

# Emilija's Story

**10-year-old Emilija has discovered a newfound passion for sports and fitness at the weekly Fusion Youth sessions at Tom Hill Community Centre, where the engaging activities and nurturing environment have fueled her growth.**



*“Emilija is a bright and passionate child who takes part in all activities and always loves taking part. She has been able to greatly develop her confidence by gaining a further understanding of different skills.”*

**Aleksy Marzec, Education & Community Sports Coach**

Emilija, a lively 10-year-old, has found a new passion for sports and fitness through her weekly involvement in the Fusion Youth sessions, held every Monday at Tom Hill Community Centre in Conisbrough. Since joining the sessions, she has experienced significant growth, both physically and emotionally, thanks to the variety of activities and the supportive environment created by Active Fusion.

## **Positive Impacts**

Before attending the sessions, her exposure to organised sports outside of school was limited to football matches on Thursdays and Sundays. Now, thanks to the range of sports offered in the Fusion Youth sessions, Emilija not only stays active but also feels more motivated and confident in her abilities.

Her favourite aspect of the programme is the wide variety of sports available, including football, basketball, handball and dodgeball. These activities have become an important part of her routine, giving her the opportunity to stay fit and healthy in a fun, engaging way. Emilija says the sessions give her something to look forward to each week and provide her with an outlet to build her stamina, strength and overall fitness.

## **Growth in Confidence & Skills**

One of the most noticeable impacts of the Fusion Youth sessions has been the boost in Emilija's self-confidence. When she first started, she was more hesitant about trying new sports. Now, she eagerly jumps into every activity with enthusiasm.

The consistent encouragement from her coaches and peers has helped Emilija feel comfortable pushing her limits, whether it's learning new techniques in football or picking up a completely new activity, like pool.

Emilija's football skills have improved significantly as well, with better control and striking technique being clear examples of her progress. But beyond her physical abilities, Fusion Youth has also helped her develop important social and emotional skills. The sessions teach teamwork, patience, and kindness, values that Emilija has embraced wholeheartedly. She has become more empathetic toward her peers, learning to support others while still striving to improve herself.

## **Positive Role Models**

A crucial part of Emilija's positive experience at Fusion Youth comes from the strong relationships she has built with her coaches, Aleksy and Oliver. She describes Aleksy as "the best coach ever," and credits him for teaching her valuable sports skills while making the sessions fun. "I've learned a lot from you and you're funny," she says, highlighting how the relaxed, supportive environment helps her feel at ease.

Oliver, another coach she admires, is described as "very sporty, funny, and kind." Both coaches play a pivotal role in Emilija's development, not just by teaching her sports but by fostering an environment of encouragement and care. The coaches' approachable and positive attitudes make it easy for Emilija to participate fully in the sessions, without fear of judgment.

## **Emotional Wellbeing and Social Connections**

The Fusion Youth sessions have had a profound impact on Emilija's emotional well-being. When asked how the sessions make her feel, she enthusiastically describes a sense of happiness and energy, saying she looks forward to each one with excitement. The diverse activities and the welcoming, supportive environment keep her fully engaged. She particularly enjoys spending time with her best friend, who also attends, deepening their bond while connecting with other peers in a fun, active setting.



Emilija believes that Fusion Youth offers something truly special, a space where she can try new sports, boost her fitness, and enjoy meaningful social interactions, all while having fun.



### A Lasting Impact

The positive changes Emilija has experienced through her time at Fusion Youth are clear. Her growth in both physical skills and emotional maturity is evident in how she approaches each session with enthusiasm and confidence. She is more comfortable taking part in team activities and has developed resilience, knowing that with effort and practice, she can improve in any sport.

Emilija has made it clear that she wants to continue attending Fusion Youth sessions. When asked if she would return, her answer is a resounding "YES!" She believes the sessions are a great way to stay active and improve her stamina, particularly because they offer a chance to engage in multiple sports in a structured and supportive environment that she doesn't get elsewhere.

With the continued guidance of her coaches and the friendship of her peers, Emilija's future looks bright as she continues to develop her passion for sports and fitness.

Read more stories like Emilija's [here](#) or discover more about Fusion Youth [here](#).



**I like the coaches a lot as they are very caring, funny and respectful.**



**City of  
Doncaster  
Council**