SAURAV & VEER
AWARDED ASF OUTSTANDING PERFORMANCE AWARD

SAURAV & JOSHTA
NATIONAL CHAMPIONS 2020

INDIAN SQUASH ACADEMY
CELEBRATES 20TH ANNIVERSARY

SRFI RANKING
WWW.INDIASQUASH.COM
Northern Slam, Jaipur, 1-4 Feb | 5 STAR
Rajasthan Squash Academy

Yash Fadte of Goa and Amira Singh of Delhi emerged the best in the U-19 section and justified the top seeding each had been given for this event. Fadte, who is slowly pushing himself into the senior ranks, showed his all-round maturity with a fluent win, not dropping a game right through. Amira had it easy. Infact her opponent in the final, Megha Bhatia conceded the match in the second game itself. Overall the little over 200 entries, boys far higher in numbers, had a good competition and barring the Boys U-15 and U-17 sections, the top seeds had a field day. “The event provided a good forum for the young talents to present their skills. We are very pleased to hold this five star event in our state” said Dhiraj Singh Secretary Rajasthan Squash Rackets Association.

2nd Goa State Closed Championship, Chicalim, 7-9 Feb 2020 | 1 STAR
SAG Squash Courts

With growing competition the event was held with all enthusiasm. It was a good opportunity for those who had been initiated to bigger stage competitions to exhibit their wares. In the only senior competition, the men’s event, Armaan Chowfin, the top seed, emerged a comfortable winner. Another highlight was Samairah Raj Bhandare, the U-13 winner who also won the U-15 title for a double crown.
The two giants of Indian Squash, Saurav Ghosal and Joshna Chinappa did not disappoint. If Saurav had an easy picking, thanks to his fluent touch, Joshna was surprised at the fighting abilities of Delhi girl Tanvi Khanna, who had risen to fame after her gold medal success in the South Asian Games in Nepal. It became title number 13 for Ghosal after beating Abhishek Pradhan of Maharashtra while Joshna made it to 18 at the expense of Tanvi. There were other winners too, in the professional category and in men over various age groups. The Chief Guest on the final day was Inspector General S. Paramesh, Commander, Indian Coast Guard (Eastern Region), an avid squash player himself. He and SRFI President Mr. Debendranath Sarangi, IAS retd. gave away the trophies and prizes.

Kanhav Nanavati and Abhisheka Shannon, both from Tamil Nadu and trainees at the ISA won the U-19 boys' and girls' U-19 titles respectively in the ISA circuit I, a two-star national event. The event was held alongside the Senior Nationals with a view to giving the young talents an opportunity to take in the atmosphere of a serious competition with the country's leading players in action. Except for the girls U-17 section, competition was held in all other age categories. “The junior players thoroughly enjoyed ISA settings with competitions all around including theirs. Truly useful way to inspire the young talents,” said K. Rajendiran General Secretary Tamil Nadu Squash Rackets Association.
French Junior Open, Lille, 20-23 Feb 2020

India’s top junior Yash Fadte justified his number one seeding by winning the prestigious French event. Fadte defeated second seed Marek Panacek of Czech republic 10-12, 11-5, 11-4, 11-5 in the final to make himself proud of a grand achievement. Earlier Fadte had a tough semi-final against French player and 3/4 seed Toufik Mekhalfi before winning in five games 8-11, 11-8, 6-11, 11-6, 11-9.
An event which was a welcome move for several Indian players seeking points on the professional circuit. Two Indians Abhishek Pradhan and Abhishek Agarwal were the top two seeds, but the winner in the end was an unseeded Egyptian, Ibrahim Elkabbani. To Pradhan’s credit it must be said he made it to the final but there, his fight could only help him grab a game, the Egyptian could not be stopped from getting away with the title with scores 12-10, 11-3, 4-11, 11-5. Agarwal was Ibrahim’s semi-final victim despite a hard contest that went the distance. Till the pre-quarterfinal round there were seven Indians in the fray. All told, it was rich experience for the national players.

Cleveland Classic, 30 Jan - 03 Feb 2020 | W51K
Cleveland, United States

**Semi-finals:**

**Quarter-finals:**

**2nd Round:**
Top seed Vikram Malhotra lived up to his seeding with a title-win in this PSA challenger event. The win in the final over Mexican Leonel Cardenas, brought him his 12th PSA title; thus becoming the first Indian to win the most titles in the professional circuit. The final scores were 10-12, 11-9, 11-8, 11-4. Behind Vikram are placed Harinder Pal Sandhu, Joshna Chinappa and Dipika Pallikal Karthik with 11 titles each.
HCL SRFI INDIAN TOUR - JAIPUR LEG
30 - 02 FEB

NORTHERN SLAM, JAIPUR
01 - 04 FEB

77TH SRFI NATIONAL SQUASH CHAMPIONSHIP, CHENNAI
09 - 15 FEB

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INDIA SQUASH TV
ISA is 20 years old

The senior national championship provided the setting and as the semi-finals wound up the focus shifted to another stage where squash enthusiasts were provided a glimpse of the journey the Indian Squash Academy had taken in the 20 years of its existence through a neat video presentation.

