

Football

The 21st FIFA Men's World Cup is just around the corner, and if Moscow seems too far away, you can still catch some of the passion by following the matches here.

Football fever here at CSE has been no less, either. The Boca Juniors Football School has partnered with CSE to train their young stars on our premises, and they sure have been busy! After a month-long Intensive Programme during April with 40 students from across Bangalore, Boca kick-started a successful Excellence Programme 2018-19 Season for advanced players in Under 15 & Under 13 categories. The Excellence Programme Technical team is spearheaded by Technical Director Michael Christopher Leonard, who is a hugely experienced football Coach with Double UEFA A Licences - for Outfield and Goal Keeping - and managed Notts County Academy in UK for several years. Mick has taken the task of revamping Boca's training sessions with the objective of individual and team development, and is supported by experienced AFC Licensed Coaches. Physical Conditioning & Strengthening sessions were supervised by Deckline Leitao, with Sports Psychology sessions delivered by Ayan Merchant and Sports Nutrition expertise delivered by Dr. Sowmya.

Boca also started a 4-month-long Boca Internal League for U16 and U13 Groups at CSE, completing two League matches in April. All matches are being officiated by licensed referees, and conducted in the presence of an on-field physiotherapist.

CSE's other football partner BYFL successfully finished their 2nd summer camp in the month of May, and kicked off their own High Performance Coaching Programme for U-13 & U-15, from May 18 onwards. BYFL is also the first in the city to start intensive coaching for U-9 and U-11 age category. BYFL also conducted their AIFF-D Licensed Coach training camp. CSE's very own football groundsman Ajit participated in the training and is now a certified AIFF-D coach. We are bursting with pride and wish him the very best of luck!



Feature

Playing a sport at competitive levels isn't easy at any age, even more so when you're a kid who loves school. With strict routines to be followed and sacrifices to be made, talented children in sports are as much driven by their love for a game as they are by the vicarious ambitions of well-meaning family and friends. The best of such young talent however, have one thing in common - the sheer joy of playing. So it is with Lakshanya Vishwanath, an upcoming tennis talent who is honing her skills at CSE, under the watchful guidance of Clark Corey and Jorge Pinilla Hernandez of Peter Burwash International Tennis Academy.

We'll let you in on a secret. Lakshanya loves....badminton. Playing the game with her father "for fun", she enjoyed the long, long rallies. "I just love badminton! It's kind of easier to learn, you can play anywhere, you don't really need a court for it to hit the shuttle - not if you're just playing for fun."

But then she picked up a tennis racquet. Tennis was a challenge, says Lakshanya, and if there's anything she loves as much as having fun, it's a challenge. "When you see people playing tennis you think it is easy. But when you pick up the racquet the first time, it's incredibly hard to actually make proper contact with the ball. That's what I just love about tennis. It's challenging, you have to practise every day to keep your technique. Challenge is really important for me." Overcoming that challenge translated to the fun and enjoyment of the game, the satisfaction of..."Hitting the ball!" This is said in chorus with Lakshanya's good buddy and fellow trainee, 14-year-old Vishal Gautham, who clearly loves to tell a good story. Today he's animatedly sharing the moment he first took up a sport. He was three years old when he entered the deep end of a swimming pool and "nearly drowned", he announces dramatically. He couldn't go near a pool again after that, and so he turned to tennis.

Today, Lakshanya and Vishal are hitting partners at CSE, but both have had a fair degree of exposure to international standards of training. Lakshanya's first coach, Raghuveer Ponnuswamy, was an Assistant Coach to Monica Seles and Andre Agassi, and it was when she trained under him at Mysore for a year that she began to take her own talent for tennis seriously. Raghuveer registered her for her first tournament. "I was about 10 years old. I lost in the qualifying round against the No. 2 in the Under 12 category, Sharon Williams. I had no idea who she was when she walked in - she was small built and I thought I could easily beat her. But she beat me hollow - I lost 6-2", she laughs.



Her Mysore experience, however, made her take tennis seriously. She joined the prestigious Czech Lawn Tennis Club (CLTK) at Prague for 3 months under the tutelage of former Czech No. 2 Petr Vojtisek. Returning to Bengaluru, she joined the Rohan Bopanna Tennis Academy, grabbing the chance to visit the Eddie Herr and Orange Bowl International tournaments. The experience altered her perspective of training and coaching standards in international tennis. "Watching how kids of our age, some even older, trained there was an eye-opener. There were professional players there too, and I realised how much work goes into making a world-class player," she muses. Playing at CSE is a huge advantage, Lakshanya feels. "This place is world-class - it's closest to the facilities I've seen abroad. Nothing's missing!"

Vishal is more expansive as he talks about ASC Sanchez Casal Academy, Barcelona, where he spent 6 months training at the age of 10. "See, my dream is to become the best tennis player. Ever. Top 5, Top 10. But millions of people want the same, so you need to make sure you work harder than them, every single day." The Academy had an immense impact on Vishal's understanding of the levels of training required to fulfil his dream. "Sanchez Casal put me on the right track. Before that I was playing thrice a week and going to school. But there I saw kids much younger than me, training much harder than me, and for more hours."

