INDIA TOPS MEDALS TABLE IN SOUTH ASIAN GAMES 2019

DARSHIL & ANAHAT CHAMPS SCOTTISH JUNIOR OPEN 2019

HARINDER’S BIG MOMENT

SQUIASH TIME #68 JAN’20 EDITION

SRFI RANKING
WWW.INDIASQUASH.COM
CONTENTS
October 2019 Edition

1. National Circuit
2. International Events
3. PSA Results
4. IndiaSquash TV
5. SRFi Ranking
6. Squash Family
Consistent and living up to the reputation of being the top juniors in the country, Yash Fadte and Aishwarya Khubchandani earned the biggest cheers at this year’s event, a four-star tournament of rich history. Goa lad Yash and Mumbai’s Aishwarya bagged a rare double, winning the men’s/women’s titles as also their respective U-19 finals. What added glitter to their performance was that both were not top seeded in the senior category while Aishwarya was not a higher seed in the U-19 also. It was a tournament that had something for every age group in addition to men of various age groups as also professionals. Over 550 entrants and rich competition made this five-day tournament something to remember. “Much happy to see Yash and Aishwarya emerge into top players. These players are going from strength to strength from the juniors to the seniors. I also want to congratulate CCI for continuously hosting this excellent event” said Dayanand Kumar, Secretary Maharashtra Squash Rackets Association.

WILLINGDON CLUB JUNIOR SQUASH OPEN, MUMBAI (18 - 21 DEC) | 2 STAR
Willingdon Sports Club

Advait Adik made the best use of his steady play to win this two star event. In the U-17 girls there was no stopping Aishwarya Khubchandani. Both top seeds thus set the tone for this four day tournament. Good competition added to the value and in the end the better player emerged. “Another good opportunity for the young talents and nice to see the competition till the end. We were happy that this event was conducted at the same time as the HCL-SRFI Indian tour” said Dayanand Kumar, Secretary Maharashtra Squash Rackets Association.
A new addition to the squash calendar, this two-star event made a modest start on the outskirts of the city. Smashers 3.0 was buzzing for the 3 day duration which had competition for boys and girls as also for men over 35, over 45 and professionals. Players of the Indian Squash Academy won most of the medals with Navaneeth Prabhu S winning the U-19 boys title while Kishore Arvind had to settle for the silver. In the girls 3/4 seed Pooja Arthi who had accounted for the second seed Subhadra Nair in the semi-final kept her date with glory by winning the U-17 title. The pick of the final day’s proceedings was little Nimrit Pasricha, who won the U-11 girls title beating Sahana Kalaivanan with a fighting display after being two games down. “We are happy that squash is spreading in Chennai. This event is the start of more to come” said K. Rajendiran, General Secretary TN Squash Rackets Association.

A fresh tournament with a one-star status could not have come a day too soon in the capital for such was the enthusiasm on the court. Nothing reflected the mood better than in the U-19 section itself where competitions were so tight that the seedings went for a toss. In the end it was lower ranked Karata Dasmahapatra of Delhi who turned the hero by winning the title. On the girl’s side, it was unseeded Vasudha Surange, also from Delhi who emerged the winner.

Close contests ruled in all other categories. The tournament, held under the aegis of the Squash Association of Delhi and the Squash Rackets federation of India, had competition in the junior categories from U-11 upwards in the boys and girls sections (U-17 was not held in girls). In all 214 entries came in from 16 states. “I thank the SRFI for all support. I hope this tournament is the beginning for many more in the future” said Bhuvneshwari Kumari, Secretary Delhi Squash.
SRFi National Squash Championship
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INTERNATIONAL EVENTS

13th SOUTH ASIAN GAMES, KATHMANDU, (6-10 DEC)

Five countries namely Pakistan, Nepal, Sri Lanka, Bangladesh and India took part in the squash event at the Games. The Indian team was without the seniors but that did not take away its strength. It was a test of India’s depth in talent and the Games provided a good insight. India may have missed one gold as compared to the last edition in Guwahati in 2016 but with 2 gold, three silver and one bronze, the country edged out arch rival Pakistan for the top place in the medals table. Both countries had 6 medals in all, Pakistan also had won two gold medals but India had a better silver collection, three to Pakistan’s one.

For India Tanvi Khanna did the star act. She won the individual title as second seed beating team mate top seed Sunayna Kuruvilla in the final. Thereafter she played the anchor role in taking India to another gold in the team event defeating Pakistan.

Apart from the two individual medalists Sanya Vats and Urwashi Joshi made up the quartet. Focus was on Harinder Pal Singh Sandhu and Abhay Singh in men’s section. Harinder made it to the individual final but Abhay missed out against Pakistan’s Tayyab Aslam, the eventual gold medal winner in the semi-final despite being on match ball once! Harinder too lost to Tayyab in the final. In the team event India lost narrowly to Pakistan. Abhishek Pradhan won his match but both Harinder & Abhay went down to their Pakistani counterparts.

