

# FANZINE

INDIA'S FIRST MAGAZINE ON SPORTS SCIENCE | MONTHLY MAGAZINE APRIL, 2023 ISSUE 13



## PITCH-PERFECT: TRAINING FOR FOOTBALL

ALGERIAN FOOTBALL  
HEAD COACH SOFIANE  
BELHACHANI SHARES A  
COMPLETE GUIDE FOR  
FOOTBALL TRAINING  
AND DECODES THE  
FUNDAMENTALS

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## EVENTS



### GRAND NATIONAL TO BEGIN FROM APRIL 17

The 175th running of the 2023 Grand National Horse which will officially be referred to as the Randox 2023 Grand National is slated to take place at Aintree Race Course, close to Liverpool, England, on April 17, 2023. Over a distance of 4 miles and 312 furlongs, the handicap steeple chase features two circuits of 30 obstacles. In 1839, the Grand National was first conducted. On February 7, 2023, the first entry, consisting of 85 horses, was published. Compared to the initial entry for the 2022 event, which included 54 horses, only 31 of the entered horses were trained in Great Britain.

### WORLD SNOOKER CHAMPIONSHIP TO START FROM APRIL 16

The upcoming professional snooker event, the 2023 World Snooker Championship (officially the 2023 Cazoo World Snooker Championship) will take place at Sheffield, England's Crucible Theatre from April 16 to May 1, 2023. This will be the World Snooker Championship's 47th consecutive year at the venue. It will be the 15th and last



ranking tournament of the snooker season of 2022-2023, and it will be run by the World Snooker Tour. The three Triple Crown tournaments this season are all sponsored by British auto shop Cazoo, who will be its first sponsor of this event. The World Championship will be played in the contemporary knockout format for the 55th consecutive year in 2023, which will be the tournament's 47th consecutive year in the Crucible.

### GEICO 500 TO BE HELD FROM APRIL 23

A NASCAR Cup Series stock car race called the "GEICO 500" will take place at the Talladega Superspeedway in Lincoln, Alabama. The competition will begin on April 23. With an average speed of 188.354 mph (303.126 km/h), the 1997 race still ranks as the fastest NASCAR race to date. It was also the first to take place at Talladega Superspeedway without a caution



period. From 1970 until the conclusion of the Ferko case in 2004, the race was referred to as the second leg of the sport's Grand Slam.

With the exception of 2014, when the Southern 500 was scheduled in April, and 2020, when the GEICO 500 was postponed until June, following the Coca-Cola 600, the race has consistently been the second "Crown Jewel" event of the season. It is still regarded as the fifth "Crown Jewel" race, along with the Brickyard 400 and the three originals.



### BWF THOMAS & UBER CUP TO BEGIN FROM APRIL 28

The 2023 Thomas & Uber Cup is the 33rd edition of the Thomas Cup and the 30th edition of the Uber Cup, the biennial international badminton championship played by the men's and women's national teams of the member associations of the Badminton World Federation. It is officially known as the Total Energies BWF Thomas & Uber Cup Finals 2023. The competition will start on April 28 and end on May 5. In both the men's and women's divisions, there will be 16 competing nations. The event will follow a group stage format, where the top two teams advance to the knockout round.

# Welcome Note



**DR SACHIN TAPASVI**  
Organising Chairman – 11<sup>th</sup>  
Pune Knee Course 2023

## DEAR FRIENDS,

**O**n behalf of my team, I am pleased to welcome you to the Pune Knee Course 2023. We are honoured to host such a distinguished group of medical professionals worldwide who have come together to share their knowledge and expertise in Knee Surgery.

This event is designed to offer a unique platform for surgeons, residents, medical professionals, and industry executives to learn and collaborate, share their research and clinical experiences, and advance their knowledge and skills in the field of Knee Surgery. The conference will provide a comprehensive program covering various topics, including arthroscopy, sports medicine, knee preservation and arthroplasty. The program will include interactive sessions, live surgical demonstrations, panel discussions, keynote lectures, and battlefield discussions delivered by renowned faculty from across the globe.

This conference will provide an insightful and productive experience and an opportunity to develop professional relationships with your colleagues worldwide. We have created a welcoming and collegial atmosphere for all delegates, and we are confident that you will find the conference sessions informative, inspiring, and intellectually stimulating. Pune Knee Course was started in 2011 to impart knowledge and spread awareness in the ever-changing and improving field of knee surgery. Knee surgery sees new advances and development every single day. Keeping one updated every few months by visiting centres of excellence abroad takes time and effort. Therefore, we decided to develop this concept of bringing experts to India.

I sincerely thank you for participating and wish you a productive, enriching, and enjoyable experience at the 11th Pune Knee Course 2023.

*Watch*  
**OUT FOR**



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DR. SARTHAK PATNAIK

MS. Orthopaedics,  
FSSISA, FASM, FHA,  
FSSM, Arthroscopic &  
Sports Surgeon

### DEAR READERS,

I am delighted to announce that Sports Science India Fanzine has turned one with all your love and blessings. I would take this opportunity to thank all our readers, writers and critics for their consistent support and encouragement that help us to churn out quality content, specific to the world of sports and sports science. As I look back, it has been an enriching journey so far as the editor of the magazine, which has carved a niche for itself within a short span of time. In a year's time, we have been able to reach out to readers in different parts of the world. Moreover, our writers and contributors come from different nations with the common agenda of spreading awareness on sports science and tracking the latest developments and advancements in this domain. The innovative articles and topics discussed in Fanzine have caught the attention of the who's who of the sports medicine world. I am glad to share that Fanzine had also become a part of the mega conference on strength and conditioning in Munich—organised by National Strength and Conditioning Association (NSCA) global chapter—in its first year. I would also like to thank our sponsors and advertisers who have always kept faith in our work. Without their support, we wouldn't have been able to continue our work smoothly. The 12th edition of Fanzine highlights the basics of football training with tips from a head coach in Algeria. We have paid tribute to India's first individual Olympic medal winner, KD Jadhav, by dedicating an article on his life and works. Our guest column is a flashback of the 'fatal bouncer' that injured and ended the test career of Indian cricketer from the yesteryears, Nari Contractor. There are articles on strength and conditioning and sports science as well. We wish our readers a happy reading experience.

