

# Eva's Story

**Eva stepped out of her comfort zone at Fusion Camps, embracing every activity with growing confidence and joy, her smile all week showed just how much she loved the experience.**



“She was smiling more, putting herself forward in team games, and really bonding with the other children. It was brilliant to see her come out of her shell and enjoy herself so much.”

**Patrick Stothard, Sports Development Officer (School Games Organiser)**

Ten-year-old Eva spent the full week at our Carcroft Camp during the May half-term, and it's safe to say, she didn't want it to end. Having attended several of our camps in the past, Eva was thrilled to return, eager to dive into another week of fun, friendship, and adventure. What keeps her coming back is the positive, energetic atmosphere created by the coaches. “They're always kind, encouraging, and make every day exciting,” she says.

## **Eva's Highlights at Camp**

For Eva, one of the best parts of camp is the opportunity to make new friends and try something different every day. With a variety of sports and activities on offer, there's always something new to learn, keeping the experience fresh, fun, and full of surprises. Outside of camp, Eva stays active by playing outdoors with friends, riding her bike, running, and spending time at the park, averaging about 30 minutes of physical activity each day. However, she doesn't usually take part in structured or organised sports. That's what makes Fusion Camps such a valuable experience for children like Eva. It offers a balance of routine and freedom, allowing her to stay focused, try new sports, and develop her skills in a supportive, engaging environment.

Most importantly, camp is helping Eva build confidence, not just in her physical abilities, but in social settings too. She's learning to step out of her comfort zone, take on new challenges, and truly enjoy being active.

## Screen-Free Environment at Camps

Like many children her age, Eva often spends a lot of her free time on screens, sometimes a little more than she should. That's why Fusion Camp offers such a valuable and refreshing change.

Our camps provide a completely screen-free environment where children can simply be children, running, playing, laughing, and enjoying the fresh air with friends. For Eva, this break from technology is something she genuinely enjoys. It helps her make the most of her school holidays in a way that feels both fun and meaningful.



One of her favourite parts of Fusion Camp is the chance to meet new people and socialise. She loves connecting with children she might not usually get to spend time with, helping her build confidence and form lasting friendships. Eva also embraces the variety of sports and activities on offer, many of which she doesn't get to try at home or in school. This constant sense of discovery keeps every day exciting and helps her develop new interests and skills in a supportive, encouraging environment. For Eva, it's the perfect mix of friendship, fun, and exploration and it's what makes Fusion Camp a highlight of her holidays.

## Skills Eva Developed During Her Time At Camp

Throughout her time at Fusion Camp, Eva developed important teamwork skills by getting involved in group games like dodgeball and football. These team-based activities taught her the value of cooperation, clear communication, and supporting others to achieve shared goals. Beyond the fun of the games themselves, these experiences helped Eva grow in confidence and learn how to work more effectively with others, developing skills that will benefit her not just in sports, but also in the classroom and everyday social situations. She has become more confident as a team player, which has improved her self-esteem and ability to form positive peer relationships, laying a solid foundation for her ongoing personal and social growth.



**Camp made me feel really happy and excited because I got to play new games, make lots of friends, and try sports I've never done before.**

## Coaches Support Throughout Camp

For Eva, one of the best parts of Fusion Camp is the coaches, who she describes as "amazing." She feels supported, encouraged, and welcomed every single day thanks to their friendly and patient approach. The coaches go out of their way to make sure every child feels included, creating a positive environment where Eva feels safe to step outside her comfort zone and try new activities.

She especially values how clearly they explain each activity and how they cheer everyone on, no matter their ability. This supportive guidance not only boosts her confidence but also makes the entire camp experience more enjoyable and rewarding. It's this thoughtful and inclusive coaching style that keeps Eva excited to return time and time again.

### **A Journey of Confidence and Connection**

By the end of the week, Eva had come into her own, no longer the quiet observer who first arrived, but a confident, enthusiastic member of the camp community. She had built strong friendships, stepped outside of her comfort zone, and embraced every challenge with a smile. Her transformation was clear not only in her willingness to join in, but in the way she carried herself—more open, more vocal, and full of joy. As Coach Patrick put it, “She was smiling more, putting herself forward in team games, and really bonding with the other children. It was brilliant to see her come out of her shell and enjoy herself so much.” Eva left Fusion Camp with a stronger sense of self, new skills, and memories she'll carry with her for a long time. Her journey is a testament to the power of a positive, inclusive environment and how, with the right support, children can thrive in ways that truly matter.

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



**I would come back to camp!  
It's really fun and I always get  
excited when I know I'm  
going. I love meeting new  
friends, playing loads of  
different games, and trying  
sports I don't do at home or  
school. The coaches are really  
nice and make everything fun.**

