



## Top news of the month

Every year there is a qualifying tournament for the National Amateur tour in which the top 30 get selected from a field of 200 participants.

This year we had 3 of our Amateurs secure a full card on the National Amateur tour through the qualifier. Aryav Shah finishing 8th, Uzair Firdausi finishing 20th and Praveer Arora finishing 21st.

## HARD WORK OR OPTIMAL WORK?

**3**  
tips from us

# #CREATING CHAMPIONS

### Workload Ratio

Sports scientists use the Acute-to-Chronic Workload Ratio (ACWR) to monitor athlete training loads. ACWR compares an athlete's recent workload to their workload over a longer period. A significantly higher acute workload vis-à-vis chronic workload can lead to injury or a risk of overtraining. Adjusting training loads to maintain a healthy balance between the two can optimize athlete performance while minimizing the risk of injury.

### RHR

Resting heart rate (RHR) is a simple indicator of an athlete's preparedness for training. A consistently elevated RHR can indicate a state of overtraining or fatigue, while a decrease in RHR may indicate an improvement in fitness. By analysing the RHR data, the sports science team can adjust training loads and intensities to prevent overreaching or overtraining.

### Rest and Recovery

Considering the physical demands of golf training, an optimum amount of rest is critical to allow the body enough time to recover, repair, and rebuild. Rest and recovery can include eating the proper nutrients, hydrating, incorporating recovery exercises and focusing on mental health. A periodised training program with the help of a sports science team can help an athlete train at an optimum level and maximise performance.

**2**  
quotes from others

*"People don't understand that when I grew up, I was never the most talented. I was never the biggest. I was never the fastest. I certainly was never the strongest. The only thing I had was my work ethic, and that's been what has gotten me this far."*

-Tiger Woods

*"To be a top-class athlete, you have to train hard, you have to eat right, you have to get enough rest."*

-Rory McIlroy

**1**  
question for you

Have you built a sports science team around your child that's as invested in his career as you are as a parent?



Tarun Sardesai  
Director of Instruction

### First and foremost...

As we move from pre-season to in season training, I am very dependent on my Sports Science team to ensure that the players are ready to go out and compete. From strength to athletic conditioning, mobility to nutrition, one can't really say what is more important than the other. What is very clear though is that a well prepared athlete, physically and mentally is more likely to achieve peak performance than an under prepared one.

I am always happy to see that our athletes are constantly being monitored scientifically which is why they are performing well in competition. As the National amateur and junior tours will kick off soon I am excited to see what's in store for our players.

VISIT OUR WEBSITE FOR INFORMATION ON OUR PROGRAMS!

# NOTABLE MENTIONS FOR FEBRUARY



**Aradhana Manikandan**  
Aradhana was the runner up in the open event and won the prize for the lowest gross score of 3 over par in the BPGC Ladies Open in Mumbai.



TSG had multiple wins at the South Zone event at Coorg Golf Links.  
**Nilofer Sivamoorthy**: Category B Boys Runners Up  
**Ananthi Vivek**: Category A Girls Winner  
**Pihoo Chauhan**: Category A Girls Runners Up  
**Reon Cariappa**: Amateurs Men 2nd Runners Up



**Ananthi and Anika Vivek**  
Anika Vivek and Ananthi Vivek won in their respective handicap categories at the Rotary tournament in Hyderabad.



**Sumit Chandra**  
Sumit finishes in 3rd place at the IGU Mercara Downs South Zone Amateur Championship.



**Nilofer Sivamoorthy**  
Nilofer finishes 2nd in Category B boys at the IGU Mercara Downs South Zone Junior Championship.



**Pihoo Chauhan**  
Pihoo shot scores of 71 and 74 to win by 20 strokes at the IGU Mercara Downs South Zone Junior championship in Category A, Girls. This is also her lowest score in a 2-day event.



**Sriram Nandigam**  
Sriram played 6 over par to finish 3rd in Category B boys

**Advay Bagla**  
Advay played 7 over par to finish 3rd in Category C boys

**Nilofer Sivamoorthy**  
Nilofer played 6 over par to finish 2nd in Category B boys

CIS Inter School Championship held at Prestige Augusta Golf Village had multiple winners from TSG.

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