



Top news of the month

This month, we're excited to announce the launch of our brand-new **Ground Reaction Force Studio** at TSG Academy!

Ground Reaction Force (GRF) refers to the force the ground returns when an athlete pushes against it—crucial for generating power, balance, and efficiency in the golf swing. With our new studio, we're ready to take performance analysis and training to the next level.

3 tips **#CREATING** CHAMPIONS

HARNESSING SELF-TALK AND VISUALIZATION FOR SUCCESS

CULTIVATE POWERFUL AFFIRMATIONS

Develop and regularly recite positive, motivational statements that align with your golfing goals. For instance, before a round, repeat affirmations like "I am calm and focused" or "I will play my best." These statements help solidify a winning mindset, allowing you to approach each shot with confidence.

ENVISION YOUR SUCCESS IN DETAIL

Before stepping onto the course, take time to vividly visualise yourself executing each process perfectly. Picture the setup, the swing, the ball's trajectory, and the ball landing exactly where you intend. Imagine sinking putts with precision. This mental imagery helps make success feel attainable and builds your confidence.

COMBINE VISUALIZATION WITH EMPOWERING SELF- TALK

As you visualise yourself playing, weave in affirming self-talk. For example, while picturing yourself hitting a drive down the fairway, repeat phrases like "I am powerful and accurate." This synergy between visualisation and self-talk deepens your mental preparation, helping you approach each hole with a composed and focused mindset.

2 quotes

"Positive thinking will let you do everything better than negative thinking will."

Zig Ziglar

"Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change."

Marcus Aurelius

1 question

What's one powerful affirmation you can start using today on the course or in life?



Tarun Sardesai
Director of Instruction

First and foremost

The TSG team travelled with our players for the Nepal Amateur National Championship. An amazing week with a clean sweep in Junior boys and the Amateur girls divisions. Ananthi Vivek won the women's amateur category and Vivaan Ubhayakar won the under 16 boys event. It was very heartening to see how much our players have improved over the past year.

A few weeks later I worked with Nick Bielawski of the Australian PGA to train aspiring golf coaches in Nepal. This was an amazing experience as Nick brought a host of knowledge to the table and the both of us had a great meeting of the minds on golf technique and teaching Prowess. TSG is very focused on developing the sport in India and neighbouring countries and a big part of this will be creating a system to train and deploy coaches.

With Gratitude

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




SUBASH TAMANG 
Runner-up: Professional
Surya Nepal Premier Golf
Championship
at Gokarna Forest Resort



ANANTHI VIVEK 
Winner: Ladies Amateur
Nepal Amateur Open Golf
Championship
at Gokarna Forest Resort




VIVAAN UBHAYAKAR 
Winner: U-16 Boys
Nepal Amateur Open Golf
Championship
at Gokarna Forest Resort



SUMIT KOTWAL 
2nd Runner-up: Men's Category
Nepal Amateur Open Golf
Championship
at Gokarna Forest Resort



PRINCE BAINSLA 
Runner-up: U-16 Boys
Nepal Amateur Open Golf
Championship
at Gokarna Forest Resort



DIA CRIS KUMAR 
Runner-up: Ladies Amateur
Nepal Amateur Open Golf
Championship
at Gokarna Forest Resort




ADVAY BAGLA 
Winner: B Boys Category
Zion Hills South Zone Golf
Championship
at Zion Hills Golf Country




PRINCE BAINSLA 
Winner: A Boys Category
Zion Hills South Zone Golf
Championship
at Zion Hills Golf Country



SAHARS IYER 
2nd Runner-up: A Boys Category
Zion Hills South Zone Golf
Championship
at Zion Hills Golf Country




ISHA RAJESH 
2nd Runner-up: C Girls Category
Zion Hills South Zone Golf
Championship
at Zion Hills Golf Country



ISHA RAJESH 
Runner-up: C Boys Category
JWDC - South Zone Junior Golf
Championship 2025
at Jayachamaraja Wadiyar Golf Club



RYAN ADVIK 
Winner: D Boys Category
JWDC - South Zone Junior Golf
Championship 2025
at Jayachamaraja Wadiyar Golf Club



ADVAITHA MAHESH 
2ND Runner-up: E Boys Category
JWDC - South Zone Junior Golf
Championship 2025
at Jayachamaraja Wadiyar Golf Club



KABIR SINGH 
Winner: E Boys Category
JWDC - South Zone Junior Golf
Championship 2025
at Jayachamaraja Wadiyar Golf Club



SHWAAS KURADA 
2nd Runner-up: 15 & Under Mixed Juniors
TSG WAGR Series 2025 Event 1
at Zion Hills Golf Country




LAVITH PRASAD 
Runner-up: 15 & Under Mixed Juniors
TSG WAGR Series 2025 Event 1
at Zion Hills Golf Country



PRINCE BAINSLA 
2nd Runner-up: WAGR Boys
TSG WAGR Series 2025 Event 1
at Zion Hills Golf Country



DIA CRIS KUMAR 
2nd Runner-up: WAGR Girls
TSG WAGR Series 2025 Event 1
at Zion Hills Golf Country

With Gratitude

NEWS ABOUT WHAT'S HAPPENING AT TSG'S SATELLITE PROGRAM



GOLF SUMMER CAMP
FOR ALL SKILL LEVELS | AGES 8 - 18 YEARS

June and July
CAMP 1: JUNE 3RD - JUNE 13TH
CAMP 2: JUNE 17TH - JUNE 27TH
CAMP 3: JULY 1ST - JULY 11TH
CAMP 4: JULY 15TH - JULY 25TH

BATCHES
TUESDAY TO FRIDAY
60MINS PER SESSION

RS.10,000/- +TAXES

Calling all
Beginner and Intermediate level players.
DM Avinash at 9036857377 to register.

INTENSE TRAINING FOR JUNIORS

TSG's dedication to player development continued as Coach Murtaza led an intensive session, sharpening athletes' speed, strength, and coordination, while refining bunker play, specialty long shots, and pressure putting under tournament-like conditions.

CONTINUED EDUCATION PROGRAM

As part of TSG's commitment to excellence, Coach Murtaza conducted a focused education session with our coaches at Clover Greens. The session covered the Level 1 TSG test and introduced best practices for using OnForm to deliver more impactful player feedback.

JUNIOR DEVELOPMENT PROGRAM PARENTS SPEAK



We are new to golf but Clover Greens and our Coach Srikanta made everything great for us. We improved ourselves after each session. We are thankful.

-Nadir Kirgiz and Family, Adult Game Improvement



The lesson was very well organized and interesting. Special thanks to Avinash and Coach Kumar. It was Super Fun! Putting competition made the event super fabulous.

- Margaret and Friends, Group coaching

With Gratitude