

## Events at AirBenders

We conduct a series of events around the year to keep the students engaged, productive and to induce a number of essential qualities.

## AirBenders Inter-School Sports Meet

As our flagship event, it is conducted annually with participation from many schools including government schools and state board. The event is conducted in the month of November to celebrate Children's day and Kannada Rajyotsava. And with over 15 schools participating in this event it makes for a grand stage for the students to perform and showcase their talents.

## Other Signature Events

1. **Athletics competition** Track and Field events
2. **Hu Tu Tu – Cup** Kabaddi competition
3. **Invitation Basketball cup** 3x3 format & 5x5 format
4. **Volleyball tournament**
5. **Throwball tournament**
6. **Chess competition**
7. **Badminton tournament**
8. **Table tennis tournament**
9. **Karate competition**
10. **Cricket tournament**

## Why AirBenders?

### For Children

To be able to nourish their skills and enhance their abilities. The children will be able to follow their dreams at full lengths.

### For Parents

To see their children achieve milestones in sports is a great feeling. It also focuses on pursuing college through sports.

### For Schools

With the right support provided by AirBenders, schools and colleges can identify excellent candidates who could bring pride to the institute by winning tournaments.

### For Corporates

We provide training to a company's employees and conduct matches and tournaments exclusively. We help them pursue their passion by training them for various corporate cups.

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**AIRBENDERS**  
SPORTS ACADEMY

*Respect. Trust. Unity.*

Perspectives and approach towards each sport constantly evaluated, redefined and refined

Basketball | Yoga | Athletics | Kabaddi | Swimming | Cricket

go forth

be it any sport, master the fundamentals.

level up!

Established in the 2012, AirBenders Sports Academy was founded by Jyothi Rao. Keeping up to the current market demands, we constantly update the best practices in our the respective sports. The values we adopt towards each programme are ethical and professional.

The students are introduced to a wide range of training where they can nourish their skills and enhance their abilities. The aim is to help children achieve their full potential by delivering high quality physical education and sports opportunities. Our trainees undergo continuous training to ensure the best is facilitated to the children.

Focus, determination combined with regular practice can make it perfect. Balance it out with the right nutrition intake and see the miracle unfold.

At AirBenders Sports academy we promote Respect. The most important thing that the players should understand; respect the rules of the game, respect the referees and respect the opponent players. This is what will make you a great sports person!

The AirBenders Triangle Format covers the three main aspects for the making of a sports person.

**PRECISION TRAINING**

The right training accompanied with right nutrition is the right direction for success. With expert guidance on handling injuries, the training forms a full circle.

**BALANCED NUTRITION**

A good athlete is the foundation for a great sports person.

**MINIMIZED INJURIES**

### Swimming



Beside being a popular sport, it is a life saving skill and everyone should know the basics of how to swim and survive in the water. After all 3/4th of the earth's surface is covered with water, join our beginners swimming program and learn to swim.

### Kabbadi



We train kids in school & college level Kabbadi. We have conducted a number of workshops with regard to this and the good response received has encouraged us to add this to our list of sports Training.

### Community Engagement & Promotion of Sports across all economic levels

AirBenders Sports Academy has been involved in promotion of sports for children. Be it International schools or government schools we have been involved in training the children and working towards providing a platform for them to compete.

It has also been the top agenda for the academy to promote and develop sports for girls. We thrive to reach out to girls not only in the urban community but also at rural areas. Our vision is to ensure maximum participation of women in the field of sports.

### Basket Ball



Basketball training for various levels. For a hobby or training to represent your school/collage. We handle everything from skills & fundamentals training to long term-player development.

### Yoga



We have introduced yoga in an already existing fitness regime that we follow. We have found that our players' performance has increased with yoga. Strength, flexibility and balance. This has also reduced the number of common injuries.

### Athletics



We conduct training in the ABC's of athletics. Fitness training and basics of track & field are taught. Being a good athletics is the most basic requirement of any sports.

### Cricket



We have qualified trainers to guide the training process. We have worked closely with experts to form our own team of coaches who excel in grass root level training.

### Holistic Development Programme

When a child is admitted to the academy it becomes our responsibility to ensure they get the necessary attention for development in all criteria. To accommodate this, we conduct a variety of workshops round the year, nutrition workshops, team building, sports medicine to handle minor injuries and special sessions like yoga and tai chi.

We bring in improvement at a holistic level not just at sports but also in improving their social skills and overall development. We help them achieve their goals of reaching college by the strength of sport and not just academic performance.

