TARUN SARDESAI GOLF ACADEMY

FINISH STRONG

EDITION #38 www.tsgacademy.in AUG/SEP 2026

PGTI KOLAR OPEN: LESSONS BEYOND THE SCORECARD

This August, the PGTI Kolar Open was held at Zion Hills Golf County, giving our TSG students a front row view of professional golf. Across four days, sunshine, strong winds, and rain tested the players' patience, decision making, fitness, and adaptability. It was a valuable opportunity for our students to see what it really takes to compete at the highest level.

The tournament delivered a dramatic finish. MD Azar began the final round two shots behind Bhattacharya, who had led for almost the entire tournament. But Azar stayed patient and found another gear over the final two holes, overturning the deficit to take the lead at the very end and become the Kolar Open champion. For our students, it was a powerful lesson in patience, preparation, adaptability, and never giving up until the final shot.

FUEL TO HEAL: YOUR NUTRITION ROADMAP FOR RECOVERY

3 tips

PRE & POST TOURNAMENT FUEL

- **Before play:** Choose slow-release carbs (oats, whole grains, fruits) with lean protein (eggs, yogurt, nuts) for steady energy. Avoid heavy, greasy meals.
- **After play:** Combine protein (chicken, fish, tofu, legumes) with carbs (rice, potatoes, fruit) to restore glycogen and support muscle recovery. Anti-inflammatory foods like berries, turmeric, and leafy greens can help reduce soreness.

HYDRATION & CRAMP PREVENTION

Golf may not feel high-sweat, but hours in the sun can cause dehydration, leading to fatigue, poor focus, and cramps. Staying hydrated & drinking water regularly and replenish electrolytes in hot weather. Even 2% dehydration can affect focus and swing mechanics.

MICRONUTRIENTS & RECOVERY

Vitamin D: Supports bone health and muscle recovery. Limited sunlight can cause deficiency.

Magnesium: Supports muscle recovery and energy. Found in nuts, seeds, greens, and dark chocolate.

Inflammation: Friend or foe? Natural inflammation aids healing, while chronic inflammation slows recovery. Choose fatty fish, olive oil, turmeric, ginger, and berries.

2 quotes

"You don't get the best out of your body unless you put the best into it."
- Jack Nicklaus

"Champions keep playing until they get it right, but they also eat right to keep playing."
- Gary Player

1 question

What does your game look like when your nutrition is as sharp as your swing?



Tarun Sardesai
Director of Golf Instruction

First and foremost

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There is a change in the wind at TSG as we propel forward with renewed training systems and practices. I personally have had a terrific and exciting month spending hours coaching juniors, adults and the next gen of coaches all while building and testing our new protocols. For a coach who loves to work with data and who has built an academy on this criteria, it is imperative that we continue to evolve, not resting on past laurels and not being afraid of what's to come.

#CREATING CHAMPIONS

WITH GRATITUDE
CYCLE.in ZION HILLS GOLF COUNTY Chola

NOTABLE MENTIONS

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



Myra Narsipur
Runner-Up: ‘C’ Category
Clover Greens South Zone Junior Golf Championship
at Clover Greens Golf Course and Resort



ISHA RAJESH
Runner-Up: ‘B’ Category
Clover Greens South Zone WAGR Golf Championship
at Clover Greens Golf Course and Resort



Maanav Chaturvedi
Runner-Up: E Category
CSK Junior Golf Championship
at TNGF, Chennai.



Vivaan Ubhayakar
Winner: Overall WAGR & Am. Category
CSK WAGR Golf Championship
at TNGF, Chennai



Vedah Atishe Chordia
Runner-up: 'D' Category
CSK Junior Golf Championship
at TNGF, Chennai.



Isha A R
Finished runner-up in 'B' Category
CSK Junior Golf Championship
at TNGF, Chennai.



Ojaswini Sarkar
Winner: ‘D’ Category
Rajesh Kumar Poddar Memorial Junior Open
at The Tollygunge Club, Kolkata.



