

# FINISH STRONG

EDITION #31

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## TSG TALENT SHINES ACROSS NEPAL, SRI LANKA & INDIA

This month, four of our students delivered impressive performances in the Faldo Series held across Nepal, Sri Lanka, and India, earning qualification for the 17th Faldo Junior Tour Asia Grand Final. Their consistent skill and determination makes the academy proud.

A big shoutout to Prince Bainsla, Nikhil Pande, Vivaan Ubhayakar, and Soham Agrawal! We wish them all the very best as they take on Sir Nick Faldo's signature course at Laguna Lang Co, Vietnam,

## FITNESS FOR MASTER ATHLETES

### 3 tips

#### STRENGTH MATTERS MORE THAN EVER

As we age, muscle mass and bone density naturally decline. Regular strength training focusing on lifting weights, balance, and core stability helps preserve power, reduces injury risk, and keeps you performing at your best. Just 2 sessions a week can maintain strength and slow age related loss.

#### MOBILITY & FLEXIBILITY FOR LONGEVITY

Stiff joints and tight muscles can limit performance and increase injury risk. Daily mobility drills, dynamic warm-ups, and flexibility training keep movement smooth and efficient. Even 15 minutes a day can improve posture, balance, and range of motion.

#### RECOVERY IS TRAINING TOO

Master athletes need more recovery time than their younger counterparts. Incorporating active recovery (light cardio, yoga, stretching), prioritizing sleep, and managing training load ensures the body adapts without breaking down. Remember: progress comes from recovery, not just hard work.

### 2 quotes

"Master athletes don't need to train less, they need to train smarter."

- Coach Bharani

"You don't stop exercising because you grow old; you grow old because you stop exercising."

- Kenneth Cooper

### 1 question

Are you giving equal importance to your fitness as you do to your golf?

WITH GRATITUDE



Tarun Sardesai  
*Director of Golf Instruction*

#### First and foremost

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It's been a big month here at TSG.

We always talk about process not outcome and these wins across 3 countries in the Faldo series are a further testament to stay focussed and execute on the processes. The outcome will follow.

I would like to express my thanks to the Rotary Club of Chennai for the amazing and warm welcome we received at their annual event and for the support extended to our players on scholarship. They are committed to supporting our vision to put more Indian golfers on the world stage.

Additionally, we had 36 children from our Govt. school project in Begur make their first ever visit to golf course and practice their learnings on a driving range. Thank you Mr. Praveen Singhvi and the Rotary Club of Bangalore for making this possible.

**#CREATING CHAMPIONS**

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



**PRINCE BAINSLA** 

Winner: Boys 16 & Under Category &  
Overall Winner  
Faldo Series India  
at Zion Hills Golf County



**VIVAAN UBHAYAKAR** 

Winner: Age 13-16 Category  
The Faldo Junior Series Sri Lanka  
at Royal Colombo Golf Club, Sri Lanka



**NIKHIL PANDE** 

Winner: Boys 21 & Under Category  
Faldo Series India  
at Zion Hills Golf County



**SOHAM AGRAWAL** 

Winner: Age 12-16 Category  
The Faldo Junior Tour Nepal  
Championship  
at Royal Nepal Golf Club, Nepal



**SUMIT KOTWAL** 

Runner-Up: Boys 21 & Under Category  
Faldo Series India  
at Zion Hills Golf County



**MANVI SINGHANIA** 

Runner-Up: Girls 16 & Under Category  
Faldo Series India  
at Zion Hills Golf County



**ARPITHA SHAJI** 

Runner-Up: Girls 11-12 Category  
Faldo Series India  
at Zion Hills Golf County



**ADVAITHA MAHESH** 

Winner: Boys 7-8 Category  
Faldo Series India  
at Zion Hills Golf County



**NAYONIKA KAPOOR** 

Runner-Up: A Girls Category  
Head Start Friendship Games 2026  
at Karnataka Golf Association



**MANVI SINGHANIA** 

Winner: A Girls Category  
Greens to Glory Junior Elite  
at ITC Classic Golf & Country Club,  
Gurgaon



**ADVAITHA MAHESH** 

Winner: E Boys Category  
Head Start Friendship Games 2026  
at Karnataka Golf Association



**ISHA RAJESH** 

Runner-Up: B Girls Category  
Head Start Friendship Games 2026  
at Karnataka Golf Association



**MAANAV CHATURVEDI** 

2nd Runner-Up: E Category  
10th Annual CIS Junior Golf Tournament  
at Prestige Golfshire Club, Bangalore

### WITH GRATITUDE





## A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES

### CLOVER GREENS

## TSG CLOVER GREENS BANGALORE

January focused on structured training and match-style challenges to build confidence and consistency.