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# 'BRIDGING THE GAP' AT NSCA CONFERENCE

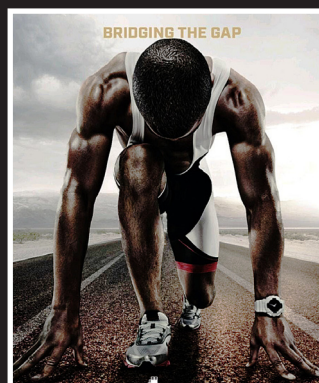
What are the fundamentals of tendon rehabilitation? What should be the training considerations for the adaptive athletes? What are the practical applications of resisting sprint training? Several questions like these—pertaining to the training, rehabilitation, recovery and performance enhancement of athletes and sportsmen—were answered at the 8th NSCA (National Strength and Conditioning Association) Global Conference in Munich, Germany. It was held between March 25 and 26. The event and its sessions focused on 'bridging the gap' between research and practical hands-on presentations. Strength and conditioning professionals, club trainers, physiotherapists, educators, and researchers from around the world attended the event.

It helped the participants to learn more about cutting-edge research in sports science and proven applications from leading universities, coaches, sports practitioners and other leaders in the fitness and strength and conditioning industry.

Besides presentations from leading experts in Germany, International sessions consisted of lecture series by experts from NSCA foreign affiliations including China, India, Italy, Japan, Korea, Spain, UK, among others.

The National Strength and Conditioning Association (NSCA) was founded in 1978 as a non-profit association. It aims at advancing the strength and conditioning and related sport science professions around the world. It also empowers a community of professionals to maximize their impact through disseminating evidence-based knowledge

**National Strength and Conditioning Association conference in Munich connected strength and conditioning professionals, club trainers, physiotherapists, educators, and researchers from around the world**



and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. It has more than 60,000 members and certified professionals worldwide.

NSCA Global had conducted its first conference online during the COVID-19 pandemic. It was organised by China. The conference in Munich was its first off-line global conference. It has to be organised under the guidance of Jund and Daniela Fond. More than 300 delegates, including participants from USA, Europe, India, China and Japan had attended the event.

There were many prominent speakers from Belgium, Netherlands, Germany and USA, among



other countries. Some of the key speakers were Kevin Speer, Wolfhard Savoy, Dr Sebastian Gehlert, Dr Theresa Larson, James Ferris, Bram Swinnen, among others. The event commenced with an opening speech by NSCA officials. Daniela Fond welcomed all the participants, speakers, guests and sponsors. The event consisted of both lectures and practical sessions. Session on each theoretical topic was followed by a live demonstration and a question and answer session.

Few companies showcased their rehab and exercise products. At least four to five app-based athletic performance improvisers were also showcased. Heart rate monitoring devices and GPS tracking devices were also on the display. Amongst all the innovative devices, the one which stood out was the app-based band, Pat-Fit designed by Patrick Herzog. With the PATband, one can do over 1000 exercises everywhere! He also showcased a single mat on which one can do all sets of exercises.



# PITCH-PERFECT: TRAINING FOR FOOTBALL

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It is a common belief that a person requires a minimum of 10,000 hours to achieve 'greatness' in any discipline, ranging from music to sports. But, veterans in the world of football will agree that it may take more than 10,000 hours to achieve perfection in the sport, considering its super dynamic nature. Top players often take up an average of four to six hours of training every day. What they perform live in a match on the field is barely a fraction of their time spent for training. But, what are the key points to be remembered for training in football?

Firstly, football training needs proper adaptation in sync with the stage of learning. That's what Algerian football coach—Sofiane Belhachani—believes. "It is essential to establish objectives to be achieved in each stage of learning, taking into account the players' age and size, psychological development, puberty, muscular and physical development, learning speed and level of natural potential already achieved," explains Sofiane, who is presently serving as the Head Coach of U-19 team of BSB Academy in Batna, Algeria.

Sofiane—who has been training young players since the past ten years—claims that when children in the age

group of 6 to 12 years are introduced to the sport for the first time, they need to undergo proper training to be able to find their 'position on the ground'. "This is the initial stage of training where emphasis is laid on developing their ability to interact with the team-mates. The focus is also on coordination exercises," he explains.

In the period of consolidation (basic training for the age group of 13 to 15 years), the focus should be on development and education. "Basic training forms a key step in the success of the overall training. It is the golden age

for the development of technical qualities and laying the technical, tactical and psychological foundations. At this age, players work on basic technical skills, individual tactical awareness and basic principles of the game, as well as they are starting to look at mental attitudes such as concentration, self-confidence, perseverance, will, etc.," he says.

"The focus is on learning, practising and transposing the technical skills mastered to real games. Learning the principles of the game in order to improve players' reading of the game, practising collec-

tive technique on the ball and additional physical training devoted specifically to developing aerobic capacity and speed, as well as exercises for suppleness, coordination and movement, complete the training programme," the coach adds.

"The intermediate training stage (for the age group 16 to 18 years) is the time to reinforce the qualities already acquired to enable the player to improve performance. It is also the opportunity to work both qualitatively and quantitatively on the key technical, tactical, physical and mental factors. It is the time to focus on teaching techniques specific to the player's position and techniques while moving. At the same time, training should also focus on basic techniques.

CONTINUED NEXT PAGE





The players in this age group must be trained to master different formations and organisation (attacking and defensive) and adapt to different systems of play, reinforcing the athletic and physical qualities already acquired. They should be introduced to power exercises (MAP) The training should be about stabilising and increasing muscle groups through muscle-strengthening exercises and gaining control over mental attitudes,” he further explains.

