



RAVEN REVIEW

Issue 28



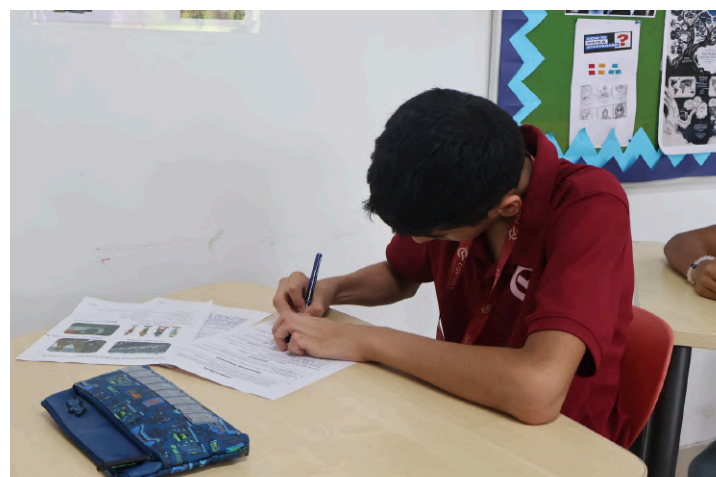
NAVIGATING STRESS DURING EXAMS:

-RASHMI LAL (SOCIOLOGY TEACHER)

At Corvuss American Academy, we ensure that our students learn at their own pace with the support and guidance of their experienced teachers and the use of educational resources that they require. The motivation to learn and grow remains our constant goal and, to that end, we help our students develop their skills, and finally prepare them for the assessments in a formal, yet engaging way.



Exam stress is a common experience. At Corvuss, aware of the fears and challenges faced by children during exams, teachers are consistently developing strategies like providing individualized support and fostering a nurturing environment, where students can thrive academically, without undue stress. We endeavor to help our students navigate exams with confidence, patience and success.





SUMMER CAMP SUCCESS: A MONTH OF SPORTS, GROWTH, AND EXCITEMENT

- CORNELL CHAPMAN (SPORTS COORDINATOR)

The recently concluded 30 days of Summer Camp at our school was nothing short of spectacular. Spanning across six dynamic sports—basketball, football, tennis, swimming, track & field and squash—the camp buzzed with energy, enthusiasm and remarkable achievements. This year's camp not only nurtured budding talent but also solidified the school's reputation as a beacon of sports excellence.

From dawn till dusk, the campus was alive with the sounds of whistles, cheering, and the rhythmic thud of balls bouncing. Each sport had a dedicated team of professional coaches who brought their expertise and passion to the sessions.

The 30 days of Summer Camp have been a transformative experience for everyone involved. The dedication of the coaches, the enthusiasm of the students, and the support of the school community have made this camp a resounding success. As we look forward to future camps and tournaments, there is a palpable sense of excitement and optimism.

Our school is not just nurturing athletes; it is building a legacy of excellence, teamwork, and sportsmanship that will inspire future generations. The success of this year's summer camp has set a new benchmark for our school's sports program. Here's how things are poised to change and improve:

1. Enhanced Training Programs: The insights gained from

the camp will be integrated into regular training schedules, ensuring that the momentum continues throughout the academic year.

2. Increased Participation: The buzz generated by the camp has inspired more students to take up sports, leading to higher participation rates in all sporting activities.

3. Facility Upgrades: Plans are underway to upgrade sports facilities, providing better infrastructure and equipment for training and competitions.

4. More Tournaments: Building on the excitement of the LaLiga tournament, the school aims to participate in and host more inter-school and regional tournaments, giving our athletes more opportunities to compete and excel.

The LaLiga football tournament was undoubtedly the most anticipated event of the School Calendar Year. Our school team showcased exemplary skill and determination, advancing through the rounds to reach the finals. The final match was a tense affair, ending in a draw and leading to a dramatic penalty shootout. Despite a valiant effort, our team was edged out, but their journey to the finals was a testament to their hard work and sportsmanship.





GIRLS' DORM CHECKS IN

-REKHA JAYKAR

The Corvus girls relished their time indoors, diving into a treasure trove of games that sparked laughter and camaraderie. Monopoly was their battlefield, where fortunes rose and fell with each roll of the dice. Memories were forged over intense matches of memory games, as they challenged each other's recall prowess. Ludo brought out their competitive spirits, with every move strategically calculated to outmaneuver opponents. Scrabble became a battleground of words, where wit and vocabulary clashed in a battle for supremacy.

