



ELMS
sports



HIGH PERFORMANCE COACH DEVELOPMENT PROGRAM

Participant Profiles

Knowledge partners





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.

High Performance Coach Development Program



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



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

Learning Modules

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



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.



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 The Abhinav Bindra Foundation



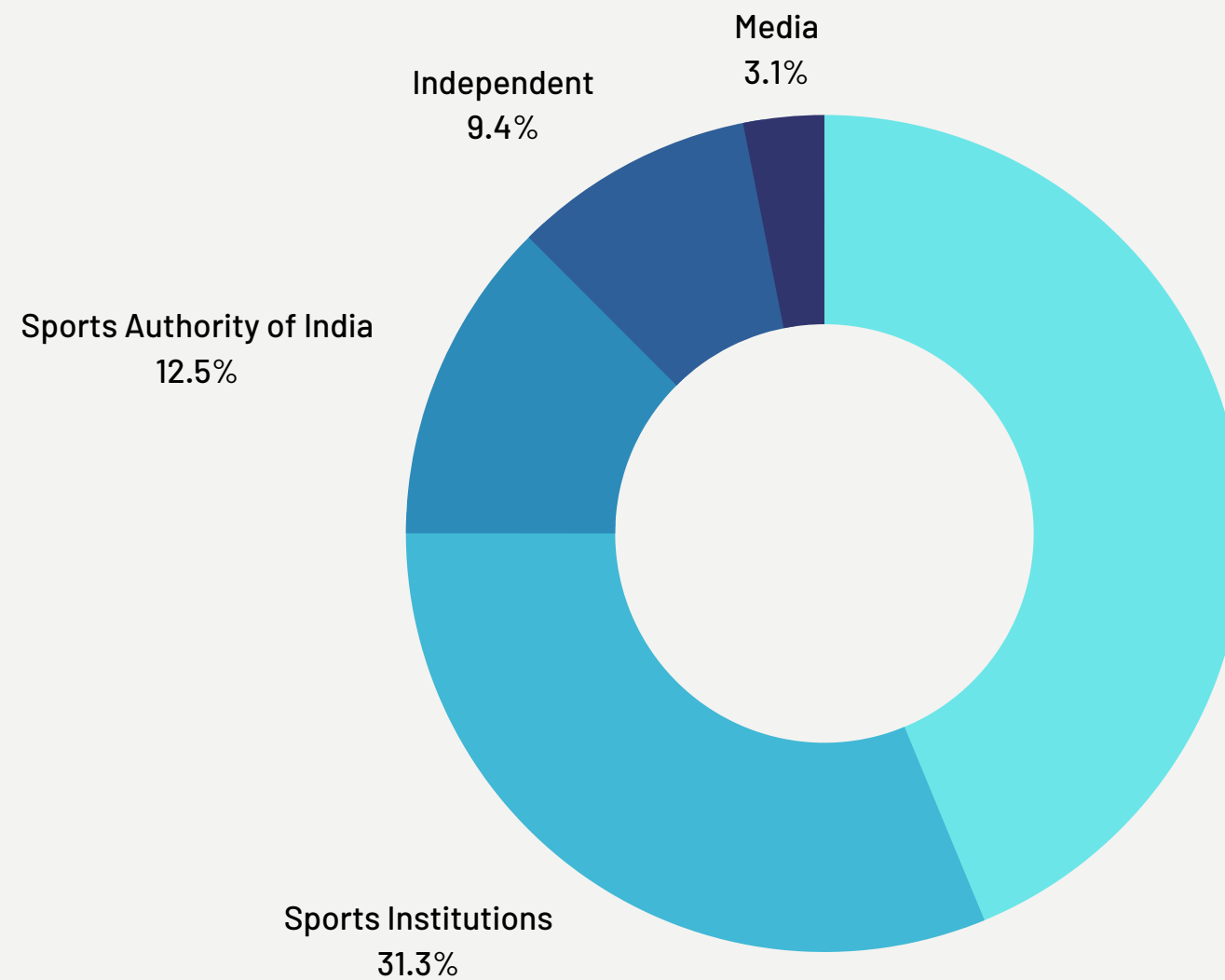
About Loughborough Sport

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



Army Sports	14
Sports Institutions	10
Sports Authority of India	04
Independent	03
Media	01
TOTAL	32