The focus and nature of training changes for players aged between 19 to 21 years. As per Sofiane, these players are in a ‘tricky situation.’ “It is often observed that these young players have not yet completely finished their training. There are some gaps, particularly in terms of physical condition (muscle strength), technique (heading the ball) and psychological attitude (perseverance). These learning gaps can hinder a player’s progress to the ranks of elite players, if not properly addressed,” he shares. Even at the highest level, it is often noticed that advanced training is necessary for the professional players as well.

## DECODING THE BRANCHES

The Physical training is all about preparing the body to keep the player powered up through the matches. It enhances the ability of a player to run, jump and shoot as fast and powerfully as possible. According to experts, the best training involves a combination of cardio and resistance training. Cardio training involves running, cycling, among others. Resistance training is about weightlifting (compound and isolation movements) and bodyweight exercises. Focus should also be on enhancing recovery, flexibility and mobility. Technical training focuses on developing the technical skills on the pitch. In most cases, it includes dribbling, passing, shooting, heading and tackling techniques. However, the technical training can also be designed based on the player’s position. For instance, goalkeepers are required to work on their diving, catching and throwing skills. While footwork and agility can be enhanced as part of the individual training, for enhancement of crossing and tackling skills, team training is mandatory, says Sofiane. The third component—tactical training— is the most important aspect to be able to function better as a team. Experts often refer to it as the theoretical side of the game. It focuses on set pieces, formations and the tactics needed for different attacking and defensive moves. According to Sofiane, tactical training can be imparted either on the ground or in a classroom setting. “At higher levels, video analysis of the own team/ squad and the opponent is conducted,” he explains.



## HOW OFTEN SHOULD A PLAYER TRAIN?

To this, Sofiane says there’s no strict timetable! It varies with players and clubs, who customize the training sessions as per their own requirements across the globe, he adds. It is generally found that the amateur teams often take up one or two team training sessions in a week, covering all three aspects of training. “But, it is also a player’s individual responsibility to work towards enhancing his or her fitness, strength, flexibility and agility. So, they will have to decide for themselves,” he says. For professional players, Sofiane, however, shares a standard microcycle that can be followed for training in between matches. “As per the microcycle, Day -5 should be dedicated towards technical coordination (Game 6vs 2 or 7vs 3) & tactical training (6 vs 6 or 7 vs 7) or aerobics, interval running or Fartlek (playing around with speeds). Day-4 should be about speed/strength training with the ball or without it and basic technical training in groups. Day -3 should be dedicated to aerobics and technical tactical training (2 vs 1, 3 vs 2) with an interval in between, followed by game training (3 vs 3, 6 vs 6 & 11 vs 11). Day -2 should focus on specific recovery, tactical recovery (11 vs 00) and standard situation. On Day 1—which is the day before the match day—should focus on tactical, technical & mental training. Emphasis should also be given to speed training (reaction and acceleration with ball). Tactical team exercises should be taken up and focus should also be on understanding the final tactics,” he says. The coach also explains that it is important to maintain a balance between effective training and overtraining. And, thus ‘day off’ becomes significant for both beginners and professionals. “Overtraining can be harmful. It can lead to injury and fatigue. You need to give your body adequate time for recovery after a heavy training session,” he says. *CONTINUED NEXT PAGE*

## WHAT IS FOOTBALL TRAINING?

According to experts, football training can be broadly classified into three branches—physical, technical and tactical. All these aspects complement each other. Experts say it is important to give equal emphasis to each of these training components for success at individual as well as team level. “Proper training not only ensures that you can stay physically fit on the pitch for 90 minutes, but also ensures that you are able to maintain the right attitude or mentality throughout the match. You either use it or lose it. If you aren’t constantly looking for ways to improve and maintain your physical, technical and tactical or mental abilities, you will not be at your best form,” says Sofiane.

## ‘THINK QUALITY, NOT QUANTITY’

The coach believes one should ‘think quality and not quantity’ when it comes to the duration of a training session. However, training shouldn’t last too long, especially if you are regular on the pitch, says the coach. “A traditional team training session may last for about 90 minutes to two hours. But in case of individual training, one can complete strength training or a cardio session in less than an hour. Some sessions, like HIIT sessions, on a treadmill or exercise bike, can take only 20 minutes,” he explains.

## GET EQUIPPED

It isn’t enough to have a good pair of boots and a ball only. There are some essential gears a player or the team must have. The list of equipment for team training may be long. But, there are some kitbag essentials for football training drills and practice matches, such as: Football Cones, Bibs, Agility ladders, Hurdles, Slalom poles and Ball rebounders. An ample supply of footballs and a pump are must. Attention should be also paid on a player’s clothing and individual kit that includes shorts, shirt, socks, shin pads, football boots and goalkeeper gloves. For indoor physical training at individual level, one can also invest in some dumbbells, kettlebells or sandbags, an indoor bike, treadmill or rowing machine.



## CHALLENGES AND WORDS OF WISDOM

The coach believes that it is a challenging task to be able to develop a footballer in all respects, whether physical, technical, tactical or psychological and allow him to progress until he becomes a professional player. “Each coach has his own perception of the way of playing. The biggest challenge is to be able to translate his ideas on the field in sync with the capabilities of the players, using the means available to him to reach the highest performance level. He also advises coaches to create their own football strategy in their minds before executing it on the field. He urges coaches to be original in their way of creating the strategy.

## OVERVIEW OF A TRAINING SESSION

### WARM-UP (10 MINUTES):

Every single training session should start with a warm-up. Ignoring the warm-up can lead to injury. It prepares the body and mind for the activities. Besides team warm-up sessions, players may need to work independently for specific activities. For instance, they may have to do foam rolling of a tight muscle. The most commonly-followed warm-up regime focuses on RAMP (Raise, Activate, Mobilise and Potentiate) theory. First raise the heart rate, blood flow and core temperature with light movements like running or skipping. Next, activate and mobilise key lower body muscles with squats, lunges and other stretching exercises. The final part of warming-up is to potentiate or prime your nervous system for speed. For this, sprinting, jumping and fast feet can be practiced.

