

2ND EDITION

HIGH PERFORMANCE COACH DEVELOPMENT PROGRAM

Participant Profiles



Knowledge partners



HIGH PERFORMANCE COACH DEVELOPMENT PROGRAM



Online program for coaches and performance specialists by ELMS Sports Foundation in partnership with Abhinav Bindra Foundation & Loughborough Sport.

The online High Performance Coach Development program is designed for coaches and performance support specialists working in competitive sports who are responsible for helping athletes achieve optimal athletic performance at the professional level.

The program is packed with practical information and insights from experts interspersed with ample problem-solving exercises and analytical discussions with peers so that coaches of all sports and performance specialists can successfully take their athletes to the next level and develop their sports potential.

Participants will benefit from a comprehensive yet flexible curriculum designed in partnership with internationally respected coach practitioners and academics from the field of coach education.

PROGRAM HIGHLIGHTS



Program curated in partnership with Loughborough Sport (the sports arm of Loughborough University, voted 'The Best University for Sport in the World' by QS World University Rankings for 6 consecutive years (2017-2022))



Program modules designed by experts in learning and development, coach education and applied sports sciences

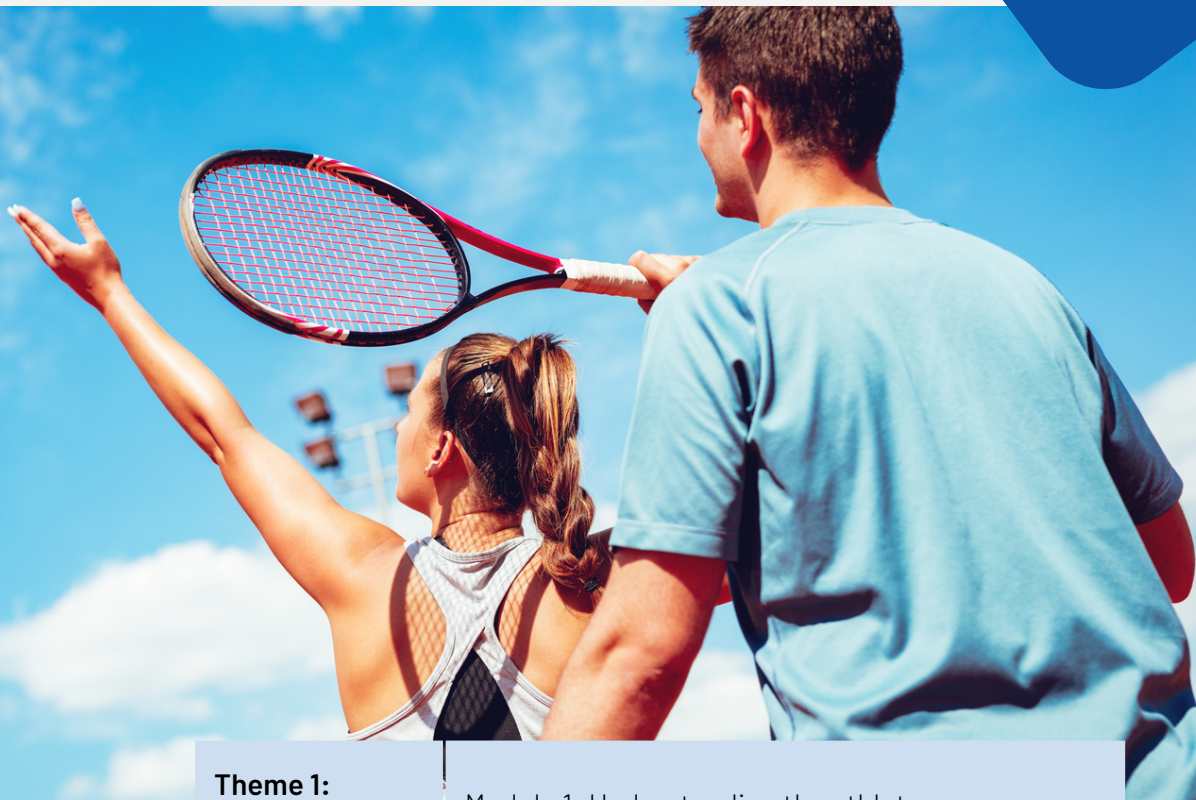


Program modules taught by experienced practitioners as well as academic experts



Includes project-based learning and the development and implementation of an individualized coach development plan

LEARNING MODULES



The program includes 12 modules across 5 overarching learning themes identified as central to the success of performance coaching.

