



TSUSP/GEN/026/2019-20

Date: 12-12-2019

Circular for Rocksport program

Dear Parents,
Namaste!

A Rocksport Program is being organized in the school premises for **classes Nursery to Class 2** on **24th December 2019**. The program will cover fun filled adventure activities for students that will help enhance their confidence and encourage team work. Students are required to dress in P.E. uniform, school shoes and need to carry sun cap, water bottles and a steel glass duly labelled. Snacks will be provided by school. The fee for camp is **Rs.400/-** per student.

Key benefits of participating in Rocksport program include:

- Enhanced confidence and self-esteem as students overcome their fears in a protected environment
- Leadership skills as they learn to capitalize on each team member's strength for the best outcome
- Improved focus and determination as they push beyond their comfort zones
- Increased emotional quotient as they become more self-aware and sensitive to their surroundings
- Increased social skills as they work collaboratively and learn to take accountability

Time	Program
08:30 AM	Briefing and Group Distribution
08:45 AM	Adventure Activity Starts
10:00 AM	Break Time
10:20 AM	Adventure Activity Restart
12:30 PM	Camp Concludes

Some adventure activities the students would enjoy are as follows:

Double Rope Bridge	Hamster Wheel	Sport Climbing	Hippity Hope Race
Body Zorb	Hop Scotch	Tug Of War	Burma Bridge
Zip Line	Commando Net	Commando Crawl	Laser Beam

**All participants will participate in any 10-12 activities from the above list.*

The camp will be duly supervised by school teachers and instructors from Rocksport and all students will be awarded a certificate of participation after the completion of program. You may download pictures of the program from the Rocksport India Facebook page. Kindly fill in the consent form and send along with **Rs.400/-** at the earliest by Monday (16/12/2019).

Radhika Srinivasan,
Principal