### MAIN TRAINING SESSION (30 MINUTES)

The session should have a clear goal. It should address one single issue like Passing, Crossing, Ball control, Shooting & Set piece, etc.

### GAME SITUATION (30 MINUTES)

This will be a short session to practice and continue developing the skills from the main session.

### COOL DOWN (5 MINUTES)

It saves the players from cramp and potential dizziness. Cooling down sessions helps in lowering the heart and breathing rate and the body to relax.



## KNOW THE EXPERT

Sofiane Belhachani has been into the field of football training for the past 10 years. He has the capacity to improve players from U-6 to U-19 level by establishing a learning environment that is tailored according to their age and ability levels and enhances their technical physical and mental capabilities.



**BYLINE: DEEPAK GOYAL**

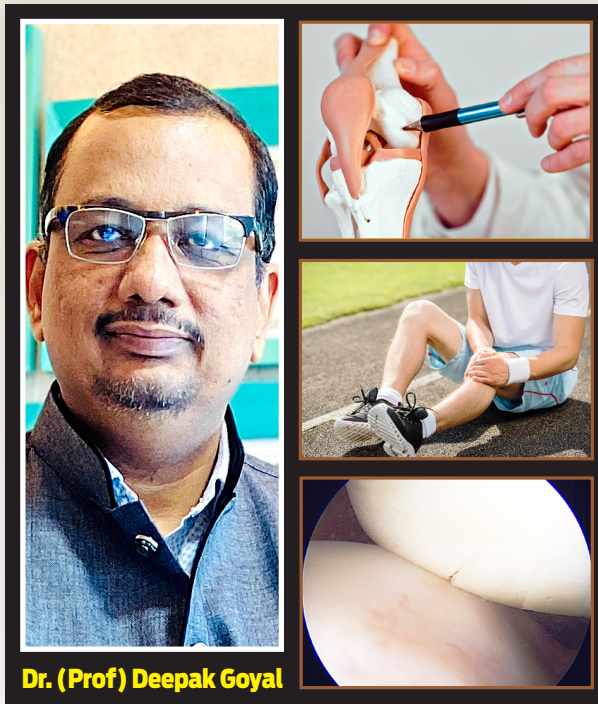
If there is one injury that can ruin the career of a sportsman, it is cartilage injury. It is not that the other injuries are less damaging, but cartilage injury are either the primary injury or the end points of all the other injuries. A meniscus injury, a patellar injury, a bony injury or a ligament injury can be devastating for the knee. If these injuries are not treated, then they can lead to cartilage damage. There can be incidences of direct cartilage injury as well. In a nutshell, a cartilage injury can be a primary injury or a secondary one, caused due to a neglected primary injury. In addition to primary and secondary cartilage injuries, there are some cartilage pathologies that also affect sportsmen.

**PRIMARY CARTILAGE INJURY**

Primary cartilage injury can be an acute injury which commonly occurs due to a sudden shear force while playing. A good example of a shear force is when an opponent's knee hits a player's knee leading to sudden shift of the kneecap bone outwards. Primary cartilage injuries are also chronic injuries that typically occur due to overuse or abuse. There is a fine line between overuse and abuse. When you are training harder, you may overuse but when you continue to train harder with pain and knowledge of damage being done, it is an abuse. The chronic primary injuries are due to repeated impaction forces, translational forces or due to angulatory and rotatory forces.

# CARTILAGE INJURIES AND SPORTSMEN

**DR DEEPAK GOYAL, WHO IS KNOWN FOR BRINGING THE CARTILAGE SCIENCE TO THE INDIAN SUBCONTINENT AND CURRENTLY SERVING AS PRESIDENT OF ASIAN CARTILAGE REPAIR SOCIETY, SAYS 'PREVENTION IS THE BEST MEDICINE', WHEN IT COMES TO CARTILAGE INJURIES**



**Dr. (Prof) Deepak Goyal**

**SECONDARY CARTILAGE INJURY**

Secondary cartilage injuries are those that are caused by neglected injury of any other tissue inside your joint or due to abnormal biomechanics being played on your joint. A classic example is a neglected anterior cruciate ligament tear. An untreated ACL tear leads to increase in rotatory movements of the knee putting the meniscus or menisci (semi-circular discs inside the knee joint) at the risk of developing a tear. It also puts more rotatory stress on the cartilage leading to excessive wear and tear. Further, a torn meniscus in addition to a neglected ACL tear puts excessive forces on the cartilage leading to permanent damage. According to some studies, each month of neglected ACL tear increases chances of secondary cartilage injury by a certain percentage.

**CARTILAGE PATHOLOGIES IN YOUNGSTERS**

The most common cartilage pathology in the young population is a disease called osteochondritis dissecans (OCD). Science still doesn't know the exact cause why it develops and hence we cannot blame a sportsman for the same. The disease creates a loose piece of bone and cartilage inside the knee joint that gets separated from the main bone. Gradually, it starts moving freely in the joint causing episodes of locking, catching, pinching and then painful joints.

**DIAGNOSIS OF THE CARTILAGE INJURIES**

The most important method to diagnose a cartilage injury is a detailed history and a clinical examination of the sportsman by the sports doctor. Investigations come late, only after a good suspicion arises in the surgeon's mind about the possible diagnosis. Simple x-rays can sometimes help in confirming a diagnosis, but the gold standard is MRI. A good clinical examination by a sports surgeon cannot replace an MRI. Most of the time, radiologists will be able to spot the diagnosis on MRI only after a detailed history and findings are given to him.

