



Top news of the month

The TSG coaching team had the opportunity to interact and work with the the team of Smart2Move, a leading manufacturer of Force Plates. The 2 day seminar was led by Gregory Lebrat and Jean Paul Fernandez. The team was trained on understanding Ground Reaction Forces, a crucial element in training the golf swing to help players achieve their accuracy and power potential.

3 tips

#CREATING CHAMPIONS

Gym work for optimal Ground Reaction Forces

Weight Transfer

During the swing, it's essential to shift your weight effectively from the trail leg to the lead leg. This movement engages the ground more dynamically, creating greater force production. Incorporate exercises that improve lateral and rotational power, such as lateral lunges and medicine ball throws.

Footwork and Stance

Proper foot positioning and balance are critical to directing force efficiently. Work on drills that enhance proprioception and foot stability, such as single-leg balance exercises and plyometrics, to improve your ability to control and utilize GRF.

Lower Body Strength

Incorporate compound movements like squats, deadlifts, and lunges to build strength, and plyometric exercises like box jumps to develop explosive power. This will help in creating a stable and powerful base, allowing for more effective use of GRF.

2 quotes

"No alarm clock needed. My passion wakes me up."
Source Unknown

"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

Is your training in the gym making your golf better? And do you have the data to support it?



Tarun Sardesai
Director of Instruction

First and foremost

Note from the Director

Its been a wonderfully busy month at the academy as the students are back and its off-season training time. Yet others have flown in from different parts of the world to experience our Visiting Program.

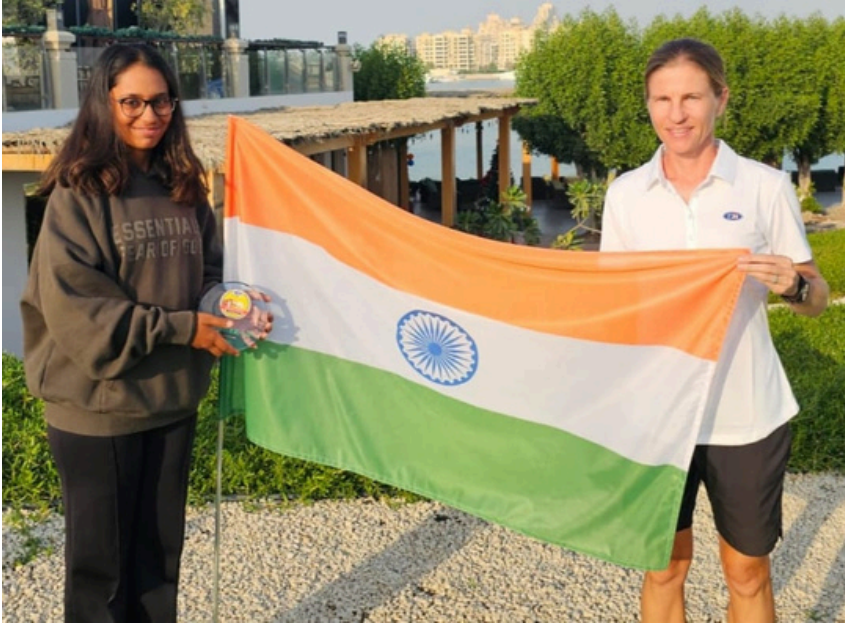
It is heartening to see the interest in golf getting better each year with parents more and more willing to give their children an opportunity to experience residential training and high performance in golf.

We welcome 2025 with an open mind and tons of hope to see India produce more international champions.

With Gratitude



A SALUTE TO OUR YOUNG SPORTSMEN WHO GRIND EVERYDAY TOWARDS A DREAM



Manvi Singhania
Runner Up - Girls 15-18 category
UAE Championship 2024



Shwaas Kurada
Runner Up

Indian Championship
2024
Classic Golf Course
Gurgaon

Vivaan Ubhaykar
4th place finish



Lavith Prasad
Runner Up
Vishwamanva Golf
Championship, JWGC Mysore

Sidhanth Nathan
4th place finish
IGU Eastern India
Jr. Boys Championship
Golmuri Golf Club, Jamshedpur

