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Top news of the month

TSG brings home its 9th National Championship (our first one coming way back in 2013).

Sumit Kotwal, who has been a player that we have nurtured for the last 5 years, came out on top and it was great to be there with him to witness his first International Amateur Title.

TSG went on to bring home the team championship for Team Nepal with Subhash Tamang and Sadbhav Acharya who also train at the academy. Team India came in second with Sumit Kotwal and Suraj Joshi representing the country.

3 tips from us

Things to do to lower your risk of injury

Musculoskeletal Screening

Muscle imbalances and biomechanical compensations are common in golf. Over time this could lead to injuries. Evidence based and goal oriented Musculoskeletal Screening (MSK) is a key component in identifying the risk factors leading to an injury.

Prehabilitation

With demands of the game, training intensity and number of tournaments increasing over time, so will the chances of injury. Untrained athletes are at a higher risk of injury. An effective injury prevention program customized to your body mechanics can result in long term injury prevention.

Pre-round routine

An effective warm up routine should include self release, selective stretches and mobility exercises. Often neglected is the activation of the weak and under trained muscles of the body. Research shows that pre-activation of the muscles can also boost performance.

#CREATING CHAMPIONS

2 quotes from others

A muscle is like a car. If you want it to run well early in the morning, you have to warm it up.
-Florence Griffit Joyner

"Nothing will work unless you do"
- Maya Angelou

1 question for you

As a golfer, do you have your injury prevention protocols in place?



First and foremost...

This months' highlight was our trip to Nepal with the team and 9 players for their National Amateur Championship. We had a great time and enjoyed fantastic hospitality from the Nepal Golf Association.

The Gokarna Forest Resort golf course was playing great and the competition was a success with countries like Bhutan, Bangladesh, Pakistan, Nepal and India vying for the team championship.

I was proud of every name on that leaderboard given that the top 4 were all from TSG.

The Nepal Golf Association also presented TSG with a beautiful token of appreciation for our support in the development of the standard of golf in Nepal.

Tarun Sardesai
Director of Instruction

NOTABLE MENTIONS FOR MAY



Sadbhav and Subhash win the Team Championship representing Nepal at the Nepal Amateur Championship 2023 held at the beautiful Gokarna Forest Resort in Kathmandu. They shot 17 under par over 2 days.

Sumit and Suraj finished 2nd in the Team Championship representing India at the same event. They shot 3 under par over 2 days.

Team Nepal



Team India



Subhash Tamang Sadbhav Acharya Varun Muthappa



TSG would like to congratulate Subhash, Sadbhav and Varun for a fantastic performance at the Nepal Amateur Championship 2023 held at the beautiful Gokarna Forest Resort in Kathmandu.

Subhash shot scores of 66,68, and 70 for a total of 12 under par. He finished in 2nd place, just one stroke behind the winner and his peer at the academy Sumit Kotwal.

Sadbhav shot scores of 68,69, and 69 for a total of 10 under par to finish in 3rd place. Varun shot scores of 73,69, and 72 for a total of 2 under par for a 4th place finish.



Manvi Singhania



Ananthi Vivek



Pihoo Chauhan



Sriram Nandigam



Sushir Kumar

The South Zone Junior Golf Championship held at the Bangalore Golf Club saw a number of young players from TSG Academy have a podium finish.

Manvi had her first ever podium finish. This is just her first tournament on the tour and she held her nerve to play consistently over 2 days to finish 3rd in Category B girls. While Ananthi won in Category A Girls with scores of 72 and 75, Pihoo finished in 2nd place in the same category. She shot scores of 77 and 83.

Sriram too had his first ever podium finish. After starting with an 86 on day 1 he came back with a brilliant 74 on day 2 to finish 3rd in Category B Boys. Sushir won in the same category. He shot scores of 77 and 79.

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NOTABLE MENTIONS FOR MAY



NandanS.

Nandan completed the Young Masters WAGR tournament and finished 3rd in the 10-11 age category. He is an autistic child and we would like to commend his parents Harsha and Sada for making the move to Zion last year and supporting our coaches who have worked so well with him.

Kaya has a 3rd place finish in Category B Girls at the Karnataka Ladies Junior Championship held at Clover Greens Golf club.



Kaya Daluwatte

The Young Masters WAGR event held at Zion Hills early in May.



Dia Cris Kumar



Kaya Daluwatte



Manvi Singhania

Dia won the girls section with scores of 71,75 and 73 while Kaya placed 3rd in the girls section with scores of 77,71 and 77. Manvi placed 3rd in the mixed 14-15 section.



Rahul Batra



Sushir Kumar



Suraj Joshi

Rahul placed 3rd in the boys section with scores of 77,74 and 79. Sushir won the mixed 12-13 age section with scores of 79,73 and 79 and Suraj won the boys section with scores of 70,72 and 72.

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