ONCOCARE SINGAPORE JUNIOR OPEN, SINGAPORE, (10-14 DEC)

Up and coming Pooja Arthi R impressed with her performance. As the second seed expectations were high but the Chennai lass in a field of rich international talents made it to the semi-final before she was stopped by the Malaysian Nur Maisara Mohd Azlan Shah. Pooja then went on to take the third place by beating Kuvirra Premchand in the play off.

SCOTTISH JUNIOR OPEN, EDINBURGH, (28-30 DEC)

Two young talents, Darshil Parasrampuria (boys U-11) and Anahat Singh (girls U-13) took a share of the final day’s honours by winning the titles in their respective age category. Amira Singh settled for the third place in the U-19 girls. Seeded 5/8, Darshil, who is from Tamil Nadu, played one of his best outings in his evolving career by beating the top seeded Zack Paton of Scotland in the semifinal and then ousted the second seeded American, Brendan Tagliarini for the title. No sooner that was over than came Anahat, the top seed to justify her top billing by trouncing the Malaysian girl Keerthy Haridharan in the final. The brilliant girl did not drop a game right through the event.
LIFE TIME BETTY GRIFFIN MEMORIAL FLORIDA OPEN 2019 (05-08 DEC) | M12K
Boca Raton, United States

Final:
11-6, 11-6, 11-4 (39m)

Semi-finals:
11-9, 12-14, 11-3, 11-9 (84m)

Quarter-finals:
[1] Vikram Malhotra (IND) bt Leandro Romiglio (ARG)
11-4, 6-11, 11-9, 11-7 (40m)

HCL SRFI Indian Tour - Mumbai Leg 2019 (17 - 21 DEC) | M20K / W12K
Willingdon Sports Club

Harinder Pal Sandhu will long be indebted to HCL for its support and vision in organising with SRFI this PSA event for it helped him realise another title-dream, his 11th title and biggest thereby equaling the effort of Vikram Malhotra. A puzzle in squash circles on why he could not give full justice to his potential, Sandhu gave a glimpse of his ability. He was seeded 4, behind Mahesh Mangaonkar (1), Aditya Jagtap (2) and Bernat Jaume (Spain) (3). Seventh seeded Tomotaka Endo of Japan was his final victim. The tournament witnessed enough twists and turns in both the categories. The women’s section was mostly a foreign affair. Tanvi Khanna did well to reach the semi-final. But contests were such that it was a final between lower seeded Hana Ramadan of Egypt and second seeded Lucy Turmel of England. The Egyptian won. Amol Mazumdar, Indian most prolific Ranji batsmen gave away the prizes to the winners.

WATCH ALL THE MATCHES LIVE @

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New Year Resolution: Monitoring Your Recovery Levels!

<table>
<thead>
<tr>
<th>Heart Rate Monitoring: Measure your Daily Resting Heart Rate or HRV to know readiness</th>
<th>Nutrition: Meet your calorie requirements based on workload</th>
<th>Hydration: Monitor Urine Colour and Sweat Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sleep:</strong> Min 9 hours of night sleep and follow best practices for good sleep quality</td>
<td><strong>ACWR:</strong> Ensure that your workload does not increase/decrease drastically week on week</td>
<td><strong>Blood Markers:</strong> Routine Blood Tests to understand level of recovery</td>
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Best practices for Performance Recovery:

- Measure your Resting Heart Rate/HRV every morning 2-3 minutes after waking up
- Reading before going to bed is a good habit. Gadgets to be kept away at least 30 min prior to bed
- In case of inadequate recovery, consider training at lower intensity AND/OR volume or take complete rest
- Ensure there is no calorie deficit (unless prescribed)
- Increase your training sessions gradually post exams, to reduce injury or illness risk

Click here to read the full article

Comprehensive Assessments | Sport Nutrition | Sport Psychology | Strength & Conditioning | Sport Physiotherapy | Performance Planning & Analysis

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SRFI RANKING

SRFI RANKING #1's
JAN 2020
JUNIORS

BU11
AGASTYA BANSAL

BU13
EKAMBIR SINGH

BU15
KRISHNA MISHRA

BU17
NEEL JOSHI

BU19
YASH FAOTE

GU11
AELINA SHAH

GU13
ANAHAT SINGH

GU15
TIANA PARASRAMPURIA

GU17
AISHWARYA KHUDCHANDANI

GU19
SANYA VATS

SRFI RANKING #1’s
JAN 2020
SENIORS

MEN
SAURAV GHOSAL

WOMEN
JOSHANA CHINAPPA

PRO COACH
ABHINAV SINHA

M035
RISHAD PANDOLE

M040
SAURABH NAVAR

M045
DALIP TRIPATHI

M050
VIVAN KHUDCHAND

M055
ASHWIN BAHL

M060
VIJAY JAINI

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