Theme 1: Athlete Development	Module 1: Understanding the athlete Module 2: How athletes learn and make decisions
Theme 2: Coaching Methodology	Module 3: Effective coaching philosophy Module 4: Performance planning and effective coaching strategies
Theme 3: Integrating Sports Science in Coaching	Module 5: Nutrition and sports science Module 6: Physio/injury management and S&C Module 7: Sports psychology Module 8: Performance analysis
Theme 4: Self Development & Leadership	Module 9: Using reflective practice to increase self-awareness Module 10: Managing others
Theme 5: Mentor Coaching & Learning	Module 11: Components of a world-class coaching environment Module 12: Course plenary

ABOUT ELMS SPORTS FOUNDATION



ELMS Sports Foundation is a not-for-profit initiative committed to accelerating the development of sports in India. We are a Physical Literacy and Sports Excellence promotion organization with a vision of creating and disseminating world-class sports knowledge among all Indians. We aim to act as a critical change agent to ensure healthy and happy children, empowered coaches/PE teachers, aware parents, performance-oriented administrators, and knowledgeable stakeholders.

ELMS Sports Foundation under the guidance of Pullela Gopichand and Abhinav Bindra is committed to accelerating the development of our country through a Physically Literate society and high-performing athletes. The Foundation is promoted by Mr Jalaj Dani and Ms Vita Dani. Reliance Foundation, the philanthropic arm of Reliance Industries Limited, is also committed to supporting ELMS' vision. The ELMS Board of Directors includes Mr. Kamlesh Mehta, Arjuna Awardee and 8 times National Table Tennis Champion, and Mrs. Monalisa Mehta, Arjuna Awardee and National Women's Table Tennis Champion.

ABOUT THE ABHINAV BINDRA FOUNDATION



The Abhinav Bindra Foundation is a non-profit organisation that has dedicated itself to Sporting Excellence. Through ensuring global best practice is made available to all, the Foundation identifies ways to educate, inspire, and help the Indian ecosystems accept nothing but excellence. Founded by India's first Olympic Gold Medalist Abhinav Bindra, the Foundation currently works with Sports Science and its implementation in India as a primary focus, with the intention to also ensure skill development, education, and social upliftment through sport can be explored.

The three Avenues of Outreach that the Foundation employs are:

- Education and Awareness
- Intervention
- Research

Using these Avenues, the Foundation has reached out to almost 800+ athletes across 6 cities, as well as the surrounding ecosystem, bringing all a step closer to excellence.

ABOUT LOUGHBOROUGH SPORT



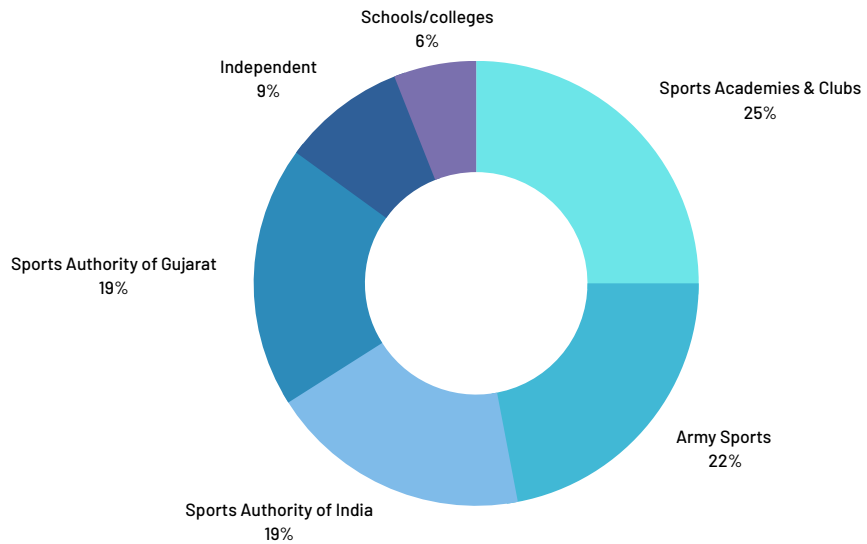
Voted 'The Best University for Sport in the World' by QS World University Rankings for six consecutive years (2017-2022), Loughborough University boasts the greatest concentration of high-performance sports facilities than anywhere else in the UK and is proud to be associated with world-class sports organizations including the British Olympic Association and National Governing Bodies for Cricket, Swimming, Athletics, Triathlon, and Weightlifting.

