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# Legends Newsletter



## Edition 2



### Dear Parents

We're back with our Newsletter!

We are excited to keep you guys involved in our Legends Community! As we start Term 2 we would love to share some highlights from Term 1 and let you know what to expect in Term 2.

**Sit back, relax, grab a coffee and enjoy!**

**Team Little Legends**

### For the younger Legends:

First off, we had our very first launch of our Fit-Fun classes! This new program has been designed to help younger students build confidence, stay active and develop across the 3 core categories of movement: locomotor, stability and object control skills. Our coaches guide younger athletes through a variety of playful and engaging activities.

These sessions also give parents and coaches a chance to observe kids' tendencies (do they tend to want to kick the ball, throw it, enjoy swinging the bat/racquet?), which helps guide them toward sports they might enjoy pursuing after the program. The enthusiasm and commitment shown by our



students has been inspiring, allowing athletes under the age of 4 to get involved. We look forward to growing the program even further in the coming terms.

## Game on: Term 1 in action



We had our first tournament of the season, on the 23rd of November at GEMS National School. It was an action packed morning, showcasing the skills and techniques our Legends have been developing in training.

The tournament was not just about competition—it was a celebration of effort, learning, and fun, reflecting the spirit of Little Legends. We can't wait for the next tournament, where even more children can experience the joy of the game.

We are in the middle of our exciting Winter Camp in partnership with Danube Sports World, where we will have lots of new additions including new themes and activities and even our meal plans which is a brand new launch. This camp we will even be going live on our instagram and will have lots more updates so you can track your child throughout the camp. There will even be our new photo gallery which will be accessible via our website. We love to also hear your feedback to find ways to grow and make our camp suitable for everyone!



### **Legends AI Concierge**

Furthermore, we acknowledge that we have at times been slow to respond to your WhatsApp messages. Navigating periods of high chat volume or after working hours can be challenging. However, we're determined to address that and to get you the answers that you need when you need them. We're therefore excited to share that we've recently introduced the Legends Concierge AI – your new digital assistant for all things Legends! It can help you with make-up booking instructions, class booking guidance, and provide details about our camps and sports programs. It has been an exciting start allowing you guys to have instant replies even out of office hours! Don't worry our team will still be available to speak to if you need any further guidance and address any queries you might have – all you have to do is ask to speak to a live agent and someone will be in touch!

### **Social Media**

We've also evolved our presence on Instagram so you can easily follow along and stay up to date. We've been sharing a lot more content – even taking you inside some of our sessions! We'd love to see you get involved and interact with us. Tag us in your photos and videos @littlelegends and follow along the journey!

**Off the Field, Still in the Game.  
Home hacks to keep your child's skills sharp.**

**Home Hack 1: Target Practice Wall**

**You'll need:**

Paper targets (paper etc), soft balls, or bean bags, large wall with plenty of space.

**How to play:**

Stick paper targets to the wall and have kids throw soft balls or bean bags to hit them. Give each target points. Aim for accuracy, not power.

**Skills developed****Hand-eye coordination**

Throwing the ball, bean bag but keeping an eye on the target.

**Focus & attention**

Requires continuous visual tracking and adjustment.

**Aim**

Aiming towards the target.

## Home Hack 2: Fitness Card Deck

**You'll need:**

A pack of cards

**How to play:**

Assign a movement to each suit (e.g., hearts = jumping jacks). Draw a card and do the activity.

**Skills developed****Focus & attention**

Encourages children to **concentrate on one task at a time** by following the

**Planning & Problem Solving**

Encourages children to **think ahead** by deciding how to approach each

**Sequencing & Memory**

Helps children practice **ordering actions correctly**, completing movements in

movement shown on each card

movement or sequence of cards

the sequence shown on the cards

## Home Hack 3: Ladder drills (tape version)

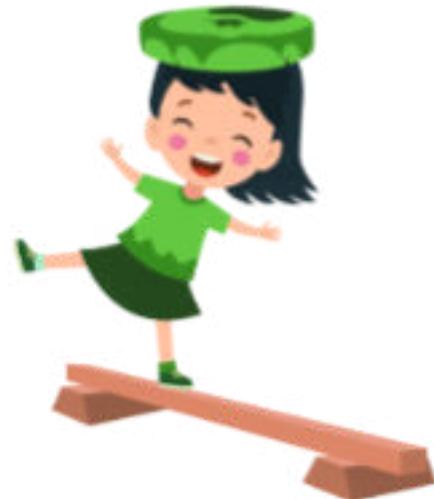
### You'll need:

Some masking tape



### How to play:

Using tape to mark a ladder on the floor or ground, Kids can practice fast feet, hops, and side steps—just like athletes!



### Skills developed



#### Balance & stability

Crucial for nearly all sports and everyday movements; keeping your body balanced through out the ladder strengthens core muscles and improves posture control.



#### Transferable skills

Benefits sports like soccer, basketball, football, tennis, and more



#### Reaction time

By asking participants to react to visual or verbal signals—such as a coach's call, a change in pattern, or a timed start—and immediately adjust their footwork.



Give these home hacks a try with your little legend, and don't forget to tag us in your stories @littlelegendsuae so we can cheer you on!

# Growth to Success

# Where development drives achievement

At Legends Academy, it's not just about fun and staying active—it's about watching each child grow in their sport. Coach Dan and the team have been hard at work creating a refreshed player **development pathway**, supported by our academy methodology, to deliver structured growth across all programs.

