

The nation celebrated records being broken by swimmers of Dolphin Aquatics, here are the results:



Virdhawal Khade:

1. The 50m Freestyle, ranked 4 overall. Created a new national record and missed the bronze medal by 00.01 seconds.
2. The 50m butterfly, ranked 8 overall creating a new national record.

Sandeep Sejwal:

1. In the 50m Breaststroke, he earned the 7th rank overall.
2. In the 100m Breaststroke, he was ranked 10 Overall.

Neel Roy: Swam 200m Individual Medley, ranked 14 overall.

Aaron D'souza: In the 100m Freestyle Ranked 27 overall.



In our neighbourhood:

At the Karnataka Sate Senior State Aquatic Championship 2018: Dolphin Swimmers won numerous medals -

5 Gold

7 Silver and

3 bronze



It is no doubt that Lakshanya Vishwanath has a taste for winning! She once again bagged a Championship Series-7 (CS7) tournament, this time in more than one category! She won the Under 16, Under 18 Singles, and the Under 18 Doubles title held at Jalandhar, Punjab.

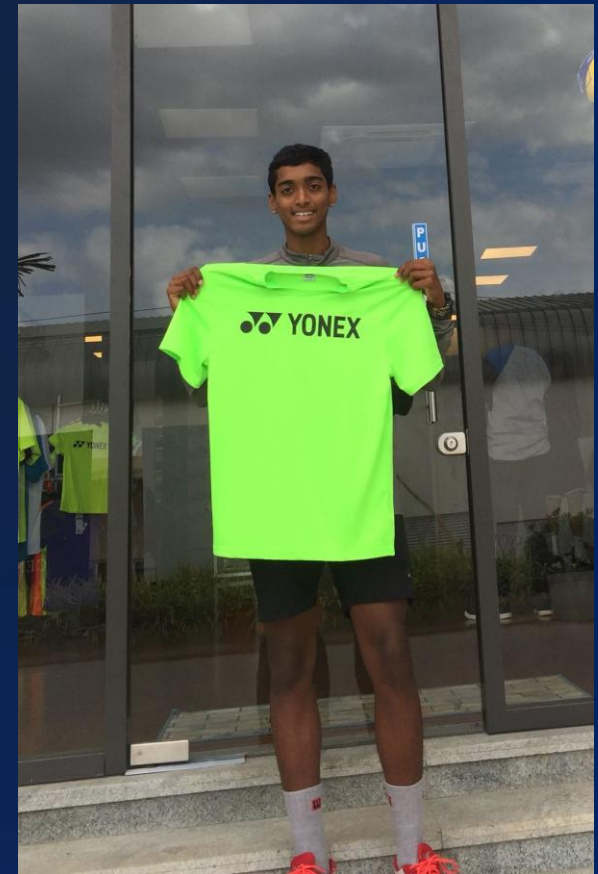
When the media asked her how she felt about her winning streak, she said “it would not have been possible without the support of her coaches at the Centre for Sports Excellence in Bangalore as well as her training partners, friends and most of all her parents.”

Keep up the fighting spirit, Lakshanya!



Let's hear it for the **August Player of the Month** award winner: Jatin Kurdekar!

Special thanks to Yonex and Lanai Sports for sponsoring this award.

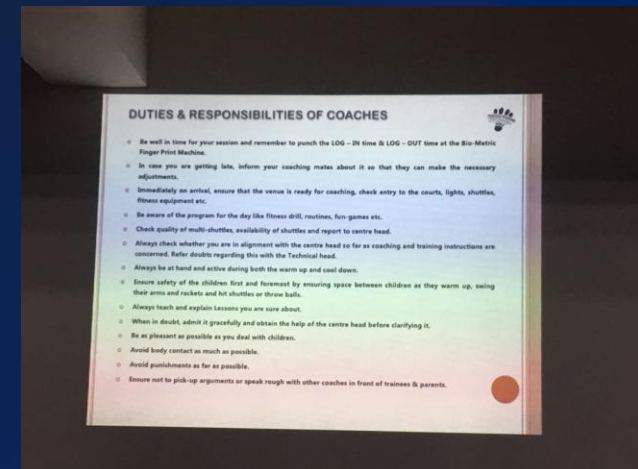




It was a busy month on the badminton courts. Starting off with the second edition of the PPSM Badminton Championship, an All India Open Tournament, our trainees S.Jatiin and Jennifer Priya made it as the Runners-up in the Under 17 Boys Singles and Under 15 Girls Singles respectively. The next day in Mysore City, Prithvi Roy, a PPSM trainee won Under 17 Doubles title at the Mysore State Ranking Badminton Tournament and made it to the finals of Under 17 Singles.



PPSM Technical Head Mr. Balachandran lead a week long workshop for the coaches to equip them with techniques on handling the beginner and intermediate students.





Mr. Parmeet Singh, a star coach of the Ray Malik School of Squash won the Otters Open Squash Championship in the professional category held in Mumbai.

The Squash School is a great place to learn the game squash with an amazing training program for beginners, intermediate, advance and for professional too. The program has over 20 active students and several more occasional students who train here like National player, Tarun Mamem.



The squash players and Brig. Malik are seen in action working on agility and stamina building.



