



## Top news of the month

TSG has successfully launched the first-ever golf program in a government school, marking a step toward true inclusivity in the sport. With the support of Mr. Praveen Singhvi and the Rotary Golf Foundation, the program has begun at **Vidya Vikas Govt High School, Begur**, introducing young students to the game.

Beyond golf, the initiative focuses on the values the sport teaches - discipline, respect, and perseverance, aiming to build great individuals first and champions next.

## 3 tips

# #CREATING CHAMPIONS

## TOURNAMENT DAY ROUTINE: THE SPORTS SCIENCE PERSPECTIVE

### RIGHT NUTRITIONAL PLANNING IS KEY

Make sure your pre-warmup meal is well-balanced and timed correctly. With the right hydration strategy and nutritional balance, you'll keep your energy steady, stay focused, and perform at your best. A mindful approach to fueling your body not only boosts immediate performance but also supports faster recovery and long-term progress.

### PRE-ROUND WARMUP

Pre-round warmup is equally important to prepare your body before taking your practice swings. Focus on joint mobilization, isolated muscle activation, and a short strength-priming session to get your body ready for peak performance.

### POST-ROUND RECOVERY

Often neglected by many athletes, but it is just as important as your preparation. Recovery is about preparing your body for the next day. Prioritize foam rolling, static stretching, and proper fueling to restore energy, reduce fatigue, and keep your body competition-ready.

## 2 quotes

*"If you want to be the best, you have to do things other people aren't willing to do."*

- Michael Phelps

*"The more prepared I am, the less nervous I am."*

- Tiger woods

## 1 question

Is your desire to win as strong as your desire to prepare?



Tarun Sardesai  
Director of Instruction

### First and foremost

I feel grateful that each month we get to share news about what's been going on at TSG. This keeps us on our toes but honestly, with the contribution of every member of our team, our work never feels like work. This is a shout out to you our readers and supporters, as well as my team who grind with me everyday to build champions.

The opening of the program at the government school in Begur, Bangalore, was a project that was over 18 months in the making. And, however painstaking, it was all worth it when we saw the children so excited about it with 151 of them signing up for afterschool training. We are humbled to be given this opportunity and are looking forward to finding talent for the country from this pool.

With Gratitude

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



**NANDAN S** 

Winner: Level 1 & 4/5 National Golf Championship 2025  
Special Olympics Bharat - Haryana  
at DLF Golf & Country Club



**NIKHIL PANDE** 

2nd Runner-Up  
Mahitosh Ray Memorial Open –  
WAGR 2025  
at Tollygunge Club, Kolkata



**ADVAY BAGLA** 

Runner-Up: B Category  
CSK South Zone WAGR Junior Golf Championship 2025  
at TNGF, Chennai



**ISHA RAJESH** 

Winner: C Girls Category  
CSK South Zone Junior Golf Championship 2025  
at TNGF, Chennai



**RYAN ADVIK** 

2nd Runner-Up: D Boys Category  
CSK South Zone Junior Golf Championship 2025  
at TNGF, Chennai



**HISSI BESRA** 

2nd Runner-Up: C Girls Category  
CSK South Zone Junior Golf Championship 2025  
at TNGF, Chennai



**RYAN ADVIK** 

Runner-Up: D Category  
Clover Greens South Zone Junior Golf Championship  
at Clover Greens Resort & Golf Club



**LAVITH PRASAD** 

Runner-Up: B Category  
Clover Greens South Zone WAGR Championship  
at Clover Greens Resort & Golf Club



**ISHA RAJESH** 

Winner: B Girls & A&B Girls Categories  
Clover Greens Junior Monthly Medal  
powered by TSG



**DARHAAS PANDITI** 

Winner: B Boys & A&B Boys Categories  
Clover Greens Junior Monthly Medal  
powered by TSG



**ADVAY BAGLA** 

Runner-Up: B Boys Category  
2nd Runner-Up: A&B Boys Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**VISHNU VIJAY** 

Runner-Up: A&B Boys Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**ANIKA VIVEK** 

Runner-Up: A&B Girls Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**ARPITHA SHAJI** 

Winner: C Girls Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**KABIR SINGH** 

Winner: D Boys Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**MYRA NARSIPUR** 

Runner-Up: D Girls Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**ADVAITHA MAHESH** 

Winner: E Boys Category  
Clover Greens Junior Monthly Medal  
powered by TSG



**VEDITA CHANDRA** 

Runner-Up: B Girls Category  
2nd Runner-Up: A&B Girls Category  
Clover Greens Junior Monthly Medal  
powered by TSG

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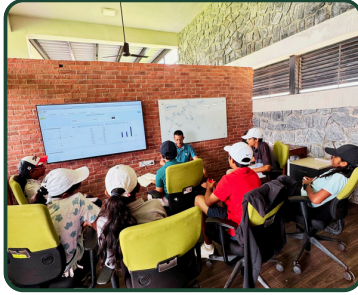


## NEWS ABOUT WHAT'S HAPPENING AT TSG'S SATELLITE PROGRAM



## PLAYERS MEET: ROUTINE &amp; INTENT

Reinforcing TSG's structured approach, Coach Murtaza outlined Level 1 practice planning for intermediate and advanced players, stressing purposeful routines. He introduced the TSG portal for performance tracking and led a targeted session on chipping—focusing on how lie, distance, green space, and pin location shape trajectory and landing zone decisions.



## COACHES SESSION:

In a focused session with the Clover coaching team, Coach Murtaza unpacked key lessons from Phil Kenyon's material—covering aim biases, common putting faults, and the influence of face angle, contact point, and path. The session then shifted to long game setup, highlighting how anatomical adjustments at address can impact the swing's look, feel, and function.

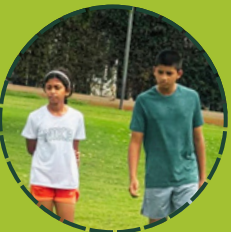


## JUNIOR MONTHLY MEDAL:

TSG's Junior Monthly Medal Tournament teed off on September 29th, gathering a focused and enthusiastic group of young golfers. The event served as a live stage to showcase their hard work, pushing them to navigate the course strategically, stay mentally sharp, and compete with purpose.



## FROM OUR GOLFING FAMILIES



Great work by TSG. Really like the systematic approach to coaching. Also the Onform app is of great use and TSG uses it efficiently. As a parent we are able to see the progress and what the coach is working on with kids. Overall real happy with TSG and surely recommend it.

~Barat J, Father of Pragun & Jaasritha (Advanced Junior Development Program)



I appreciate the focused training and technique adjustments that have improved Isha's game. The collaboration between coaches at Clover and Zion has ensured her steady growth. Their patience and adaptability have helped her perform well this year, and I'm confident she'll continue to progress under their guidance.

~Rajesh, Father of Isha (Advanced Junior Development Program)

With Gratitude