**TREATMENT**

Prevention is the best medicine. Why create a disease and then treat it, if you can avoid it. A good understanding of your play, a good knowledge of the possible forces occurring on your joints and the potential of those forces to damage the knee, proper technique to reduce the impact, proper gear to minimize the impact; all go a long way to prevent cartilage injuries. The tip is that each team should spend enough time with his team doctor to understand various potential injuries. And these awareness meetings must be attended not only by players but also by coaches, physios and the team's management. A good sync between all the team members about injuries goes a long way in preventing these injuries. But, if the injury happens, it has to be treated. The cartilage repair science is well advanced. Most of the cartilage injuries don't require any surgery. But, it will need time to recover, which means you may be needed to remain off-game for some time. Bracing, ice application, rehab and activity modification are some of the things that you need to do in addition to rest, for better healing. Occasionally, some cartilage injuries will be needed to get operated. There are many basic procedures like suturing back, fixing implants etc that help. However, occasionally you may need high skill surgical procedures like osteochondral cylinder transfer techniques or autologous chondrocyte implantations among others.



Coaches who incorporate Long Term Athlete Development (LTAD) principles and practices into their programming are more likely to produce athletes who reach their full athletic potential as well as experience success against competitors from around the globe

# SHAPING UP CAREER

**BYLINE**  
**KESHAV RANJAN DEHURY**  
 MSc (Exercise & Sports Science), BPT

**L**TAD or Long Term Athlete Development model is a term that has been gaining popularity amongst the sports science fraternity in recent years. Many sports professionals including sports medicine doctors, sports physiotherapists, sports

scientists, strength and conditioning coaches and others have come across the term in some capacity at some point of their careers. But what's LTAD? It is basically a planned, systematic and progressive development plan for an individual athlete. It is a nine-stage framework which guides participation, training, competition and recovery pathways for sports and

physical activities. This covers from all the stages of infancy to adulthood to peak sports age. It focuses on the needs of participants and individual stages of development. The model recognizes both performance and participation of sports and physical activities. It may also focus on fun-based development for physical literacy.

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## STAGES OF LTAD

Earlier, Canadian LTAD suggested that athletes would go through seven stages of development. But, later it was modified into a 9-stage process. The stages are as followed

Active Start	Training to Compete
Fundamental	Learning to Win
Learning to train	
Training to Train	Winning for a Living
Learning to Compete	Active life



## DECODING THE STAGES

**Active Start (Chronological age: 0 to 6 years):** In this stage, the child is encouraged to be active at least 60 minutes a day and make fun and play an integral part of the lifestyle. Parents initially and then schools should make sure that the child is active during the day. In later stages, fundamental movements like running, jumping, twisting, throwing and catching are introduced. No coaching is introduced. **Fundamental: (Chronological age: 6 to 9 years for males & 6 to 8 years for females):** Teaching ABCs (Agility, Balance, Coordination and Speed) can be started in this stage. The fundamental movements are now combined with well structured programs. Special emphasis needs to be given to flexibility along with teaching postural and technical components. In the later part, we can go for multiple sports, multi-directional activities as well as team games. The safety of the kids is very important, especially in this stage.



### Learning to train (Chronological age: 9 to 12 years for males & 8 to 11 years for females)

The main objective is to enhance ABCs and integrate these with the sports skills. Due to growth, the gender difference becomes more apparent. It is important to be aware of individual physical changes and a proper musculoskeletal assessment can also be done. Testing and monitoring can be started. The sessions need to be supervised in order to make sure injuries are prevented and a good posture is maintained. Talent identification starts at this point of time.

### Training to train (Chronological age: 12 to 16 years for males & 11 to 15 years for females)

This is the most challenging stage. Here, the athletes change physically at a very higher rate. Peak height velocity is attained where the bones are growing at very fast rates, which puts stress on the connective tissues. Constant supervision and monitoring is needed as there are chances that they might develop an abnormal movement and postural pattern. Regular musculoskeletal and anthropometric screening is advised at this stage. More focus needs to be given on building a good aerobic base. Weight training can be introduced after onset of menarche in girls and after boys have attained Peak Height Velocity (PHV). We can go for a well-structured and periodized training plan for this stage.

### Learning to compete (Chronological age: 16 to 18 years for males & 15 to 17 years for females)

In this stage, the focus shifts to specialization and competition. Proper periodization is applied in this stage. Streaming of athletes in a specific event or event group area is needed and it requires advanced biomotor skills. The number of sessions per week increases from 5 to 9 per week. The practice to competition ratio is 90/10.

### Training to compete (Chronological age: 18 to 21/+ years in males and 17 to 21/+ in females)

Event specific motor skills need to be refined and periodisation is used. Competition model and mental preparation are optimized. The number of training sessions increases to 6 to 15. The practice to competition ratio is 90:10. The Performance Enhancement Team is now integrated and implemented in preparation. Athletes can now be called full-time athletes.

### Leaning to win (Chronological age: 20 to 23 +/- for both males and females)

This is the stage where the athlete becomes a 'full time athlete', and event specific preparation is maximized to get high performance results. The focus will be on enhancing Physical, Physiological, Technical, Tactical and Psychological aspects.



### Winning for a living (Chronological age: 23+ for both males and females)

In this stage, the focus will shift to maximize event specific preparation for results at the Olympic and world-level competitions. Training is optimized as per competition and recovery activities to support professional career. The focus is on competitive repeatability when it counts. Apart from that, the plan for post retirement begins.

### Active for life (Chronological age: any age for both genders)

The main objective is to make preparations for integration in society. This is a stage where the athlete is fully withdrawn from competitive sports. The stage is critical as high performing athletes get adjusted to a life without high competitive sports. The athlete has to plan and structure his life accordingly so that they can integrate themselves in the society. They can consider being connected to the sport by various ways like coaching, mentoring, officiating and in administration. They might compete in Masters competition or can pursue sports which they could not during their time. This stage is often overlooked but plays a very crucial role.

**HERE'S HOW  
THE 'FATAL  
BOUNCER' OF  
1962 BY WEST  
INDIES FAST  
BOWLER  
CHARLIE  
GRIFFITH  
ENDED THE  
TEST CAREER  
OF INDIA'S NARI  
CONTRACTOR**

**BYLINE**

**SHAMS UR REHMAN ALAVI**

Since the earliest days of Cricket, batting has always been a dangerous task. Even in the modern era of the game—well-equipped with padding and helmets—vulnerability of the batsman to injuries still exists. Mercifully, critical injuries are rare.

