination, agility, locomotive movements, range in motion and flexibility. These skills are the basis for 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 also help with hand-eye and foot-eye coordination.

HOLIDAY CALENDAR

As detailed in your Registration Brochure, *Creative Movement and Dance* follows the same holiday closings as the county in which your child's school is located for Thanksgiving, Winter Break, and Spring Break only. Church enrichment programs and private schools may differ. At these locations, we follow their closings. There is no reduction in tuition for months with these holidays or breaks. Tuition is not based on the number of classes per month, but is an averaged fee for total classes September through May.

INCLEMENT WEATHER

Creative Movement and Dance follows the same cancellations for inclement weather as the county in which your child's school is located. Classes will be made up within 30 days of the cancellation. Day and time will be posted in the lobby.

Please remember to visit our website and subscribe to our monthly newsletter.

www.CreativeMovementAndDance.com

If you have any questions concerning your child's progress, please call (678) 482-2264, or email us at Info@CreativeMovementAndDance.com