TARUN SARDESAI GOLF ACADEMY

FINISH STRONG

EDITION #40 www.tsgacademy.in OCT/NOV 2026

SUBASH TAMANG MAKES HISTORY ON THE DP WORLD TOUR



A proud moment for Subash Tamang and all of us at TSG! **In October, Subash became the first golfer from Nepal to compete on the DP World Tour, making his debut at the DP World India Championship at Delhi Golf Club.** What a milestone for Nepali golf! 🇳🇵

From his journey at Royal Nepal Golf Club to training at TSG Academy and now competing alongside some of the best golfers in the world, Subash's story is truly inspiring. This is what dreams, dedication, and years of hard work can lead to.

Congratulations, Subash! You have made us all proud! 👏🏆

LASTING 18 HOLES STRONG: GOLF ENDURANCE & CONDITIONING

3 tips

AEROBIC CONDITIONING (BASE STAMINA)

Walking the course for 4–5 hours demands solid aerobic fitness. A strong aerobic base not only sustains energy throughout the round but also improves overall work capacity in the gym for strength training. Incorporate at least 1 steady-paced cardio session per week (cycling, brisk walking, swimming, or rowing) to build stamina without overloading the joints.

ANAEROBIC CONDITIONING (POWER BURSTS)

Every golf swing relies on the anaerobic energy system. Interval training, such as sprints, hill runs, and rowing, builds explosive power and improves recovery between shots, helping golfers maintain swing speed and driving distance even late into the round.

SPEED & AGILITY TRAINING

Speed training improves fast-twitch muscle response, critical for generating clubhead speed. Sprint drills, ladder footwork, and resisted runs enhance explosiveness and coordination. Incorporating these once a week sharpens the body's ability to move quickly and efficiently.

2 quotes

Golf is a game of endurance as much as skill the fitter you are, the longer your focus lasts.
~ Bharani Kurada

If it doesn't challenge you, it won't change you.
~ Fred DeVito

1 question

Are you training your body to last the walk or to swing with power on the 18th hole?



Tarun Sardesai
Director of Golf Instruction

First and foremost

The week at the DP World India Championship with Subash was an unforgettable experience, offering a rare opportunity to witness some of the world's best golfers up close. Watching their practice routines, shot-making, and course management was truly inspiring.

A special highlight was seeing Subash make history as the first-ever Nepalese golfer to compete on the DP World Tour and receive such a warm welcome from fellow players. Meeting Rory McIlroy and wishing him luck was another memorable moment.

The event also highlighted the exceptional distance control, ball-flight management, and consistency of European players. These are key areas where Indian golfers can improve through stronger player-development programmes and structured support systems.

#CREATING CHAMPIONS

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CYCLE.in ZION HILLS GOLF COUNTY NSR Chola

NOTABLE MENTIONS

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



Darahaas Panditi
2nd Runner-up: 'A' Category
Pilikula South Zone Championship
at Pilikula Golf Club, Mangaluru.



Tanmay Bafna
Runner: 'Amateur' Category
Pilikula South Zone Championship
at Pilikula Golf Club, Mangaluru.



Vishnu Vijay
Runner: 'A' Category
Pilikula South Zone Championship
at Pilikula Golf Club, Mangaluru.



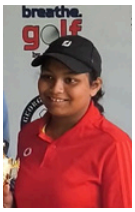
Arpitha Shaji KS
Winner: 'B' Category
Pilikula South Zone Championship
at Pilikula Golf Club, Mangaluru.



Abhijeet Sharma
Winner: 'Amateur' Category
Pilikula South Zone
Championship
at Pilikula Golf Club, Mangaluru.



Aryaan Tyebjee
Winner: 'B' Category
Western India IGU Junior &
Amateur Golf Feeder Tour 2026,
at Willingdon Sports Club, Mumbai



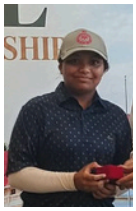
Ojaswini Sarkar
Winner: 'C' Category
IGU Protouch Junior Golf
Championship
atThe Tollygunge Club, Kolkata.



Lavit Dhanuka
Winner: 'E' Category
IGU Protouch Junior Golf
Championship
atThe Tollygunge Club, Kolkata.



Moksh Lakhotia
Runner-up: 'D' Category
IGU Protouch Junior Golf
Championship
atThe Tollygunge Club, Kolkata.



Ojaswini Sarkar
Runner-up: '' Category
Bengal Open 2026 for Juniors
at The Royal Calcutta Golf Club,
Kolkata



Avanie Rana Chhetri
Runner-up: 'A&B' Category
Clover Greens Academy Monthly
Medal
at Clover Greens Golf Resort.



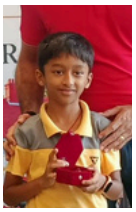
Advay Bagla
2nd Runner-up: 'E' Category
Clover Greens Academy Monthly
Medal
at Clover Greens Golf Resort.

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NOTABLE MENTIONS

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



Lavit Dhanuka
Runner-up: 'E' Category
Bengal Open 2026 for Juniors
at The Royal Calcutta Golf Club, Kolkata



ATIRA NIMJE
2nd Runner-up: 'E' Category
Pilikula South Zone Championship
at Pilikula Golf Club, Mangaluru.