Loughborough Sport, the knowledge partner for the program, plays host to many of the highest-performing athletes and teams in the UK. All its programs are led by expert coaching personnel who are constantly striving to improve both individual and team performance and are supported by a wide range of skilled support services.

NUMBER OF PARTICIPANTS THIS YEAR



NUMBER OF PARTICIPANTS IN DIFFERENT SPORTS CATEGORIES



Sports Academies & Clubs	Army Sports	Sports Authority of India	Sports Authority of Gujarat
08	07	06	06

Independent	Schools/Colleges	TOTAL
03	02	32

PARTICIPANT PROFILES



Aakash Thakor
Coach - Judo,
Sports Authority
of Gujarat (SAG)

Aakash completed his diploma in Sports Coaching from Sports Authority of India, Patiala in 2009-10. He currently works as a judo coach at the Sports Authority of Gujarat since 2010.



Abhishek Das
Coach - Shooting,
Orissa Rifle
Association

Abhishek graduated with a mechanical engineering degree and a master's degree in political science. He earned his shooting coach certification from NIS Patiala.



Ashutosh Pant
PE Teacher -
Badminton, Indian
School Muscat

Ashutosh is a former state, national and university medallist with a degree in Physical Education from LNIPE Gwalior. He has been involved in learning and coaching badminton since 2009. He also completed an online course for beginners from Prakash Padukone Badminton Trust. He wishes to upgrade his knowledge in badminton and the different dimensions of coaching.



**Dr Atul Balwant
Gaikwad**
Global Head Coach
- Cricket , SRT 10
Global Academy

Hailing from Pune, Dr Atul is a cricket coach, coach developer and an open-minded student of coaching and sports. He has been a coach since 1991. He played state junior cricket and was a skipper for the Pune University team. He served as coach for the Maharashtra team (U-17 and senior women), and coached at the National Cricket Academy. He also briefly worked as the assistant head of education at BCCI. His last post was director of coaching for Sikkim Cricket.

PARTICIPANT PROFILES



Abhijeet Kulkarni
Mentor - Badminton,
Table Tennis

Abhijeet is a planner and mentor for kids. He has worked with more than 30 internationals.



Babul Kumar Basumatary
High Performance
Coach (Athletics),
Sports Authority of
India (SAI)

Based in Assam, Babul represented his State in national and all-India interiversity competition as an athlete. He completed his Bachelor's in Physical Education in 1987-1988, and earned a diploma in Coaching in 1988-1989. He also earned a Strength & Conditioning diploma from Hungary and also have completed a course from IAAF. He has been associated with SAI since 1992, and currently works as an HPC (athletics) posted in SAI Sports Training Centre in Kokrajhar, Assam.



Basant Rana
Coach - Athletics,
Army Sports
Institute, Pune

Basant is a racewalker who represented India at international levels several times. He has four national records in his sport. He participated in the London Olympics 2012 as the first Indian qualifying in 50km racewalking. He started his coaching journey in 2020, and currently works at the Army Sports Institute, Pune. Till date, among his students, two have participated in the Tokyo Olympics, and many are national medalists, having participated at international levels.



D Gokul Prasanth
Operations
Manager -
Football,
Chennaiyin FC

D Gokul took up football as a recreational activity, which slowly evolved into a deep passion. Unfortunately because of an injury, he could not pursue the sport professionally. So he turned to coaching to guide other passionate players. He has now worked as a coach since the past five years, and is currently employed part-time at a top tier football club.

PARTICIPANT PROFILES



Deepak Malik
Head Coach -
Archery,
Sanskardham
Sports Academy
under Sports
Authority of India
(SAI)

Deepak has been a sports enthusiast since a young age. His father was a national level basketball player, which helped him develop a keen interest in sports. Deepak played school and national level basketball, handball and cricket. Eventually he focused only on cricket, but had to change sports because of a knee injury. Today, he works as an archery coach.



Dikshant Sanjay Jadhav
Coach - Shooting,
Sports Authority of
India (SAI)

Hailing from Jalgaon, Maharashtra, Dikshant works at Dr Karni Singh Shooting Range in New Delhi. Before this, he worked in the SSB (para military), as a shooting coach. His mentees have represented at both national and international level competitions.



Gokul Malik
Assistant Coach -
Fencing,
Sanskardham
Sports Academy
under Sports
Authority of India
(SAI)

Gokul completed his 10th and 12th from HBSE Board. He earned a BSc degree in Sports and a Bachelor's in Physical Education. He has 5 years of coaching experience.



