

# Lowen's Story

**During his time at Fusion Camp over the February holidays, Lowen thrived. He began the week absorbed in his phone and gaming, but by the end, he was fully immersed in every activity, eager to participate in all that we offered.**



*Lowen's confidence has grown tremendously during his time at camp. He started the day wanting to play games on his phone alone but ended the camp completely disengaged from his phone, actively participating in every activity.*

**Nathan Adamson, Senior Sports Coach**

Lowen, aged 8, joined Conisbrough Fusion Camp during the February holidays. Full of energy and always eager to try new things, Fusion Camps provided him with the perfect opportunity to develop new skills, explore different activities, and make new friends. As he doesn't engage in much physical activity outside of camps, this experience was an ideal way for him to burn off energy while discovering a range of sports.

## **Stepping Away from Screens**

In his free time, Lowen enjoys playing video games and spending time on his phone. Camps offer children a break away from screens, giving them the chance to engage in outdoor activities and interact with others, all while stepping away from technology. Lowen's favourite part of camp is the wide range of sports he gets to try, from tennis and dodgeball to archery and many others. While football isn't his top choice, he always gives it a go, never passing up the chance to join in and eager to participate, regardless of how much he enjoys it.

## **Embracing the Fun of Sports**

During his time at camp, Lowen discovered that 'SPORT IS FUN' – a core principle of Fusion Camps. Our goal is for every child to develop a love for sports, stay active, and strive to be their best.

## Discovering New Passions and Inspiring Others

It was wonderful to hear how passionately Lowen spoke about sports after camp, inspiring others to get involved and embrace the fun of staying active. At camp, Lowen feels incredibly happy, having made lots of new friends while engaging in activities he loves, all while being full of energy. After camp, he often feels a bit tired from the variety of activities he's participated in. He also discovered new passions, like archery, which he admitted, 'I really didn't think I would enjoy it, but the coaches encouraged me to try, and I was surprised by how much I liked it.'



## Supportive Coaches and New Adventures

One of Lowen's camp highlights was the coaches, who made activities fun and diverse. He says, "The coaches are really fun and always let us try different sports." They thoughtfully incorporate feedback to ensure a camp experience for everyone, encouraging campers to step outside their comfort zones, just as Lowen did with archery.

## From Shyness to Confidence

It's been amazing to see the progress Lowen has made during his time at camp. At first, he tended to play on his own, eager to join in but a little shy. Over time, he stepped out of his comfort zone, started interacting with other camp members, and got involved in a variety of activities. While he was initially eager to be on his phone, by the end of camp, he was so caught up in the fun that he didn't even think about it.

Stories like Lowen's show the fantastic progression that young children make during their time on camp and Active Fusion hope to continue to make the same difference on many other children.

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



**Camps have been  
really good,  
exciting and  
extremely fun  
because its been  
very sporty.**