Participant Profiles



Arjun Pradipak
Sailing Coach

Arjun started learning to sail at the age of 7, under the guidance of his illustrious father CS Pradipak, an Arjuna awardee for Yachting. Sailing soon became his passion and he learned all the finer nuances of the game at the prestigious Secunderabad Sailing Club. Sailing became his first priority and he decided to follow his father's legacy by participating in various national and international sailing events and championships. He has been an active member of the Indian squad for a decade. His biggest accomplishment was participating in the Asian Games. For the past 6 years, he has started coaching young talent at the Secunderabad Sailing Club without any monetary benefits. His prodigy has made him proud by representing India at the Asian and international championships. Some of his sailors are a part of the National squad too.



Bomboji Sai Rohit
Assistant Coach, Gopichand
Badminton Academy

Sai Rohit represented India at the international badminton championships. He is now working at Gopichand Badminton Academy as an assistant coach.



Mihir Vasavda
Senior Assistant Editor,
The Indian Express

Mihir has been a sports journalist since 2006, covering a wide range of disciplines as well as policy issues. His area of expertise is Olympic sports and so far, he has covered 2 Olympic Games, 2 Commonwealth Games, an Asian Games, and a football World Cup, among other local, national and international events, as a journalist.

Participant Profiles



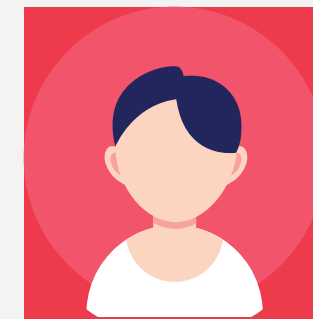
Dr Kinjal Narendra Suratwala
Head - Coach Education and
Program Development,
Coaching Beyond

A medical graduate from Mumbai, Kinjal pursued courses in Sports Medicine, Exercise Physiology, and Cricket Coaching. He worked as a sports physician with the Mumbai Cricket Association and Piramal Hospital after which he was Head, Sports Science and Coach Education at the National Cricket Academy, Bangalore. He later led game development at the Andhra Cricket Association and then Himachal Pradesh Cricket Association. Currently, he works with Coaching Beyond, an organization formed by Ravi Shastri, ex-India Test cricketer, and coach where he looks after education and program development.



Kushal Sachdeva
HOD - Physical Education,
GEMS Education

A passionate sports person and educator, Kushal has been teaching and coaching for over a decade now. He is an international water polo player and a national-level swimmer. He loves to play most sports and is always looking forward to learning something new.



Akshay Kalidas Didwagh
Mann desi Champion, Mann desi
Foundation

Akshay is a gym coach and K11 certified personal trainer.

Participant Profiles



Nishigandha Jagdishchandra Kinalekar
President & Mental Coach, Ambernath Rifle & Pistol
Shooting Club

Nishigandha was fond of sports since childhood and was accidentally introduced to shooting sports at the National Cadet Corps. Since then she has developed a passion for shooting sports, all thanks to her coach Sanjay Chakravarty and mental coach Bhishmaraj Bham. After winning the national medal and All India Masters Shooting Junior Championship gold medal in 1996, she pursued a career in textiles, which unfortunately meant she had to stay away from shooting. With her husband's support, who is a shooting coach and a player still, she established a shooting range in her district in Madhya Pradesh, and with the help of state government officials, her club was finally set up in 2019. In 2021, 12 players from her club became national players and many have been trying luck in trials. In the future, she would like to give back what she received from her gurus and would like to work towards the upliftment of shooting sports.