Gurpreet Singh Subedar (Junior Commission Officer), Army Sports Institute, Pune

Hailing from Punjab, Gurpreet has won several medals in wrestling at the national level. As a coach, he has been part of the national team since the last two years. He has earned an NSNIS coaching diploma in wrestling after graduation and has also completed the strength and conditioning course at SAI/Ramanand University. He is currently coaching the army wrestling team at ASI, Pune.

PARTICIPANT PROFILES



Harikrishnan Belwal
Chief Coach -
Boxing, Army Sports
Institute, Pune

Harikrishnan is an international boxer and youth Indian team coach. He currently works as a Chief Coach at the Army Sports Institute, Pune. He hopes to develop his coaching skills, and gain more knowledge about strength training for boxers.



Kushal Sachdeva
Head of Department -
Physical Education,
GEMS Modern
Academy, Dubai

Kushal's journey began in October 2015 when he joined as a physical education teacher (PGT). Over the years, he has acquired certifications such as ASCA Levels 1, 2, 3, and 4 coach, a strength and conditioning coach, a sports nutritionist, an ICC Level 2 coach, an applied nutrition coach, a swimming instructor, and more. He has coached various teams in soccer and swimming, including Delhi State U-18 girls, Delhi State U-14 boys, Shimla Young's Club U-14 boys, Delhi State Men, British school students, and Modern school students. His own athletic journey encompasses national-level swimming, state-level soccer, table tennis, and lawn tennis, as well as representation in numerous international water polo tournaments.



Lokesh SP
Coach & Program
Head - Swimming

Lokesh is an avid sportsperson and swimmer with permanent physical disability (bilateral CTEV aka 'club foot'). He has sincerely attempted numerous swim events and competitions, securing honorable positions under the physically abled category and also open water swim. He currently works as a coach and program head.

PARTICIPANT PROFILES



Mandeep Singh
Fencing Coach -
Indian Army, Army
Sports Institute,
Pune

Mandeep is a former international athlete, who now works with the national fencing team as a coach.



**Mayank
Shantilal Sailor**
District Coach -
Football, Sports
Authority of Gujarat
(SAG)

Mayank has been associated with football for the last 20 years. He has actively participated at state, national and university levels in his football career. He has been working as a football coach at the district level sports school under the Sports Authority of Gujarat since last 7 years.



Nandan Phadnis
Teaching Faculty,
BCCI National
Cricket Academy

Nandan is a coach, administrator, consultant and coach educator, currently teaching at BCCI's National Cricket Academy. He has a Masters in Labor Laws and Labor Welfare. He is a former first-class cricketer who represented the state of Maharashtra. He has been a BCCI panel umpire and an All India Radio Panel commentator as well. He also worked as cabin crew with Air India for 32 years.



**Puskar
Chingshubam**
Coach - Diving,
Army Sports
Institute, Pune

When Puskar was 10 years old, he competed in gymnastics and karate. He won an international bronze in karate and played nationals in gymnastics. After coming to ASI at 13 years old, Puskar took up diving and won many national medals in the sport. He participated in four international diving events, even securing 11th position at the 2010 CWG Games in Delhi.

PARTICIPANT PROFILES



Ravinder Panghal
(PARA) Athletics
Coach, Army
Paralympic Node

Ravinder is a results-driven international para athletics coach with a proven track record of success and five years of invaluable experience. He is passionate about unlocking the potential of athletes with disabilities. He has consistently strived to empower individuals to surpass their perceived limitations and achieve greatness in the realm of para athletics. He has accompanied several Indian contingents competing abroad in competitions like the Tokyo 2020 Paralympics, 2022 World Para Athletics Grand Prix, 2022 Iwas World Games, 5th Indian Open International Grand Prix 2023, and the Paris 2023 Para Athletics World Championship as a coach.



Rishikesh Kumar
Head Coach - Football,
Alpha Sports Academy

Rishikesh is an AIFF-licensed football coach. He also represented at the national level as a player. He has been coaching since the last 4 years and has produced two international players currently playing in U-17 squad.



Santhosh Manat
Coach - Athletics,
Directorate of
Sports & Youth
Affairs, Govt of
Kerala

Santhosh is a retired air force master warrant officer, and currently works as an air force and services coach. He has 19 years of experience in athletics coaching, office administration and physical fitness training. He pursued sports seriously when he was only 21 years old, achieving excellence within 4 years of practice. He continued to actively play sports till about 34 years of age. He has won medals at national games, even scoring a record in 50 km walk and an Asian gold medal in 5km walk at the Masters Athletics Championship 2012 held in Chinese Taipei.

