



TARUN
SARDESAI
GOLF
ACADEMY

FINISH STRONG

EDITION #29

www.tsgacademy.in

NOV/DEC 2025

INTRODUCING GOLF TO YOUNG MINDS IN OOTY

This November, TSG took golf into the campuses of the Lawrence School, Lovedale and the Laidlaw Memorial School, where CGO Tarun Ghogale and Coach Aseem Malik introduced students to the sport through fun demos, trivia, and lively interaction.

The initiative is a big step in TSG's mission to get more children in Ooty playing this wonderful sport, powered from our base at the Ootacamund Gymkhana Club.

THE GROWING ATHLETE: WHAT PARENTS & COACHES MUST KNOW

3 tips

GROWTH SPURT & YOUR SWING

When a growing athlete suddenly increases in height, his arms and legs may feel out of sync with his swing. Balance, timing, and coordination can look awkward — but this is normal. Be patient, as the body is just learning its new rhythm.

WATCH OUT FOR INJURY HOT-SPOTS

Golf puts repeated stress on joints and muscles, and during growth spurts the body is more vulnerable. Common trouble spots for young golfers include the knees, heels, and lower back. Keeping training loads sensible will help the swing without breaking down.

RECOVERY IS DIFFERENT FOR YOU

Unlike adults, a young athlete's body is not just repairing after practice — it's also growing. That means he needs extra sleep (9–10 hrs), proper fuel, and hydration. Smart recovery today builds the strength and coordination needed for tomorrow's game.

2 quotes

"Success in golf depends less on strength of body than upon strength of mind and character."

- Arnold Palmer

"The greatest thing about tomorrow is, I will be better than I am today."

- Tiger Woods

1 question

Isn't every growth spurt a step toward a better version of yourself?



Tarun Sardesai
Director of Instruction

First and foremost

With our satellite centres already established TSG is now on a mission to build a world class ecosystem for golf development in India. The plan is to take the sport into schools and give every child a roadmap to excellence the schools will serve as feeders into the satellite centres which intern will become Our talent pool from which we hope to build many more. Champions from India.

**#CREATING
CHAMPIONS**

WITH GRATITUDE



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



MANVI SINGHANIA

4th Place: A Category
IGU Pune Ladies & Junior Girls Golf
Championship
at *Poona Club Golf Course*



PRINCE BAINSLA

2nd Runner-Up: A Category &
Combined A&B Category
IGU Eastern India Junior Boys Golf
Championship
at *Tollygunge Club, Kolkata*



RYAN ADVIK

Runner-up: U-14
4th Mini Karnataka Games
at *Bangalore Golf Club*



ISHA RAJESH

Runner-up: U-14
4th Mini Karnataka Games
at *Bangalore Golf Club*



NANDAN S

Winner: 19–24 Handicap Category
Purple Cup Tournament
at *Karnataka Golf Association*



ARPITHA SHAJI

Runner-Up: Ladies Category
Purple Cup Tournament
at *Karnataka Golf Association*



RYAN ADVIK

Winner: D Category
South Zone – Boulder Hills Junior
Championship 2025
at *Boulder Hills Golf Club,
Hyderabad*



NIKHIL PANDE

2nd Runner-Up: Amateur Category
South Zone WAGR Championship
at *Boulder Hills Golf Club,
Hyderabad*



KIAN BHATIA

2nd Runner-Up: A Category
South Zone WAGR Championship
at *Boulder Hills Golf Club,
Hyderabad*



KRIDAY KESARWANI

Runner-Up: A Category
South Zone WAGR Championship
at *Boulder Hills Golf Club,
Hyderabad*



LAVITH PRASAD

Runner-Up: A Boys Category
BGC Junior Monthly Medal
at *Bangalore Golf Club*



DARHAAS PANDITI

Runner-Up: B Category
South Zone WAGR Championship
at *Boulder Hills Golf Club,
Hyderabad*



MAANAV CHATURVEDI

2nd Runner-Up: E Boys Category
Clover Greens Junior Monthly Medal
powered by TSG
at *Clover Greens Resort & Golf Club*



ADVAITHA MAHESH

Winner: E Boys Category
Clover Greens Junior Monthly Medal
powered by TSG
at *Clover Greens Resort & Golf Club*

WITH GRATITUDE

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



ARPITHA SHAJI



Runner-Up: C Girls Category
Clover Greens Junior Monthly Medal
powered by TSG
at *Clover Greens Resort & Golf Club*