But back in 1962, it was a bouncer that had ended a Test career. India's young captain Nari Contractor was left critically injured after being struck on the head by West Indies fast bowler Charlie Griffith's bouncer. Though Contractor made a remarkable recovery, he couldn't make a comeback to Test cricket. About 60 years later, the metal plate that was inserted in his skull was finally removed last year following a surgery on medical advice. Here's a rewind of the devastating incident.

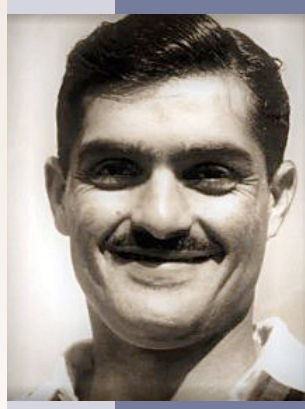
The tale is of an era when no protective gear was used and even the use of helmets was out of question, though there were no such restrictions on bouncers and beamers that we have today. It is a tale of one of the deadliest bouncers in the history of world cricket.

# THE FATAL BOUNCER

## RECALLING EVENTS OF THE FATAL SERIES

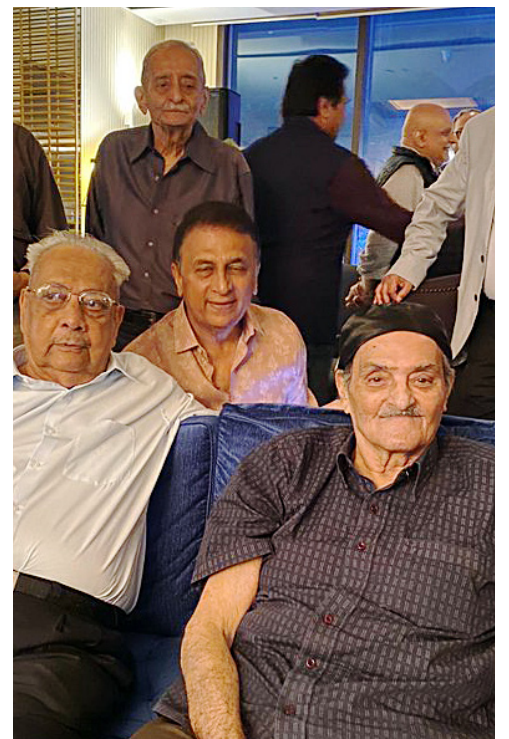
The Indian cricket team had gone to the West Indies for a test series in 1962. The first test match was held at Port of Spain in the middle of February. In the first innings, the Indian batting order collapsed. Wesley Hall, Garry Sobers and Charlie Stayers were taking wickets until India's Salim Durani and Rusi Surti came to the field. Together, they took the Indian team from 89 with six wickets down to quite a respectable total. Durani, as usual, played his natural game. He attacked and hit eight fours in his 56. No other batsman hit even a single boundary in the innings. Surti too provided

able support with his 57, and India crossed 200. In reply, West Indies didn't take a big lead. Durani showed his all-round capability and took four wickets. Except Conrad Hunte, no one could hit a half century. But, West Indies got a slight lead. But in the second innings, the Indian side crumbled. In a team



that had Vijay Manjrekar, Dilip Sardesai and Polly Umrigar, no one could cross 30. The highest scorer was of Chandu Borde with 27. No wonder, the team was bundled out for 98. West Indies easily won the match by ten wickets, with their openers doing the job easily. The second test was scheduled at Kingston. Here, India batted well in the first innings and reached 395, thanks to Borde's 93, Nadkarna's 78 not out and half centuries by Umrigar and Farokh Engineer. But West Indies batsmen shattered Indian bowling side as Easton McMorris, Rohan Kanhai and Sobers, all hit centuries and the team amassed 631. When India came to bat, there was hardly any batsman who could play the fiery West Indian bowling attack. Manjrekar and Jaisimha again failed to score well. Engineer's 40 was the highest and India lost by an innings and 18 runs. After the first test loss, this was even more of an embarrassing defeat.

CONTINUED NEXT PAGE



Nari Contractor (Front Right) along with Chandu Patankar, K Jayantilal and others at a party hosted by Sunil Gavaskar for the cricketers from the yesteryear | TWITTER

## THE BARBADOS MATCH: HOW IT ALL HAPPENED?

It was after the second test when India went to play a game with Barbados. Cricket historians mention that on the eve of the match, a cocktail party was held. The legendary Frank Worrell had cautioned about a bowler who was sort of a 'rough guy.' He advised that it was better to get out, rather than getting injured. He said that a batsman was injured by the pacer's ball and the latter didn't even say sorry to the injured guy. Who was that bowler? It was Charlie Griffith who was not a big name by then, but carried a 'reputation' locally. It was Griffith who was to bowl the lethal bouncer in this match. In fact, Contractor had earlier decided to skip the match and take rest. However, due to several players getting injured, he had to join the playing eleven in this match. When Contractor came in to bat, he had Russi Surti batting at the other end. Griffith who was earlier looking rusty had again regained his pace and was bowling with ferocity. He bowled and Contractor couldn't connect well, but the catch was dropped. Had he been caught, his career may not have been affected. However, the very next ball Griffith's ball came like a bullet. Apparently distracted by someone opening a window in the dressing room, he tried to play the ball towards short leg but misjudged the speeding ball that hit him just above the right ear.

## ACHIEVEMENTS PRIOR TO THE INJURY

Till this incident, Contractor was a leading cricketer who had shown his mettle against England and Pakistan apart from other countries. The left hander stylish batsman had created a storm on his arrival. He had scored centuries in both innings of his debut match in first class cricket, a record that he shared with Arthur Morris. He was ultimately selected for the Indian team. Contractor soon became an important part of the squad. He played under half a dozen captains. At a young age, when he was just 26, selectors made him captain of the Indian cricket team. He led India to its first ever series win against England. In all, he played 31 tests.