PARTICIPANT PROFILES



Saurabh Sharma
Co-founder,
Sparring Player

Saurabh is the co-founder of Sparring Player. He has participated in over 40 international tournaments across 30+ different countries and won 5 major titles. He has represented India multiple times in the World Championship and Badminton Asia Championship, achieving a highest world ranking of No. 44. He is also a TedX speaker.



Shivam Ashokbhai Upadhyay
Coach - Athletics,
Sports Authority of
Gujarat (SAG)

Shivam is an athletics coach working with the Sports Authority of Gujarat at District Level Sports School, Gir Somnath. Prior to this, he worked as a sports coordinator and athletic coach at the KSV University, Gandhinagar. He also worked as the assistant athletic coach in Striders Miles Pvt Ltd, Mumbai. He is passionate about training with grassroots athletes - from talent identification to developing them into intermediate and elite athletes. Under his coaching, an athlete secured bronze at the Asian Youth Athletics Championships in 400m hurdles and also recently created the Meet Record in U-19 School Games.



Shreesh Reddy
Founder &
Programme Director,
Matsya Incorporation

Shreesh is the former Coy Commander BSF, national champion and Ekalavya awardee. He is an ASCA Level 5 coach with 23 years of experience.

PARTICIPANT PROFILES



Sudarshan Mesare
Coach - Table
Tennis, Sports
Authority of Gujarat
(SAG)

Sudarshan is an ITTF Level 2 coach and a former national level player. He has produced many state and national level medalists as a table tennis coach at the SAG.



Sumit Kharpas
Coach - Gymnastics,
Sports Authority of
Gujarat (SAG)

Sumit has been coaching gymnastics for the past 9 years. While being associated with the Sports Authority of Gujarat, he has produced several gymnasts who have won medals at national levels, and others who have participated at both national and state levels.



Sunil Chaudhari
District Coach,
Sports Authority of
Gujarat (SAG)

Growing up, Sunil had to struggle a lot, pursuing the sports he loved without proper gear. Through Government sponsored khel mahakumbhs, he won a competition and was rewarded with prize money. He eventually won state levels too, which motivated him to play sports full time. In 2012, he was selected for the COE scheme of SAG. Today, he works as an athletics coach with the SAG and the government of Gujarat.



TP Mathiazhagan
High Performance
Coach - Kabaddi,
Sports Authority
of India (SAI)

TP completed his diploma course in sports coaching in kho-kho and kabaddi disciplines at SAI NSWC, Gandhinagar, Gujarat in 1990. In 1994, he joined SAI as a kho-kho and kabaddi coach and served with different schemes. He also served as the head of SAI training centre in Chennai. He was conferred with an international achievement award from the Chief Minister of Tamil Nadu and received an outstanding coach award from SAI.

PARTICIPANT PROFILES



**Thangudi Balli
Gangaraju**
High Performance
Coach - Hockey,
Sports Authority of
India (SAI)

Thangudi's first posting as a hockey coach was at the Sports Authority of India in Imphal, Manipur in 1992. Before joining SAI, he worked at Oil India Limited for 8 years as a player. At the SAI, he helped produce many good players for India. He was earlier posted in Hyderabad for 14 years, Bangalore for 5 years and Kokrajhar, Assam for 3.5 years. He is currently posted at TOPS NCOE, Bhopal.



**Vallabhuneni Naga
Raja Sekhar**
High Performance
Coach - Weightlifting,
Sports Authority of
India (SAI)

VN Raja completed his Post Graduation MA at Acharya Nagarjuna University and earned a PG diploma in Sports in Weightlifting from NSNIS, Patiala in 2003. He is a national medalist and all India universities medalist in weightlifting. While he hails from Vijayawada, Andhra Pradesh, he now works at the SAI National Center of Excellency, Itanagar, Arunachal Pradesh as the Head Coach - Weightlifting. He has over 20 years of coaching experience, producing 8 international medal winners and many other national medalists in his career.



**Waikhom Ranjan
Singh**
Subedar - Archery,
Army Sports
Institute, Pune

Hailing from Manipur, Waikhom is a coach at the Army Sports Institute of elite archers. His career in archery began in 1999 and he has been coaching since 2018. His motto is to gain more knowledge in sports science and deliver the best to athletes so that they can perform and compete easily at international tournaments.

ELMS sports



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Knowledge partners