Last term, we introduced **Player Progress Reports** to give parents a detailed insight into their child's development. Coach Dan and our coaches ensure these reports are published twice each term, keeping parents fully informed. Each report highlights areas where your child is excelling, identifies aspects that could be nurtured further, and provides personalized recommendations to support their continued growth.

Our U6, U7, and U8 squads began their competitive journey with friendly games against local academies. These matches provide valuable opportunities to observe skills, teamwork, and game understanding in real situations. Next up for our squads is taking part in competitive leagues in Term 2!



## Exploration & fundamentals

2 to 6 Yrs

## Basics

6 to 8 Yrs

## Tactics

9 to 12 Yrs

13 Yrs +

When your child experiences success, highlight **the process**, not just the outcome:  
**“You worked hard, stayed patient, and kept improving—that’s what led to this success.”**

When they face challenges or setbacks, acknowledge the effort and refocus on growth:  
**“This didn’t turn out how you hoped, but every attempt teaches you something. What did you learn this time?”**

Consistently emphasizing **effort, strategies, and perseverance** over natural ability helps children see success as something they *build*, not something they're simply born with. This mindset nurtures confidence, resilience, and a love of learning—showing them that growth comes from trying, reflecting, and trying again.

## Wellness Corner

The festive season is here! A time filled with joy, laughter, winter camps, and of course... plenty of sweet treats! As much as we love seeing our Little Legends enjoy the holidays, it's also the time when their teeth need a little extra attention. That's why we're excited to highlight a special focus from our trusted partners at The Dental Studio. Gentle, expert pediatric dental care designed just for kids.

### Start the New Year with Bright, Healthy Smiles – Pediatric Dentistry Spotlight!



A new year is the perfect time for fresh starts, positive habits, and confident smiles! As your little one returns to school, activities, and it's also the ideal moment to give their dental health a little extra attention.

We're excited to spotlight our trusted partners at The Dental Studio, offering gentle, expert pediatric dental care designed just for kids. An early-year visit helps monitor growing smiles, catch cavities early, support proper development, and help ensure your child enjoys excellent oral health throughout the year.

Whether your child is attending camp or preparing for the upcoming school term, a simple dental visit can make a big difference. It builds confidence, prevents future issues, and helps establish healthy habits that benefit both your child—and you—throughout the year.

**Schedule a visit with The Dental Studio**  
(<https://www.thedentalstudio.ae/pediatric-dentistry/>)

# Why we recommend pediatric dentistry at the start of the year:



Gentle, comforting, kid-approved care



Early detection to prevent long-term dental issues



Fun, educational visits that empower children



A stress-free way to begin the year with healthy routines

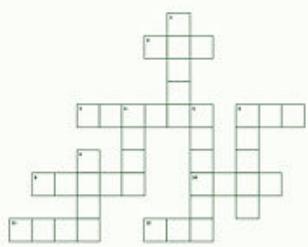
Little Legends deserve big smiles!

Don't wait -- book your child's visit today and help them enjoy a year of confident, healthy smiles!  
[\(https://www.thedentalstudio.ae/pediatric-dentistry/\)](https://www.thedentalstudio.ae/pediatric-dentistry/)

## Boost Those Brain Muscles

We've put together some puzzles to keep your little legend's mind as sharp as their feet, off the pitch. Download to print, and enjoy!

### CROSSWORD PUZZLE



[\(https://www.littlelegends.ae/wp-content/uploads/2025/08/CROSS-WORD.pdf\)](https://www.littlelegends.ae/wp-content/uploads/2025/08/CROSS-WORD.pdf)



### WORD SEARCH

P	Z	O	N	E	D	V	X	U	D	M	A	S
P	B	O	L	L	A	R	H	G	U	O	R	T
C	R	E	K	I	R	T	S	L	H	F	F	T
W	A	H	E	S	T	E	E	D	E	J	R	I
S	C	G	I	U	L	D	F	S	A	S	B	C
S	E	G	X	R	G	S	I	C	S	I	L	S
O	W	A	Y	I	P	D	S	R	S	D	O	E
R	Z	W	O	H	I	S	R	I	E	C	I	D
C	T	C	I	G	R	Y	E	S	L	K	T	L
Z	A	R	E	N	B	S	N	T	J	V	A	E
E	C	Q	A	I	G	C	I	D	E	E	M	I
D	R	B	W	O	L	E	L	K	R	L	P	T
S	L	E	A	V	U	P	H	R	D	K	O	M
T	E	P	A	S	C	Q	A	G	A	L	F	I
Q	I	D	R	I	B	R	E	V	Z	H	F	M



[\(https://www.littlelegends.ae/wp-content/uploads/2025/08/word-search.pdf\)](https://www.littlelegends.ae/wp-content/uploads/2025/08/word-search.pdf)

Download Puzzle 1 ()

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We hope you enjoyed this edition of the Little Legends newsletter and hope it left you with fresh ideas, helpful insights, and simple ways to support your child's growth, on and off the field. We'd love to hear your feedback on it and what we can improve on for the next edition, so please take a minute to fill out this very short survey:

**Survey** (<https://www.surveymonkey.com/r/KTK6KN3>).

Remember, every skill learned through play, practice, or even a puzzle is a step toward building confidence, character, and lifelong resilience. Until next time, keep cheering, keep playing, and keep building those skills for life!

From our team to yours,

**Team Little Legends.**