Sivarajan Revamma Arun Vishnu
HR Manager, Indian Oil

Sivarajan was an international badminton player from Kerala. He has won 5 international titles and finished runner-up 6 times. He has represented the country in Asian Games, World Championship, Thomas Cup, Sudirman Cup, and Asian Badminton Championship multiple times. He has been 6 time National Champion & also won 4 Gold in National Games in 2012 and 2015. He started coaching in the year 2016. From 2016-2019 worked with the Junior Indian Badminton team. From 2019 onwards working with the Senior Indian Badminton Team. He has been part of the National Badminton Team player from 2005-2016. From 2016 onwards he has been part of the National Badminton Team as a coach. Pullela Gopichand, A Nazer and Ganguly Prasad are the coaches who guided him in his playing career. Now it's been an amazing experience to do coaching under the guidance of Pullela Gopichand. He works as a Manager (HR), at Telangana & Andhra Pradesh State Office, Indian Oil Co Ltd Indian Oil which grants him on duty permission to do coaching.

Participant Profiles



Sundaresh Satyanarayana
Head Coach - Swimming, Khelo India State Centre of Excellence, Department of Youth Empowerment and Sports, Government of Karnataka

Sundaresh is a certified Level 3 Swimming Coach from American Swimming Coaches Association, USA. He is also an ambassador for the IM Program promoted by Michael Phelps Foundation, USA. He served as head coach for the Indian swimming team during the World Summer Games in 2011, World Aquatics in 2012, and Asia Pacific Games in 2013. He also served as Head Coach at INDUSS Swimming Academy, Dubai. He is currently employed as Head Coach - Swimming at Khelo India State Centre of Excellence, Department of Youth Empowerment and Sports, Government of Karnataka, Bengaluru.



Vinod Kumar Nr
Head Coach U13, Chennaiyin Football Club

Vinod thrives on challenges and constantly set goals for himself. He is not comfortable with settling and is always looking for an opportunity to do better and achieve greatness. Being an assistant coach to becoming the head coach of Under-13 in the same firm seems that he has achieved a goal. He loves meeting new people and he can almost always find common ground with strangers. He finds this skill especially helpful when he comes across people from different regions. He prides himself on his communication skills which he considers an essential skill to being a football coach.

Participant Profiles



Goutam Singh Virdi
Taekwondo Coach, Sports Authority of India

Goutam has been associated with Taekwondo teaching and coaching for the last 2 decades. He holds a Masters's degree in Sports Coaching - Taekwondo from Kyung Hee University, South Korea. Presently he is a Taekwondo coach and a teaching faculty employed at the Sports Authority of India, where he trains athletes of national and international levels and also conducts theory and practical classes for budding coaches. He has been the head coach of the National Taekwondo Team at the Asian Games, World Championships, SAF Games, and so on. He has also published a few research papers related to Taekwondo and sports sciences.



Kishor Kumar
Chief Coach - Judo, SAI NSNIS Patiala

Kishor was formerly a judo coach at the Sports Authority of India for the last 30 years. He has accompanied the Indian Judo Team for International Judo Championship on several occasions. Now residing in Patiala, he is looking forward to pursuing this program on the recommendation and sponsorship of his department.

Participant Profiles



Mohit Ashwini
Fencing Coach, Sports Authority of India

Mohit is an international fencer and National Games champion. He has produced many international fencers - many of his have reached the quarter-finals of the Asian Games 2018. With a Master's degree in Physical Education, he has completed an international Coaching Course from Hungary and has also done his specialization in Epee events from China under "the FIE". Mohit has a total 21 years of teaching (academics) and coaching experience.



