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**Tarun Sardesai**  
*Director of Instruction*

As the National Coach of the Nepal golf team I had the opportunity to be at the 2022 Asian Games in Hangzhou and I have to say that it was an amazing experience. Being at the village with thousands of other athletes from all over Asia was surreal to say the least.

As the National Coach of the It was amazing to meet and interact with the Indian Golf team as well and I learnt a lot from watching the routines of all the players. The Koreans were on a mission though and to win the team gold medal with a score of 78 under par was no simple feat.

They won the title by over 20 strokes and it was a testament to the hard work and determination that they had put in for the event.

Aditi Ashok came back with a medal which in my opinion was expected considering run of form

she has had this year. She made history by being the first woman to ever win a medal in golf at the Asian games.

I am also so proud of all the other athletes who did so well and it is clear now that the development system in the country is showing results.

We at TSG are on a similar mission with golf and we are hoping to widen the talent pool in India so that we can consistently win medals and major championships in golf as well.

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## 3

tips from us

### Fitness Essentials for Golf

#### ENDURANCE

Golf requires sustained energy and focus for several hours. Good endurance helps golfers maintain energy levels and focus, leading to better shot-making, decision-making, and a consistent swing for accurate shots. Fatigue can lead to missed shots and higher scores. Good endurance also helps golfers recover quickly, enhancing overall performance.

#### MOBILITY

Good mobility is essential for achieving the full range of motion in a golfer's swing, leading to better clubhead speed, power, and distance. It also helps improve flexibility, posture, and positioning, resulting in consistent ball striking and accuracy. Poor mobility can increase the risk of injury and lead to compensations in the swing. Mobility training can reduce stress on joints and muscles, develop body control and coordination, and enhance swing mechanics and overall performance.

#### STRENGTH

Strength training helps golfers generate more power in their swing by producing greater clubhead speed and ball distance. It improves stability, especially in the core muscles, for maintaining balance and control in the swing, leading to consistent ball striking. It builds resilience in muscles and connective tissues, reducing the risk of injury and stress on joints. Incorporating strength exercises into training enhances overall performance and yields better results on the course.



## 2

quotes from others

*"Now I'm training myself in the gym on how to move properly on the course. And, when I'm out there over golf shots, I don't have to think as much to swing the way I need to swing."* - Scottie Scheffler

*"My posture is better. I'm more stable in my core. I'm stronger in my legs. I can hold positions in the swing better. I wouldn't say I went into the gym to try to find distance or length, but it has made my body movement much more consistent. And because I'm more consistent in my movements I'm less likely to get into bad habits."* - Rory McIlroy

1 Have you got a set of experts who are training 'your' body for 'your' game?

question for you

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# NOTABLE MENTIONS FOR SEPTEMBER

**Dia Cris Kumar**

*Winner: Category B Girls*

*IGU Rotary Southern  
India Golf Championship*



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