Amidst the friendly competition, bonds deepened as they shared stories, jokes, and snacks. Each game was a chance to unwind, escape from the pressures of daily life, and simply enjoy each other's company. As the hours flew by, they found themselves immersed in the joy of play, oblivious to the outside world.

Through triumphs and setbacks, victories and defeats, their friendship blossomed. These indoor games weren't just pastimes; they were the threads weaving together the fabric of their sisterhood. And as they packed away the games, their hearts were lighter, their smiles brighter, knowing that they had created memories to cherish for a lifetime.





ON THE TRACK - SPORTS UPDATE

-SONGACHAN KASHUNG (FOOTBALL COACH)

Playing football in the rain adds an exhilarating twist, making the game even more thrilling. The slick surface can lead to unexpected moves and exciting plays. Embracing the rain with your teammates creates unforgettable, joy-filled moments on the field.

Corvuss Players Improvements

HUD (CAM)

- Demonstrated significant improvement in vision and passing accuracy.
- Enhanced ability to create scoring opportunities for the team.
- Notable increase in stamina, allowing for sustained performance throughout matches.

Aryan (Striker)

- Showed remarkable progress in goal-scoring techniques and positioning.
- Improved finishing skills, contributing to a higher goal tally.
- Enhanced speed and agility, making him more effective in one-on-one situations.

Taha (Defender)

- Increased proficiency in tackling and intercepting passes.
- Better positioning and awareness, leading to more effective defensive coverage.
- Strengthened communication with fellow defenders, improving overall team defense.

Yashashvi (Defender)

- Demonstrated stronger defensive skills, including blocking and clearances.
- Improved decision-making under pressure.
- Enhanced physical conditioning, contributing to better endurance.

Jignesh (CDM)

- Improved ball control and distribution from the midfield.
- Enhanced ability to break up opposition plays.
- Increased work rate and tactical understanding of the game.

Shreyan (Defender)

- Significant improvement in marking and covering opponents.
- Better aerial ability, winning more in defensive situations.
- Increased fitness levels, leading to consistent performance throughout matches.

Prachi - Forward

Consistency: Prachi delivers steady performances, maintaining reliable effort and presence on the field.

Work Rate: She displays a strong work ethic, always putting in the effort during training sessions and matches.

Team Spirit: Prachi contributes positively to team dynamics, supporting her teammates and fostering a collaborative environment



Improvement in Fitness and Agility Performance

The team's fitness and agility have seen substantial progress over the past month. Consistent and focused training sessions have led to significant improvements in several key areas:

1. **Endurance:** Players are now able to sustain high levels of performance throughout the entire match, showing less fatigue and maintaining their intensity in the final minutes.

2. **Speed:** Enhanced sprinting drills have resulted in quicker acceleration and faster response times, allowing players to outpace opponents and react swiftly to game situations.

3. **Flexibility:** Regular stretching routines have improved overall flexibility, reducing the risk of injuries and allowing for more fluid movements on the field.

4. **Agility:** Agility drills, including ladder exercises and cone drills, have sharpened players' ability to change direction quickly and efficiently, enhancing their dribbling and defensive capabilities.

5. **Strength:** Increased focus on strength training has bolstered players' physical resilience, enabling them to hold off challenges and maintain possession under pressure.

Overall, these improvements have not only boosted individual performance but have also contributed to a more dynamic and cohesive team effort, leading to better results in training and matches.



Sharing with community

Donating used footballs to village kids is a wonderful way to promote the sport and bring joy to young enthusiasts. These donations can provide children with the opportunity to engage in healthy physical activity,

develop their skills, and foster a sense of community. It's a simple act that can make a significant difference, inspiring a love for the game and potentially uncovering future talent.



Summer camp 16th May to 26th May .

The 10-day summer camp kicked off with great success, prioritizing the enhancement of both individual skills and team dynamics. Each session is meticulously structured to offer a comprehensive blend of technical drills, fitness exercises, and video analysis sessions, ensuring a well-rounded learning experience. Participants also benefit from personalized assessments, including nutritional and strength and conditioning evaluations, providing invaluable insights into their overall performance and areas for improvement. With a focus on holistic development, the camp promises to empower participants with the tools and knowledge to excel both on and off the field.

This report summarizes the key developments and activities in the football program. Continuous improvement in player performance and successful execution of training camps reflect the dedication of both coaches and players. Future focus will remain on enhancing skills, fitness, and overall team cohesion