## What's making news?

1. Indian Cricketer Dhaval Kulkarni visited SIX to practice his swings
2. SIX Coaches had Q&A session with Greg Chappell, about which Pune Mirror published an article
3. SIX boys will be representing for Deccan United and Vijaya CC in the YSR memorial Tournament



### Rahul Dravid presents Greg Chappell Abhinav Bindra's autobiography

By Vijay Tagore, Pune Mirror | Updated: Aug 29, 2018, 09:29 IST



*Greg Chappell with Rahul Dravid at the Padukone-Dravid Centre for Sports Excellence, in Bangalore.*



A-

A+

It's not just Greg Chappell who heads a centre of excellence in Brisbane. Even Rahul Dravid has one. And when both met in Bangalore, the former took Chappell to his own academy - Padukone-Dravid Centre for Sports Excellence, in Bangalore.

#### Read Also:

**Four overs for one run:  
Mohammad Irfan breaks T20  
record**

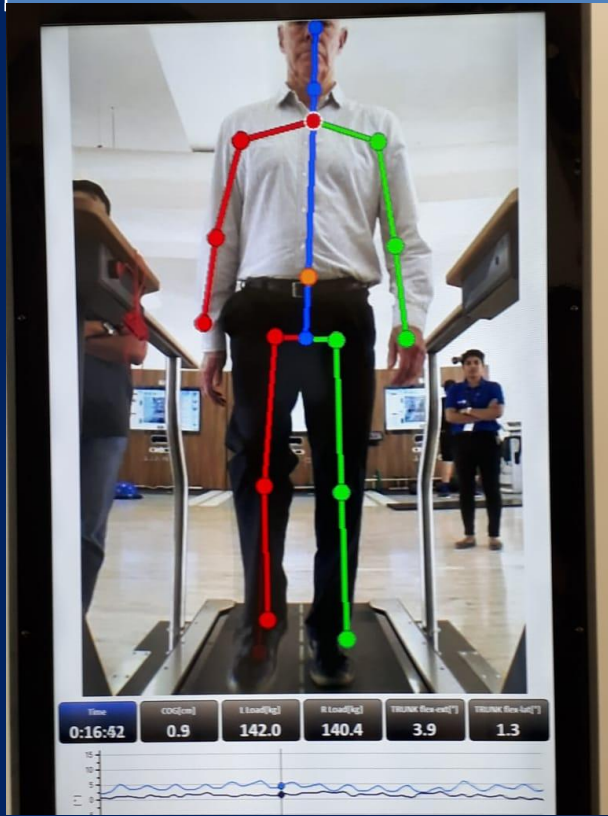
The facilities at the Bangalore centre – which is still under construction -- impressed Chappell immensely. “The Quality of the facility is hard to overestimate,” he said. “I

## Visitors and News at Abhinav Bindra Targeting Performance Centre

**Mr. Greg Chappell tries out  
the Walker View**

**Training sessions for PBI  
players**

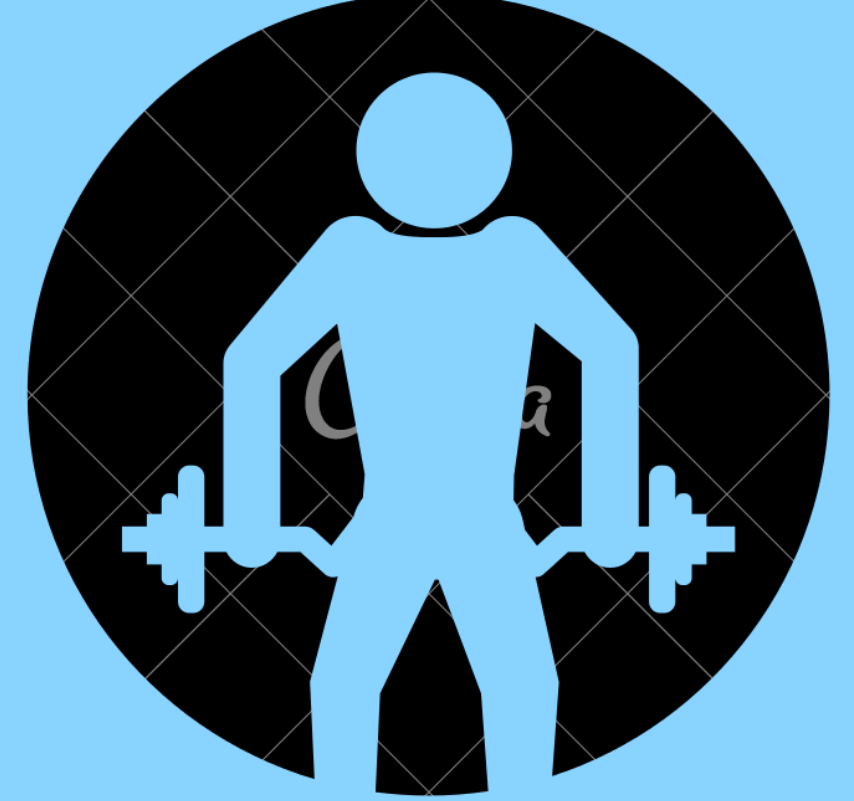
**RCB Management team &  
former cricketer Mr. Ashish  
Nehra visit and try the  
Tecnobody machines**



# What makes a player mentally tough?

## Ability to Adapt

- View problems as challenges
- Look for alternate solutions
- Don't give up
- Be determined



## Confidence



- Remember your strengths
- Focus on yourself
- Good body language
- Helpful self- talk

## Commitment

- Focus on self- improvement
- Compare yourself with YOU
- Set shorter goals between larger ones
- Establish routines at home and on the court/ ground
- Be consistent



## Control

### Emotions

- Don't get distracted
- Manage your anxiety
- Be assertive

### Yourself

- Be responsible- for your things and your schedule
- Respect yours and others' time
- Take time for rest and recovery