Prakash H Gangadhar
Senior Archery Coach, Sports Authority of India

Prakash works at the Sports Authority of India's Academics division as the Archery Department's Head of Faculty. His main role involves imparting knowledge to diploma, certificate course, and refresher course trainees and coaches of archery - theoretically and practically as per syllabus, with the objective of developing archery education, coaching levels, and producing high-level performance coaches with proper scientific and optimum knowledge of sports coaching. He hopes to achieve excellence in sports with special emphasis on excellence in the Olympics by way of imparting world-class training to the development level of coaches and also by applying a scientific way of coaching to NCOE archers. He has also trained Kolkata COE/NCOE Archers and has produced world championships, Asian championships, Asia Cups, World Cups, and international archers and win medals and glory to Rour country.

Participant Profiles



Dhirender Singh Jamwal
Coach, Lakshya Shooting Club

Dhirender has been a sportsman all his life and he believes, sports have made him the person he is today. Being an IT graduate, he has also contributed to the export economy in a corporate setting, however, his heart has always been set on sports. Most of his skills are based on being hands-on and being outdoors which is what appeals to him the most. He enjoys cricket and volleyball. However, he hopes to one day represent Karnataka in skating and win a medal for India in shooting.



Ramesh Mali
Head Coach, Lakshya Shooting Club

Ramesh Mali currently works with Olympian, Arjun Awardee Suma Shirur, and Lakshya Shooting Club founded by her in 2006. Since then, he guides encourages, and supports shooters in achieving their goals. He hopes to work for athletes to achieve their goals in the sport of shooting with the help of his knowledge and experience gained through the years.

Participant Profiles



Shubham Patidar
Shooting Sport (Pistol Coach), Lakshay Shooting Club Mumbai

Shubham has been a pistol shooter since 2013. He specializes in 10m, 25m, and 50m in pistol shooting. He has been coaching at Lakshay Shooting Club in Mumbai since 2017.



Smita Ashok Kamble
Coach, Lakshya Shooting Club

Smita Kamble has 10 years of experience as a shooting coach. She is currently working with Olympian Suma Shirur at Lakshya Shooting Club. She enjoys working with beginners, national shooters and elite athletes because of their unique experiences and demands.

Participant Profiles



Col Nachhatar Singh Johal
Commanding Officer, Army Yachting Node,
c/o Mission Olympics, Indian Army

Col Nachhatar represented India at the 2008 Beijing Olympics in Finn Class, seven world championships, and other world-level international competitions from 2003 to 2012. He was the "Best Army Cadet" of his batch at NDA and was awarded the prestigious Sword of Honour for being the "Best All-Rounder Gentleman Cadet" at IMA Dehradun. In the Army, he belongs to the Corps of Engineers and did his command tenure from July 2018 to October 2020 in Leh-Ladakh. He took over as Commanding Officer of the prestigious Army Yachting Node Mumbai which is part of the Indian Army's Mission Olympics program on 1 January 2021. The job profile includes talent identification, selection, training of young talent and top-level sailors, and international training of Indian Team sailors of the Army. He grooms coaches at AYN in the adoption of scientific aids and training methods to improve fitness and sailing performance. He is also responsible for drawing up short, mid, and long-term development plans and goals as well as procurement of equipment and training aids. He is working on training top sailors for 2022 Asian Games and 2024 Paris Olympics.



Sandip Chandrakant Jain
Coach, Army Yachting Node

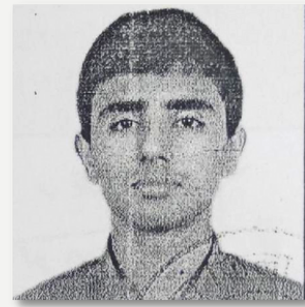
Sandip has represented India in various national and international events from 1995 to 2022. He has been appointed as the coach of the Indian sailing team. His aim is to get the best out of his athletes with his knowledge and further build it up to make it more achievable.

