



Center for
Spine & Sports
Health (CSSH)TM

Empowering Movement, Every Day!

 **GOPICHAND**
ACADEMY

CHAMP

**CHILDREN'S HEALTH & ATHLETIC
MENTORSHIP PROGRAM**



Let your kid discover their athletic potential through a science backed, age appropriate sports skill training program



Our Children. Our Future.

www.spineandsportshealth.com



WHAT IS CHAMP ?

A fun and engaging training program for young children, structured around the **Long-Term Athlete Development (LTAD)** model.

WHY CHAMP ?



80% of school-aged children worldwide fail to meet the **WHO's recommendation of 60 minutes** of daily physical activity. Studies reveal a decline in fundamental movement skills among children aged 6-14, linked to lower fitness, increased injury risk, and **early dropout from sport**.

At **CSSH** our goal is to promote a healthy, active lifestyle while ensuring the development of fundamental movement and sport skills in a supportive and playful environment.

CHAMP Jr. (5-8 years)

Aim - Develop **FUND**amentals

With **CHAMP JR.**, we help kids develop the basic Fundamental motor skills all through fun games & activities

Level 1

Movement Foundations - 1

Primary focus on Running, Jumping & Throwing correctly

Level 2

Movement Foundations - 2

Primary focus on Catching, Kicking & Dribbling

Level 3

Balance and Coordination

Primary focus on Dodging, Balance & Hand-eye-co-ordination

CHAMP sr. (9-12 years)

Aim - Learning to train

With **CHAMP Sr.**, we focus on Refining Fundamental Motor skills & introducing the key physical components such as Strength, Endurance, Balance & Co-ordination

Level 1

Movement foundations

Primary focus on refining the Fundamental Motor skills

Level 2

ABC's of Training

Primary focus is on developing Agility, Balance & Co-ordination

Level 3

Strength and Endurance

Primary focus is on developing Body weight strength & Base endurance



RIDE ALONG WITH

CHAMP

CHILDREN'S **HEALTH & ATHLETIC**
MENTORSHIP PROGRAM



SESSION DETAILS

CHAMP Jr. (5-8 years)



Wed & Sat



4 - 5 PM



Center for Spine and Sport Health (CSSH),
Pullela Gopichand Badminton Academy, Gachibowli, Hyderabad

CHAMP sr. (9-12 years)



Wed & Sat



5 - 6 PM



Center for Spine and Sport Health (CSSH),
Pullela Gopichand Badminton Academy, Gachibowli, Hyderabad

Get Set to Raise a CHAMP!

For more details, contact:



812 5383 111

www.spineandsportshealth.com



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