

# Layla's Story

Layla regularly attends our Fusion Youth sessions and has focused primarily on improving her badminton skills, an area she previously struggled with. Now, it's only one of her favourite sports.



*"Layla's Badminton skills have improved immensely and we are so pleased with the progress she is making at our Fusion Youth sessions."*

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

Layla has been participating in our Fusion Youth sessions at The Laurel Academy every Tuesday since early April. She really enjoys the variety of sports we have on offer, as each week she has the chance to try a different sport, including football, benchball, badminton, netball, and dodgeball.

## Layla's Growth in Badminton and Beyond

When Layla first joined our Fusion Youth sessions, she admitted that she was "shocking at badminton." Since then, she's made incredible progress. Through consistent practice, she's greatly improved her ability to strike the shuttlecock with precision, as well as her reflexes, reaction time, and overall coordination. While she's become more confident in badminton, Layla is also continuing to explore new sports and build on other skills, making each session a step forward in her athletic development.

After the session, Layla shared, "I feel so energetic because the environment is so active and gives me the chance to really showcase my skills." Layla stated, "If I weren't at Fusion Youth, I'd probably just be lying in bed scrolling through TikTok." Fusion Youth provides young children with the opportunity to participate in a variety of different sports, whilst making new friends and staying active.

## Layla's Growth:

Layla has gained a great deal of confidence in sports, including some she had little experience with before. She's always enthusiastic about participating in every activity, eager to challenge herself and try new things. She states "Active Fusion is brilliant! Because they are super provide cool sessions!"



## From Shy Newcomer to Confident Participant:

### Layla's Inspiring Journey

When Layla first attended a session, she was incredibly nervous and took almost 45 minutes to gather the courage to step inside the hall. However, over time, Layla has grown in confidence and now approaches each session with excitement. She's become a bright, enthusiastic, and social presence, always eager to join in activities, chat with everyone, and engage with all the coaches. Her transformation from a shy newcomer to an energetic and outgoing participant has been truly inspiring.

Our Fusion Youth sessions offer young children the opportunity to try new sports, build their skills, and make lasting friendships, all while staying active. Layla's journey is a perfect example of the positive impact these sessions have, both mentally and physically. Her increased confidence and improved badminton skills highlight the significant progress she's made since joining, demonstrating how Fusion Youth helps children grow both mentally and physically.

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



**Active Fusion are brilliant! The coaches are super!**