Nari Contractor being welcomed home by his family members post surgery | TWITTER

## BLOOD ON THE PITCH

Contractor collapsed, holding his head with both hands. The manager and others rushed but it was clear that something terrible had happened. There was blood oozing out of his nose and ears. The blood was now on his clothes too. He was witnessing tremendous pain and was taken to the dressing room, before he could get primary medication. The surgeon was not a specialist. Somehow, a neurosurgeon was later called from Trinidad. Severe blood loss was taking its toll upon his condition. The news soon reached all corners of the world. It was a major shock for the Indian team as well as for all Indians. As he was battling for life, cricket lovers were praying for Contractor's recovery. He was still not out of danger. It took nearly six days before he could regain consciousness completely. Frank Worrell was the first to donate blood. Polly Umrigar, Borde and Nadkarni also gave their blood. The prayers were answered when he finally recovered. But, it took multiple surgeries. He was able to fly back home. Then, at the Christian Medical College in Vellore, a metal plate was inserted in his head. Incidentally, on the fateful day, March 17, 1962, Surti felt that Griffith was chuckling and had told Contractor about his suspicion. After the injury to Contractor, Manjrekar was also hit on the nose and he came out (retired hurt) off the field. However, the latter had told him to instead talk to Umpire. As Contractor returned, Nawab of Pataudi Junior, Mansur Ali Khan, was given the mantle of captaincy after the second test.

## END OF TEST CAREER

After the injury, he again came back to the cricket ground after two years. Contractor played First Class cricket and continued to display his batting skills, however, his test career had unfortunately ended by that Charlie Griffith ball. He continued to play Ranji Trophy. Last year, after nearly six decades, Nari Contractor had to undergo yet another surgery. Veteran cricketers were concerned and visited the family. His son Hoshedar Contractor—who had also played first class cricket—said that the operation was a complete success. "He was kept in the hospital for a few days and then taken home," he added. The family told the media that the metal plate was removed as skin was disintegrating around the plate and hence surgery was necessary. Dr Harshad Parekh and Dr Anil Tibrewala had performed the surgery. Contractor returned home soon after. India's former captain who represented the country in 31 tests, also played 138 first class matches and amassed 22 centuries apart from 40 half centuries. His 81 at Lords' in adverse circumstances, when he played with broken ribs, and many such innings are remembered and are part of the cricket world's glory.

The author has been a journalist for 24 years. He can be contacted at [shams.alavi@gmail.com](mailto:shams.alavi@gmail.com)

HERE'S A RECOLLECTION ABOUT THE LIFE & ACHIEVEMENTS OF WRESTLER, KHASHABA JADHAV—THE MAN WHO CAUGHT THE WORLD'S ATTENTION AGAIN AFTER GOOGLE MADE A DOODLE IN JANUARY THIS YEAR TO CELEBRATE HIS BIRTH ANNIVERSARY. HE IS THE 1ST INDIAN TO HAVE WON AN INDIVIDUAL OLYMPIC MEDAL

# A LEGEND FROM THE BYGONE ERA

BYLINE: ANUBHAV TALUKDAR

In the 1940s, a scrawny youth—who looked nothing like a wrestler—requested the sports teacher at Raja Ram College in India's Kolhapur city in Maharashtra state to include his name in the wrestling event roster for yearly sports meet. The teacher turned him away, considering his 'unsuitable' physique. Not bogged down by the refusal, the youth approached the college's principal with the same request. Surprisingly, the Principal agreed and the youth surprised everyone by defeating his opponent who was far stronger and skilled than the amateur. A few years later, the youth—Khashaba Jadhav—went on to become a freestyle wrestler who clinched a bronze medal at 1952 Summer Olympics in Helsinki. He was the first athlete from Independent India to win an individual medal in the Olympics. For about 44 years, he remained the only Indian to have won an Individual Olympic medal, until tennis star Leander Paes brought home a second one. Khashaba is no more. But his son, Ranjit Jadhav, recalls the life and achievements of the wrestler, who was popularly known as 'Pocket Dynamo.'

## EARLY DAYS

Khashaba was the youngest of five sons of famed wrestler Dadasaheb Jadhav. He was born in the village of Goleshwar in Karad Taluka of Satara district in Maharashtra in 1926. Between 1940 and 1947, he attended Tilak High School in Karad Taluka. He was raised in a household where wrestling was a way of life, said Ranjit. Jadhav's career in wrestling had its own share of ups and downs and wasn't a smooth one. "It is a lesser-known fact that my father had even participated in the Quit India Movement," said Ranjit, adding that Jadhav always wanted to establish a top-tier academy for training budding wrestlers in the country. "Such was his endurance and tenacity that he could complete 250 to 300 push-ups at once even as a teenager," said his son.



