



MINDSET THROUGH SPORT

STRONGER MINDS. STRONGER TEAMS.

Sport-based wellbeing & coaching for ages 6-16 · Wheaton Aston, Staffordshire

WHAT WE DO

Fun sport sessions that build confidence, resilience and life skills.

- 1-2-1 Coaching & Mentoring
- 6-Week Confidence Programmes
- MTS Girls
- Small Group Sessions (2-6)
- Holiday Camps

OCTOBER HALF-TERM CAMP

Mon 26th Oct (ages 6-9) · Tue 27th Oct (ages 10-13)

9:30am-3:00pm · £25 per child · Limited places

Wheaton Aston Sports and Social Club, Staffordshire

Football, cricket and mindset challenges — no experience needed.

Packed lunch, water bottle, trainers and warm layers needed.

Book & pay online:

mindset-through-sport.lovable.app/book-camp



SCAN TO BOOK

GET IN TOUCH

mts@mindsetthroughsport.com · 07581 490 587

mindset-through-sport.lovable.app

Instagram & Facebook: @mindsetthroughsport

Safeguarding Lead: Jessica Jenkins

WHY SPORT IS GOOD FOR WELLBEING

Physical activity

Movement and active play support healthy bodies, better sleep and improved mood.

Friendships & belonging

Being part of a group helps children feel connected, included and valued.

Confidence & self-esteem

Trying new things and achieving small wins builds belief in their own abilities.

Emotional health

Sport gives children healthy ways to express feelings, manage frustration and reset.

Routine & structure

Regular sessions provide positive habits, consistency and something to look forward to.

Time away from screens

Outdoor play and face-to-face interaction offer a healthy break from devices.

MINI MTS - AGES 3-4

Football & cricket-based games for our youngest players

A gentle introduction to sport, where grown-ups join in too.

- Parent-and-child format - grown-ups stay and play
- Movement, coordination, listening and turn-taking
- A weekly mindset word: Trying, Sharing, Helping
- No winners or losers - just play, praise and confidence
- Weekly 30-45 minute sessions

Register interest: mts@mindsetthroughsport.com

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