Lakshanya chimes in, "Then there's fitness - 5 different types for 5 different days. Lower body, upper body, endurance, movement (on the court, game by game)...and Fridays we have Insanity!" And what might that be, we're almost scared to ask. "You basically kill yourself!", she says, her poise disintegrating into a fit of teenage giggles. "It's a series of exercises you do for a specific amount of time; in the first set you go easy, the second 50% and the third set - 100%. It just kills you."



Does this degree of commitment scare Lakshanya? Is she willing to give up everything to chase that tennis dream, I ask. Pat comes the unequivocal reply, "Of course! It's tough, sometimes you don't feel like getting out of bed. But my passion and love for the sport drives me. I have to give 100% every time."

No doubt, she understands that sacrifice is part and parcel of the dream. Her training in Mysore meant she and her father stayed away from her mother and brother for an entire year, visiting intermittently. She was only 10 years old, but she understood that living apart was another step towards moving her game up several notches. Giving up full-time school after Class VII was another decision her family was forced to take in the interest of her commitment to tennis. "In the beginning, I missed school terribly, missed hanging out with friends and having fun. I really liked going to school. But I found it difficult to balance studies and tennis, and I really couldn't cope. The ICSE Board is tough."

The perfectionist attitude inherent in every promising sportsperson is evident. "If I have to take tests and write exams, I just can't be satisfied with an average score. I have to do well or else I'm not happy. It was putting a lot of pressure on me, but in the end I knew it was only tennis for me." Now, Lakshanya studies under the NIOS system, which allows for the convenience of home tutoring and flexible exam dates. The NIOS system is also considered for admissions to a college in the US, which is her "Plan B" into the international pro circuit. "If by the time I'm 19-20 years old I can't get to the pro circuit, I plan to study in a US college where they pay for your kit and your tuition and encourage you to represent the University. John Isner did that - he played for his college, Division One and then the Futures. That's how he broke in," she adds.

Such confidence and clarity of vision in one so young is awe-inspiring, but Lakshanya's mentors are quick to vouch for her mettle. Says Clark Corey, Technical Director of PBITA at CSE, "Lakshanya is a true exemplar of the kind of athlete we want here at CSE. She puts in a 100% effort each and every day she is on the courts, playing tennis or working on her fitness. She has a great attitude, is well spoken and a great team player."

The respect is mutual, clearly. Lakshanya's ideal of the perfect coach is a combination of Jorge Pinilla, for his expertise in the baseline game and movement, and Clark Corey, for his experience in the tactical aspects of the game, "when to move in, how to pick the right shots - the lobs, volleys and drop shots." Jorge also commands respect because he inspires Lakshanya to stick with tennis, now and in the future. "He was a hitting partner for the professional players, he was a Tournament Director, now he's coaching professionally and is really well-known. When I see him, I know there are unlimited options for me to continue playing tennis. No matter what I do, I always want to be professionally associated with sport, like him."

Above all, she says, her coaches want their pupils to be "better people first and then better players." It's a lesson that she takes seriously. "They teach us to take responsibility for ourselves; to be honest, humble and grateful; to respect other players and coaches. That's important to them, and to me."

If that were the only lesson she took from playing the game she loves so much, Lakshanya Vishwanath would make her family and mentors proud. We have no doubt she already does!

Squash

In our last issue, we introduced you to Brigadier Ray Malik, who has partnered with the Padukone Dravid Centre for Sports Excellence through the Ray Malik School of Squash (RMSS). The School successfully completed 3 action-packed summer camps over the last two months, during which they introduced the basics of squash to many children unfamiliar with the joys of the game.



In addition, with a clear agenda to help athletes perform at the highest levels of the sport, RMSS has launched one of the most exclusive & high performance programmes for rising squash players in India. The RMSS programme includes:

- Initial Consultation & Discussion of Goals
- Functional Warm-up & Fitness Screening
- Technical Assistance, Movement & Timed drills
- Match Play & Tactics
- Nutrition & Sports Psychology
- Tournament Preparation & Selection
- Lesson Review & Future Goal Setting

RMSS also runs a year-round programme for squash enthusiasts, with the objective of creating an environment in which children are able to explore their talents, increase their fitness, develop specific skill sets and ultimately build a more positive & healthy community.



Cricket

The SIX Cricket Academy had a busy season, participating in the Save the Water Cup U-13 and the Hyper Turf U-12 tournaments. Our youngsters distinguished themselves with their performances, winning the Save the Water Cup and claiming many individual titles - Samit Dravid was awarded the *Man of the Series*, Ronak Yelwal the *Best Bowler of the Tournament*, Rishav Appachu the *Best Batsman of the Tournament* and Dhruv Kumar was awarded the *Man of the Finals*.