Participant Profiles



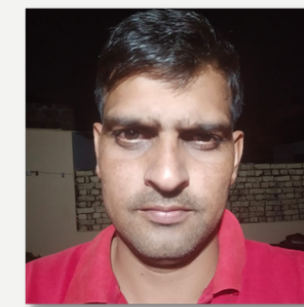
Balabhadra Tarasia
Shooter, Army
Marksmanship Unit

Balabhadra is a professional shooter and is currently enlisted in the Indian army.



Chakradhar Singh Chundawat
Trap Shooter, Army
Marksmanship Unit

Chakradhar is a professional trap shooter in the Army Marksmanship Unit (AMU). He is now getting into coaching and is currently being guided by AMU's chief coach to train beginner shooters.



Chandraveer Singh Rathore
Naib Subedar, Army
Marksmanship Unit

Chandraveer is currently working as a coach in the Army Marksmanship Unit. Prior to this, he was an athlete for 10 years. He has been coaching for the last 4 years. He realized that he should enhance his knowledge, during which time he has taken up various courses like ISSS-D, followed by the online course of WADA, and OGQ CEP in 2020.

Participant Profiles



Daljit Singh
Rifle Coach, Army
Marksmanship Unit

Daljit is a rifle shooter and an international medalist. He currently is a rifle coach at the Army Marksmanship Unit.



Dharmendra Singh Gaharwar
Naib Subedar, Army
Marksmanship Unit

Dharmendra is an athlete and a pistol shooter since 12 years. He became the national champion in the junior category in 2011 and the national champion in the senior category in 2013. He has participated in many international competitions and is currently a member of the India national team.



Parveen Kumar
Rifle Coach, Army
Marksmanship Unit

Parveen started shooting in 2008 and has played 10 national and 2 international competitions since. He has previously trained young shooters in Jabalpur for 5 years. In 2017, he started coaching army shooters at the Army Marksmanship Unit. Under his tutelage, 14 athletes have qualified for national shooting championships this year - some have even been selected for international trials while one shooter is now part of the national squad. Through this program, he is hoping to upgrade his coaching skills.

Participant Profiles



Pritpal Singh
Coach, Army
Marksmanship Unit

Pritpal is a coach in the Army, currently training the army's shotgun team and shooters to achieve Olympic excellence.



Rajesh Kumar
Pistol Coach, Army
Marksmanship Unit MHOW

Rajesh started shooting in 2008 at a training center in Ayodhya. There, his instructors noticed his marksmanship and later selected him for the YBC competition conducted at AMU MHOW every year. He got selected in July 2010, and from then on till March 2018, he played 9 nationals including national games and 2 international level competitions. He has won 16 medals at the national level and 1 at the international level. In 2018, he started coaching young army shooters in Ayodhya. As a result, his team ranked first after 32 years. Since May 2021, he has been coaching army team shooters. He has completed a 6-week diploma at NSNIS (SAI), a Coaches Foundation course by OGQ, a diploma in sports management by LNIPE, and a coaches excellence program by OGQ.



Satyendra Singh
Subedar, Army
Marksmanship Unit

Satyendra is currently a shooting coach in the Army shooting unit. He played as a professional shooter between 2004 to 2020, during which time he participated in 28 international competitions and 16 national championships. He has won 9 international medals and 58 national medals.

Participant Profiles



T Renchio Yanthan
Coach, Army
Marksmanship Unit

T Renchio works as a shooting coach in the Army Marksmanship Unit.



Vijay Singh
Pistol Coach, Army
Marksmanship Unit MHOW

Vijay is an experienced shooter of 10 years. He also has 5 years of coaching experience, and at present one of his young students is going to play at the world championship, while another is part of the main air pistol team.



Yogesh Kumar
Shooter, Army
Marksmanship Unit

Yogesh has been associated with shooting since 2004. Till 2017, he participated in national and international shooting competitions as a skeet player. He currently works in the Army Marksmanship Unit as a skeet coach.

ELMS⁺ sports



elmssportsfoundation.org
highperformanceleadershipindia.com
info@elmssportsfoundation.com



Knowledge partners