Snehan Manhunatha
Winner: 'C' Category
Clover Greens Academy Monthly Medal
at Clover Greens Golf Resort.



ATIRA NIMJE
Runner-up: 'E' Category
Titleist Junior Series 2026
at Prestige Golfshire Club.



Vedita Chandra
2nd Runner-up: 'B' Category
& Runner-up: 'A&B' Category
Clover Greens Academy Monthly Medal
at Clover Greens Golf Resort.



Arpitha Shaji KS
Winner: 'B' Category
& Winner: 'A&B Category
Clover Greens Academy Monthly Medal
at Clover Greens Golf Resort.



Prince Bainsla
Runner-up: 'A&B' Category
Clover Greens Academy Monthly Medal
at Clover Greens Golf Resort.



Vivaan Ubhayakar
Winner: 'A&B' Category
Clover Greens Academy Monthly Medal
at Clover Greens Golf Resort.



Tanmay Bafna
Winner: 'Amateur' Category
Clover Greens Academy Monthly Medal
at Clover Greens Golf Resort.

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NETWORK

A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES

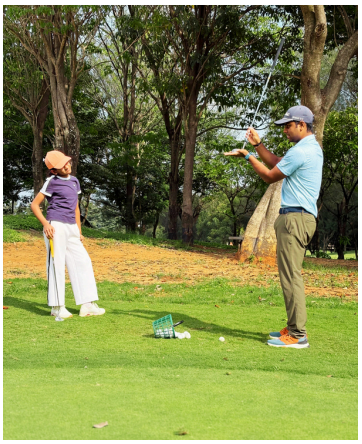
TSG CLOVER GREENS
BANGALORE

October was another productive month at Clover Greens, with players continuing to gain valuable competitive and learning experiences. **The 11th Junior Monthly Medal** took place this month, giving our young golfers another opportunity to test their skills, challenge themselves, and experience the spirit of competition.

Another important milestone was **the TSG Certification for Clover coaches**, recognising their continued learning and development. Alongside this, coaches focused on introducing players to course management, helping them understand shot selection, make smarter decisions, and approach different situations on the course with greater confidence.













TSG RCGC CENTRE
KOLKATA

October was a month of outstanding performances at the RCGC Academy of Excellence, with our juniors turning their hard work into results on the competitive stage. Players from the Junior Development Program competed across multiple tournaments, securing several podium finishes while gaining valuable experience and confidence through competition.

These achievements reflect the dedication of our young golfers, the continued support of the coaching team, and the strong foundation being built at the academy. Each tournament has been another step in developing resilient, confident players who continue to grow both on and off the course.

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NETWORK

A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES

TSG OGC CENTRE
OOTY





October at OGC focused on understanding individual player development, with skill assessments completed for all JDP students across weekday and weekend sessions. These assessments will help introduce category-wise training next month, allowing students to progress through beginner, intermediate, and advanced levels based on their abilities.

Laidlaw students continued their training with a focus on long-game development, showing encouraging improvement. Looking ahead, selected students will also be given an opportunity to participate in the upcoming medal tournament, gaining valuable competitive exposure and experience.









BEGUR GOVT. SCHOOL
BANGALORE

October was an emotional and memorable month for the Begur School Golf Program, marking the final month of our journey with the students at the school. As part of their learning, the students were taken to KGA to watch the PGTI Tour, giving them an opportunity to experience professional golf up close and gain a better understanding of the game.

Training continued to focus on long-game development and course management, helping students strengthen their skills, understand on-course situations, and make better playing decisions. As we conclude this chapter, we celebrate the progress, memories, and experiences built throughout the program.

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NETWORK

TESTIMONIALS



"My name is Rafael, and I'm from Kyrgyzstan. I came to India to train at TSG Academy, Zion Hills, and I've had a wonderful experience here. The academy is excellent, and I really enjoy the training. Both the golf coaching and sports science programmes are outstanding. The golf course is also beautiful. I look forward to coming back in a few months!"

~ Rafael Sappany

(TSG ACADEMY, ZION HILLS)



"I am 69, playing golf for the last 27 years, trained by caddies. There were several flaws in my swing... wrong takeaway, too steep a backswing, head swaying in my backswing, losing shape and balance post ball striking. Tarun made me believe it's never too late. Although the process of having a proper golf swing is very boring, I have realised that it's worth every minute of the boredom that goes with it. In a couple of months I am confident I will play better golf, be repetitive in my strokes and enjoy my game like never before. "

~ Subroto Kundu

(TSG RCGC , KOLKATA)



"We have enrolled our daughter to basic junior program. We have been coming here from last 3, 4 months. The reason why I'll, I would say, the program is being really good is the attention what we get from the coach, the individual focus what the student is receiving. I see my daughter has improved a lot in the game in the last four months. She has got the basics right in the golf also. She is looking forward to coming to the golf every weekend so that she can spend enough time here and learn. Also the kind of students which come across, I think she's also learning by observing them as well. So I would definitely say this has been one of the good experience for my daughter as well as we are also liking it, liking to get her here every week, and looking forward more."

~ Prithviraj

(TSG CLOVER GREENS, BANGALORE)