Team SIX Royals also emerged as Runners Up in the Hyper Turf tournament, with Akshath Prabhakar winning the title of *Best Batsman of the Tournament* and Ajay Madhusudan *Best Bowler of the Tournament*. Way to go, boys!



Quiz On!

1. Identify this player and the tournament.



2. When is the second timeout taken during an IPL match?

- A. Between 13 -16 overs
- B. Between 12 -16 overs
- C. Anytime after 10th over
- D. There is only one timeout

4. Which Formula 1 team last won a Grand Prix 100 races ago?

- A. McLaren
- B. Renault
- C. Red Bull
- D. Ferrari

5. Who does this most famous left leg of all time belong to?



3. When Real Madrid beat Liverpool in the final in Kiev, it was the fifth straight season that the Champions League trophy ended up in Spain. Which nation has had most successive winners in European Cup/Champions League history?

- A. England
- B. Spain
- C. Germany
- D. The Netherlands

What's your score?

- 1) Easy one. It's Japan's Kei Nishikori, who suffered his fourth-round defeat at the hands of Austrian Dominic Thiem in the French Open, 2018 at the Roland Garros.
- 2) If you got this wrong, you're no IPL fan! The correct answer is between 13 -16 overs.
- 3) England had six consecutive winners between 1977-1982. Liverpool won three of those titles, Nottingham Forest won two with Aston Villa being the other winners.
- 4) Hit the right Button? It's McLaren. Their last win came at the Brazilian Grand Prix in 2012, when Jenson Button topped the podium.
- 5) OK, so it's not really about sport, but you got this - of course, it's Lionel Messi. Thiago is the name of Barcelona striker Lionel Messi's eldest son.

Tennis

The first PBI CSE Summer Junior Tennis Camp was an unqualified success! The camp filled 111 spots over 4 sessions covering April and May, with the busiest level being the Under 10 batch. The Under 14 and Under 18 batch had many repeat students who will continue to stay in PBI's year-round programme beginning on June 4. Some of the highlights of the camp included: daily homemade health snacks by Rose Corey (thank you, Rose!), fitness workouts utilizing the tennis courts, football field and agility ramps/stairs, lunch at the Food Bowl, Wednesday Match Day and the end of the summer internal handicap tournament and celebration.



PBI's regular year-round programme starting June 4 will include a full day programme (9:00am - 4:00pm), an after school advanced programme (4:30pm - 7:00pm), an after school intermediate programme (4:00pm - 6:00pm) and the weekend programme for all levels. PBI added two local Indian coaches to handle the additional summer camp load and will be looking to expand their team and programmes further.



PBI's Lakshanya Vishwanath has been a runner-up at a local tournament, our Player of the Week and most recently the Under 18 champion of an AITA Champion Series tournament here in Bangalore, where she played 5 matches in two days and beat the #1 seeded player in the second round. At only 14 years of age Lakshanya is starting to make an impact in older age group tournaments. During the recent tournament she soundly beat the #1 seed in the tournament who was also the #1 rated 14 year old in India.

Samiksha

Legends of sport will concur that excellence comes not just from the passion to win but to win against the very best, to throw themselves into challenge at the highest level. This requires a quality of mental toughness that needs to be cultivated and sustained through specific techniques of managing emotions, confidence, determination and body language.



CSE has partnered with **Samiksha**, an organisation that has been working together with the Academies to provide mental fitness and training for our athletes over the past 3 months. **Samiksha** believes that training the mind is as important to the growth of an athlete as nutrition, technique, tactics, fitness, and strength. **Samiksha** has conducted group sessions for CSE's summer camps as well as the Coaches Excellence Programme organised by the Olympic Gold Quest (OGQ) last month on motivational climates for their badminton coaches. Academies such as Prakash Padukone Sports Management (PPSM), Peter Burwash International Tennis Academy (PBITA) and Dolphin Aquatics have participated in these sessions that presented an introduction to sport psychology as well as busted myths relating to it. Their group sessions target broader categories and teach more generalised techniques, while one-on-one sessions are tailored specifically to meet each athlete's needs.



Badminton

Prakash Padukone Sports Management had a busy summer, with 42 students from Vishwa Vidyapeeth School and 34 students of the combined Summer Camp participating in the PPSM Summer Camp 2018. PPSM saw record registrations of 120 players for their advanced level coaching programme.

Over at the Tata Padukone Badminton Academy, PPBA conducted an induction programme for their select 45 competitive-level, full-time trainees. The session was a brief introduction to the programme followed by an inspiring speech by their idol, Prakash Padukone, and an exclusive viewing of his thrilling All England Championship win in 1980.



Sports fans were super-excited to see two of their all-time favourite badminton idols, who visited CSE to motivate their fans in their passion for the game - Aparna Popat, 9-time national champion in Badminton, two-time Commonwealth silver medalist and a former protégé of the Tata Padukone Badminton Academy, and Kidambi Srikanth, Olympian and former badminton World No. 1. Srikanth visited our facility as part of the GoSports mentorship programme and took the opportunity to offer a few words of wisdom to PPSM's advanced level trainees.