- The Players Meet and Intensive Day included warm-ups, coordination drills, wedge play from 50–75 yards, pressure-based chipping tasks, and a three-hole putting challenge to strengthen routines.
- The visit to Zion Hills Golf County sharpened performance with focused chipping work from 5–25 yards, long-game technique checks, and speed training. Sessions ended with competitive putting challenges, helping players stay focused and perform under pressure.



## TSG RCGC CENTRE KOLKATA

TSG's fourth visit to the RCGC Academy of Excellence focused on juniors, members, and improving training quality.

- A free one-month program, led by Captain Indrajit Bhalotia, drew strong interest, with 20 juniors attending a 2-hour intensive session by TSG High Performance Coaches.
- The visit included video analysis, swing, putting, and chipping work, and use of training aids. Sessions helped juniors and members build practice habits and confidence, supporting progress toward the Junior Development Program.

### WITH GRATITUDE





## A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES



### TSG OGC CENTRE OOTY

TSG continues to make a strong impact at the Ootacamund Gymkhana Club, with:

- Juniors showing remarkable improvement under Coach Aaseem's guidance and embracing structured coaching.
- Students motivated to practice independently, reflecting the effectiveness of TSG's programs.
- Adult game improvement sessions thriving, with participants fully engaged and benefiting from expert coaching.
- Momentum from the Winter Boot Camp inspiring both juniors and adults to advance their skills and passion for golf.



This month, we were delighted to host students from Begur Government School at Zion Hills Golf County for their first-ever visit to a full golf course and professional golf facility. The day began with a warm welcome and breakfast, followed by practice at the driving range with chipping, putting, and bunker shots, and a demonstration of a full hole by our High-Performance Coaches.



The day ended with lunch, with appreciation to Praveen Singhvi for arranging T-shirts and shoes for all the students. It was a wonderful opportunity for them to experience golf up close in a professional setting.

WITH GRATITUDE



## TESTIMONIALS



"The sessions were well designed. Covered a good amount of details for beginners. Learnt a lot about golf and played. It was both fun and enriching."

~ **Asgar Ahma, Group Coaching**

(TSG Clover Greens)



"Had 2 one hour each session with Mr. Diwakar through Mr. Avinash. Very comprehensive with very good inputs suiting my level at the age of 75 years."

~ **V.V Subramanian, Individual lesson**

(TSG Clover Greens)



"Hi, my name is Navzer Mehta . I'm seventy-six years old, nineteen handicapper in Ooty Gymkhana Club. I've been taking coachings and lessons from Asim. My game has improved quite a bit after eight rounds of coaching. I would really recommend anybody to take coaching from Asim and improve their game, even their old golfers like me who've been playing for the last forty years. Thank you."

~ **Mr. Navzer Mehta**

(TSG OGC Center)



NETWORK

## TESTIMONIALS



"Firstly, uh, I immediately saw after I started following the swing that my balls were going in the same direction, the same aim, uh, most of the time. And, uh, like, if I aimed here, it would go there most of the time. And, uh, this feeling is pretty different because we changed my swing, uh, we changed my swing from ten to two to, uh, a more complete swing."

~ **Master Yugvard**

(TSG RCGC CENTER)



"Right. Yeah. So I really enjoyed the session interacting with, uh, Mr. Santosh Sai. And for me, the more interesting parts were the, uh, topics beyond just the golf swing and where the ball is going. And I think the more holistic experience towards golf is very different from, uh, what I have experienced with other coaches so far. With every other coach, it was about just getting the ball straight and doing a quick fix, whereas this is going to be a lot more holistic in nature."

~ **Mr. Rishabh**

(TSG RCGC CENTER)



"Okay, so TSG has really helped me a lot. It has improved my ball contact and distance. Right now, I'm doing a number of drills provided to me to improve my swing. The overall program is very good, and it is great that they come to Calcutta instead of going to Bangalore. It makes a wonderful change to do it at home. I like the camp a lot, and the training is excellent."

~ **Master Vir Nayar**

(TSG RCGC CENTER)