



## Top news of the month

This month, Zion Hills Golf County unveiled its newly completed back nine during the 10th leg of the Hero WGA, its first event for professional golfers. The new layout features rocky outcrops, lakes, and mango groves, all centered around a shared clubhouse and practice area.

Ridhima Dilawari clinched the win with rounds of 72, 70, and 74, her first pro title since 2022. Bangalore amateur Saanvi Somu finished a strong second.

## 3 tips #CREATING CHAMPIONS

### THE ROLE OF THE MIND IN GOLF

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The mind is very important for golf, and some say that it's more important than the physical aspects of the game. A golfer's mental state can significantly influence their shot selection, swing execution, and overall performance. It can determine how well they navigate the challenges of the course, respond to setbacks, and capitalize on opportunities.

#### COMMON GOLF PSYCHOLOGY SITUATIONS

##### Confidence and Self-Talk:

Positive self-talk builds confidence and leads to more consistent swings. Doubt creates hesitation and errors.

##### Focus and Concentration:

Golf demands sustained focus. A sharp mindset helps with better decisions and shot execution

##### Handling Pressure:

Stress can affect the swing. A calm, composed mind allows for smoother performance under pressure.

#### HOW TO GET BETTER

Improve mental strength through simple habits: read golf psychology books, practice yoga or meditation, do breathing exercises, and cultivate gratitude to reduce stress and stay focused on the course.

## 2 quotes

*"You must expect great things of yourself before you can do them"*

**Michael Jordan**

*"When you have a lot of confidence and you feel like nobody can beat you it's game over for everyone else"*

**Jason Day**

## 1 question

Can you think of a time when staying calm helped you perform better under pressure?



Tarun Sardesai  
Director of Instruction

#### First and foremost

It's been a good month of learning for the team here at TSG. We have been gathering data in our lab with the GASP force plates and we have seen a number of force patterns emerge.

The amazing thing about the sport is that there is not one way to create power and every player has a different way of creating max torque in their swings.

We have had numerous calls with Steve Gould, the creator of GASP and he has been helping us on this journey.

It is going to be a game changer for golf coaching in India for sure and we are very proud to be at the forefront of it.

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



## PRINCE BAINSLA



Runner-up: Mixed WAGR Category  
TSG WAGR Series - Event 2  
at Zion Hills Golf Country



## KRIDAY KESARWANI



Runner-up: 15 Under Mixed Juniors  
TSG WAGR Series - Event 2  
at Zion Hills Golf Country



## ARYA DESHMUKH



2<sup>nd</sup> Runner-up: 15 Under Mixed Juniors  
TSG WAGR Series - Event 2  
at Zion Hills Golf Country



## KABIR SINGH



Winner: E Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## ADVAITHA MAHESH



Runner-up: E Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## HISSI BESRA



Runner-up: C Girls Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## ARPITHA SHAJI



Winner: C Girls Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## LAVITH P



Winner: B Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## ARYA DESHMUKH



2<sup>nd</sup> Runner-up: B Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## NANDAN S



Winner: C Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## ANIKA VIVEK



Winner: A&B Girls Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## PRINCE BAINSLA



Winner: A Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## SAHARSH IYER



Runner-up: A Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## SOHAM AGRAWAL



2<sup>nd</sup> Runner-up: A Boys Category  
Clover Greens Monthly Medal - Event 7  
Powerd by TSG



## RYAN ADVIK



Winning Team  
Zion Hills WGAI Pro-Am Golf  
Tournament 2025  
At Zion Hills Golf Country



## ISHA RAJESH



Winner: C Girls Category  
CGC South Zone Golf Championship  
2025  
at Coimbatore Golf Club



## RYAN ADVIK



Winner: D Boys Category  
CGC South Zone Golf Championship  
2025  
at Coimbatore Golf Club



## ARYA DESHMUKH



2<sup>nd</sup> Runner-up: B Boys Category  
CGC South Zone Golf Championship  
2025  
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With Gratitude



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



### JUNIOR MONTHLY MEDAL

The TSG Junior Monthly Medal Tournament returned on July 21st, bringing together focused and driven young golfers. The event served as a live test of their preparation, challenging them to manage the course, stay sharp mentally, and compete with purpose.

### JUNIOR FOCUS: ON-COURSE SESSION

Echoing TSG's commitment to junior readiness, Coach Murtaza led a focused session combining physical prep with on-course training, sharpening decision-making, building routines, and trusting the process of applying newly learnt techniques under pressure.

### JUNIOR DEVELOPMENT PROGRAM PARENTS SPEAK



Diwakar is an excellent coach. He is observant and has a keen eye, makes nuanced changes and is fun to work with. Shri Avinash makes scheduling easy. Good Experience. Have to explore the game more.

-Bharadwaj Sheshadiri, 5 Lesson Program



Excellent institute and Srikanta coach is very friendly and helping to play golf very well and coaching method is awesome. Overall great experience for me

-Chidananda, 5 Lesson Program