MYRA NARSIPUR



Winner: D Girls Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



AVYAKT WUNNAVA



Runner-Up: C Boys Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



NAYONIKA KAPOOR



2nd Runner-Up: A&B Combined
Girls Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



HISSI BESRA



Winner: C Girls Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



ISHA RAJESH



Runner-Up: B Girls Category & A&B
Combined Girls Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



SAHARSH IYER



2nd Runner-Up: A&B Combined
Boys Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



VISHNU VIJAY



Runner-Up: A&B Combined Boys
Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



VARSRITH MADDI



2nd Runner-Up: B Boys Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



ADVAY BAGLA



Winner: B Boys Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*



PRINCE BAINSLA



Winner: A&B Combined Boys
Category
Clover Greens Junior Monthly
Medal powered by TSG
at *Clover Greens Resort & Golf Club*

WITH GRATITUDE

CLOVER GREENS

TSG CLOVER GREENS

- On the coaching front, Coach Murtaza powered an advanced high-performance session, sharpening technical frameworks, dialing in distance control, refining pressure skills, and strengthening core assessments—raising the bar for coaching excellence.
- For the players, juniors honed their “Routine & Intent,” building purposeful tournament habits and clearer communication to perform with greater confidence and consistency.
- The month concluded with a high-energy training day that covered long-game improvement, a focused chipping challenge, and Texas Scramble holes to apply skills in real on-course situations.



TSG RCGC CENTRE

RCGC and TSG kicked off the JDP Basic and Advanced programs, sparking excitement and growing interest among parents. A free junior clinic, an AimPoint green-reading session, and video analysis brought learning to life and ignited a passion for the game.

Coach development continues with video-based refinement, creating a dynamic environment where growth, skill, and love for golf flourish at RCGC.

WITH GRATITUDE



A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES



TSG OGC CENTRE

The TSG Golf Coaching Program at Ootacamund Gymkhana Club wrapped up its first month with exciting progress. With Coach Aaseem leading the charge, juniors and adults are stepping into the game with enthusiasm, building confidence and momentum as golf begins to take root in the Nilgiris.



BEGUR SCHOOL PROGRAM

Coach Hemanth overcame the challenge of introducing golf in a government school where few knew the game. He guided students on putting, chipping, and swing fundamentals, educated parents about golf, and inspired girl athletes to embrace the sport.

The infrastructure set-up inside the school is working very well and we are hoping to do the same in more such institutions.

WITH GRATITUDE





TESTIMONIALS



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.

~ Ganga, Group Session

(TSG Clover Green)



I joined the academy in June 2025 as a complete beginner, and Coach Diwakar played a major role in helping me get comfortable with the game. He helped me learn the correct grip and swing very quickly, and within just two weeks I was able to connect the ball far more consistently. He is a patient and knowledgeable trainer who always takes the time to answer questions and explain the reasoning behind each technique. Overall, he is a dedicated coach, and I've had a very positive learning experience with him.

~ Supratim, Adult Game Improvement

(TSG Clover Greens)



Coach, just wanted to say that Aarna is really enjoying her golf lessons - she's very happy with the classes. Kudos to you!!

~ Aarna's Mother

(TSG OGC Center)



TESTIMONIALS



Hi, this is Harshvardhan Agarwal, a permanent member of RCGC. Today I was lucky to have Mr. Tarun Desai with us, training the lead coaches, and my coach, Ghulam Ali Mollah, taught me a few lessons at the chipping yard. It made a huge difference to my chipping—I would usually shank or make thin shots, but the bounce technique he taught me, learned from Mr. Desai, was a hell of a change. I did roughly 100 chip shots, and every one had backspin or good loft and rolled near the hole. Very happy with what Mr. Desai did and looking forward to more sessions.

~ **Harshvardhan Agarwal**

(TSG RCGC CENTER)



It was a good experience. I got to see and analyze my swing and see more data in the swing. And I feel there was some immediate improvement. I changed a few concepts of my swing, and I feel like I can hit the ball better now, and that it's putting less stress on my back. Yeah.

~ **Varish Mohta**

(TSG RCGC CENTER)



I think it's a good session and a good initiative by RCGC to have a more structured camp here. So, I think Varish's back was a bit of an issue, so maybe with a few tweaks in the swing, this will really help ease out the pressure on his back and help him hit the ball longer.

~ **Anurag Mohta**

(TSG RCGC Center)