Lavit Dhanuka
Runner-up: ‘E’ Category
Rajesh Kumar Poddar Memorial Junior Open
at The Tollygunge Club, Kolkata.

WITH GRATITUDE

CYCLE.in ZION HILLS GOLF COUNTY NRR Chola

NETWORK

A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES

CLOVER GREENS

TSG CLOVER GREENS

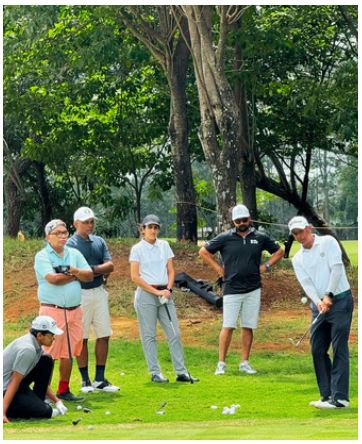
BANGALORE

August was a month of focused learning at Clover Greens, with players sharpening their short game through practical and engaging sessions. Coach Tarun's Chipping & Putting Masterclass was a highlight, with players enjoying the drills and already looking forward to more.

Coaches also took players onto the course to put these skills into practice, with a strong focus on club selection, approach shots, course management, and decision making. These sessions helped players understand how to manage different situations on the course, make smarter choices, and play with greater confidence.













TSG RCGC CENTRE

KOLKATA

August was another strong month at the RCGC Academy of Excellence, with juniors recording multiple podium finishes across competitions. A big part of this progress has been the development of the coaching team, who have continued to grow alongside their players.

Now over 10 months into TSG's Coach Training Program, the difference in the coaches from when they started is clearly visible. Their improved knowledge, understanding, and confidence are translating into better sessions, stronger communication, and more effective coaching on the ground.

WITH GRATITUDE

CYCLE.in ZION HILLS GOLF COUNTY NVR Chola

NETWORK

A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES

TSG OGC CENTRE
OOTY

August was a month of growing interest and growing confidence at OGC, with more students stepping onto the course and getting excited about learning golf.

From building chipping, putting, and long-game skills at Nirmala Government School to developing course management and short-game skills through JDP and Laidlaw sessions, the focus remained on learning through practice.

Coach Jafer: "There were so few students in the beginning. Today, seeing so many eager to learn and improve is truly special. Their interest makes all the hard work worthwhile."













BEGUR GOVT. SCHOOL
BANGALORE

August highlighted the transformation taking place at the Begur School Golf Program, with students continuing to grow in skill, confidence, and consistency under Head Coach Srikanta at Clover Greens. Many of these students come from a school where golf was once a completely unfamiliar sport. Today, they are training regularly, developing their game, and beginning to see themselves as golfers.

A key milestone was Santhosh and Dasharatha progressing into the Intermediate Level. Their journey from taking their first steps in golf to reaching this stage is a powerful reminder of how access, opportunity, and consistent effort can transform young lives through sport.

WITH GRATITUDE
CYCLE.in ZION HILLS GOLF COUNTY NRB Chola

NETWORK

TESTIMONIALS



"The golf lessons at Clover Greens was good and I had very good coaches who taught me well. The golf course is very nice and my coaches are very good."

~ Kabir Bhalla

(TSG CLOVER GREENS, BANGALORE)



"My first lesson with Tarun was incredibly insightful—not just about the golf swing, but about understanding the swing and blueprint that works specifically for me. Just three days of doing his prescribed drills, and I've never hit the ball this sweet before. I've gone from searching for power in my swing to finding a whole new untapped reserve."

~ Vishrut Jhawar

(RCGC , KOLKATA)



"I've really enjoyed learning golf at TSG Academy with Jaffer. Initially, I wondered if he might be too young, but his patience, enthusiasm and eagerness to help me learn quickly put those doubts to rest. He explains things simply, and I especially loved recording my swing and comparing it with professional players. It makes it much easier to see what needs improvement. I'm planning to do at least 20 sessions with TSG and look forward to learning more with him"

~ Narayan

(TSG OGC CENTRE, OOTY)