No moment of this momentous journey starting with how Mr. N. Ramachandran, the then President of the TNSRA and soon-after the Secretary General of SRFI, visualised it and the steps taken there on with the support of the SDAT and government were all brought out through crisp interview clippings. Achievements of the ISA trainees were well detailed and effectively concluded with Mr. Ramachandran’s sentiments that the dream of a world champion was the achievement to be realised next. SDAT Member Secretaries during the happening period of the Academy, Mr P.W.C. Davidar, IAS (retd) and Ms Apoorva, IAS were among those who were presented resented ‘Outstanding Contribution Award’. Former ISA head coach, Maj. S. Maniam and an array of top Indian squash personalities including multiple national champion and current official Bhuvaneswari Kumari, India’s first world referee Yogendra Singh, match official Manan Mashruwala were there among others. All of them including the longest serving staff member P. Valayapathi were felicitated with mementoes.

Another significant highlight of the evening was the bringing together and awarding the players (read trainees) of the ISA who had together helped associate the Academy with over 70 national championship titles (all age groups). From Saurav Ghosal and Joshna Chinappa, the list extended to 30 players but not all could come, some being in the USA busy with their studies. Long time coaches and others associated with the Academy too were remembered and recognised on the occasion.
SQUASH FAMILY

CLICK HERE TO WATCH THE “LEGACY OF INDIAN SQUASH ACADEMY” - SHORT MOVIE
In all 17 coaches from various parts of India had a fruitful experience attending the WSF Level I course. The five-day Course was conducted by Allan Soyza of Malaysia and Gautam Das, both WSF Tutors. An interesting feature was involvement of active players in the Course. National runner up Abhishek Pradhan was a key participant and there were few other players who followed him into this course. Das described it as one of the best experiences he had with a set of highly efficient participants. He also chose the occasion to thank the HCL for the squash podium programme under which the Course was organised and also the Ministry of Youth Affairs and Sports for all the help.

**Saurav and Veer awarded ASF Outstanding Performance Award**

Ace player Saurav Ghosal and noted junior Veer Chotrani are the two Indians who figure in the Asian Squash Federation Performance Award list for 2019. According to an intimation from the Asian body, Ghosal has been awarded the Dato Alex Award for the Outstanding Performance of the Year in the senior category (men) and Chotrani has been awarded the Hassan Musa Award for the Outstanding Performance of the Year in the junior category (boys). The awards would be presented at the Asian Team Championships to be held next month in Kuala Lumpur. In all 15 nominations had come in from four countries for the seven categories in the ASF Performance awards. In addition, for the four ASF Coaches Award, 19 nominations had come in from six countries.
## Impact of Sleep on High Performance

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### Best practices for Good Sleep Quality

**Do’s before sleeping**
- A glass of warm milk with almonds or Tart cherry extract.
- Consistent sleep/wake up time
- Meals to be consumed at least 2 hours prior

**Things to avoid before bedtime**
- Caffeine: Atleast 4-6 hours prior
- Electronic gadgets at least 30 mins prior.
- Late evening training sessions

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Comprehensive Assessments | Sport Nutrition | Sport Psychology | Strength & Conditioning |
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SRFI RANKING #1’s
MAR 2020

JUNIORS

BU11
AGASTYA BANSAL
BU13
DEV SHARMA
BU15
KRISHNA MISHRA
BU17
NEEL JOSHI
BU19
YASH FAOTE

GU11
VYOMIKA KHANDELWAL
GU13
ANAHAT SINGH
GU15
KAAYA BANSAL
GU17
AISHWARYA KHUBCHANDANI
GU19
SANYA VATS

SENIORS

MEN
SAURAV GHOSAL
WOMEN
JOSHANA CHINAPPA
PRO COACH
ABHINAV SINGHA

M035
AMITPAL KOHLI
M040
SAURABH NAYAR
M045
DALIP TRIPATHI
M050
VIVAM KHUBCHAND
M055
DUSHYANT JAMWAL
M060
YUVJ JAIN