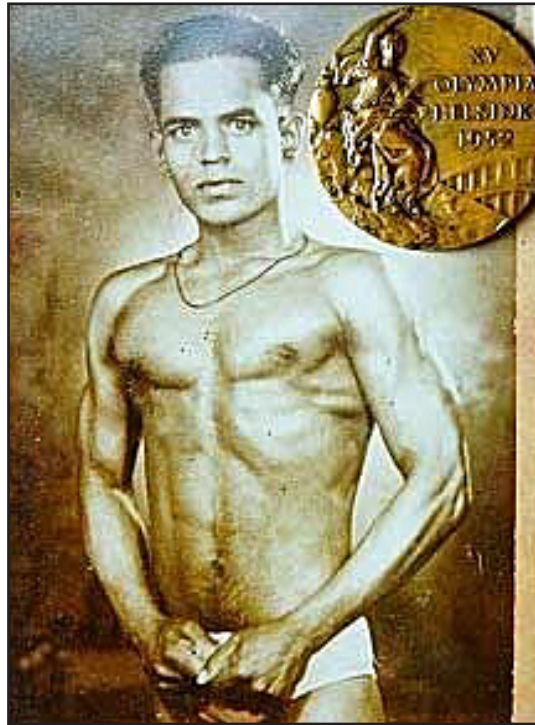
## WRESTLING CAREER



Khashaba was initiated to wrestling by his father at the age of five. He later trained in wrestling skills while attending college under the instruction of Baburao Balawde and Belapuri Guruji. "Although Khashaba had a fierce enthusiasm for the game, he never neglected his studies and always scored good marks because he understood that in order to play well, one must develop their minds, which can be done only by acquiring knowledge," Ranjit recollected. He was selected to represent India in the 1948 London Olympics. Finances were a constraint then. But, the Kohlapur Maharaja sponsored him. He trained in London under the direction of former lightweight World champion Rees Gardner. Jadhav was placed sixth in the lightweight division despite having no prior experience of wrestling on a mat. Though Jadhav received praise from people all over the world, he was dissatisfied with his performance. He worked harder for the Helsinki Olympics, the following major competition. Jadhav accelerated the pace of his training for the Helsinki Olympics over the course of the following four years, moving up in weight and competing in the 125 lb bantamweight division among wrestlers from 24 different nations. *CONTINUED NEXT PAGE*

# The glory of 1952 Helsinki Olympics

KD Jadhav was initially overlooked for the team that would compete in the Helsinki 1952 Olympics, despite having previously travelled to the Olympics and continuing to demonstrate his talent in India. Jadhav, who was 27 at the time, scurried from pillar to post collecting money from the locals. His former principal provided the largest contribution, mortgaging his own house to lend him Rs 7,000. Jadhav performed admirably in the marathon bout, and Rashid Mammadbeyov, the Soviet Union's most illustrious wrestler, was then asked to challenge him. When other athletes had authorities to back them up, Jadhav had no one to advocate for him during the 30-minute break in between the fights. Jadhav eventually lost the fight on a fever pitch because he was too worn out to muster the energy to fight back. But, he scripted history by capturing India's first individual bronze medal in wrestling following Independence by defeating wrestling titans from Canada, Mexico, and Germany in other matches. "More than 100 bullock carts led the parade as he returned home, and that day, the 15-minute trip from the train station to his house took seven hours," said Ranjit.



## END OF CAREER

KD Jadhav organised fights and distributed the revenues to his creditors once he returned home with an Olympic medal. The first recipient of his creditors' money was his kind college principal Khardikar. Residents of Goleshwar dedicated a building in a public square where five interlocking rings form the structure. Oddly enough, KD Jadhav also gave his home the name 'Olympic Niwas' (Olympic House). He became a sub-inspector in the Maharashtra police in 1955. He was all prepared to compete in the 1956 Melbourne Olympics, but a devastating knee injury put an end to his plans.

Nonetheless, KD Jadhav taught a number of police officers and occasionally experimented with police

games. He diligently advanced through the Maharashtra police ranks, retiring in 1983 as an Assistant Commissioner.

Jadhav had to struggle for a pension later in life even though he spent twenty-seven years working for the police department before retiring as an Assistant Police Commissioner. He endured years of neglect from the sports federation and had to spend his final years in abject poverty. His wife struggled to receive any help from anyone.

The national hero's life ended in agony when he was killed in a car accident on August 14, 1984. His untimely death was not what he deserved, but his triumphant performance and his earnest efforts will always be remembered.

### ACHIEVEMENTS

- Ended sixth in the flyweight division at the 1948 Summer Olympics in London
- Secured India's first individual wrestling medal at the 1952 Helsinki Olympics
- He was one of the Indian athletes who took part in the 1982 Asian Games torch run
- The Maharashtra government honoured him with the Chhatrapati Puraskar in 1992
- He was presented with the Arjuna Award posthumously by the Indian government in 2001
- On January 15, 2023 Google honoured Khashaba by creating a doodle to celebrate his 97th birth anniversary



## BYLINE

BEAUANETTE COETZEE

B.A. Honors in Biokinetics (Rehabilitation Specialist)

HERE'S WHY SPORT REHABILITATION IS NECESSARY, WHEN IT IS SAFE TO BEGIN & THE KEY ASPECTS TO CONSIDER WHEN DESIGNING A REHABILITATION PROGRAM



# REHABILITATION IN SPORTS

## WHEN TO BEGIN?

One of the most critical aspects of sport rehabilitation is determining when it is safe to start the process. Athletes should not begin rehabilitation until the injured area has been adequately healed. This typically involves a period of rest or immobilization to allow the body to begin the natural healing process. Once the athlete's body has had sufficient time to heal, they can begin rehabilitation. Beginning the process too early can lead to further injury or setbacks in the recovery process.

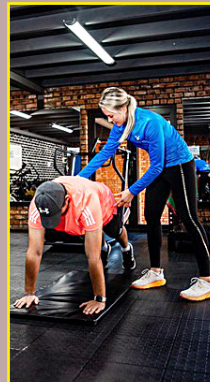
## CLINICAL EVALUATION IS A MUST

Before beginning rehabilitation, a clinical evaluation should be conducted to assess the severity of the injury and determine the most appropriate course of treatment. A Biokinetist will assess the athlete's range of motion, strength, and stability to create a tailored rehabilitation plan. The clinical evaluation is an essential aspect of rehabilitation as it provides valuable information to guide the rehabilitation program.

## CUSTOMIZATION IS IMPORTANT

When designing a rehabilitation program, several key aspects should be considered. First, the program should be tailored to the athlete's specific injury or condition. Every athlete's injury is unique, and the rehabilitation program should be designed to address their individual needs. Second, the program should be progressive, with a clear plan for gradually increasing the intensity and duration of exercises as the athlete's body heals and becomes stronger. This progression should be monitored by a Biokinetist who can adjust the program as necessary based on the athlete's progress thus it can be done through regular re-evaluations. Third, the rehabilitation program should be goal-oriented. Specific objectives should be established for the athlete to achieve throughout the rehabilitation process, such as increased range of motion or improved strength in the affected area. These objectives should be measurable, so progress can be monitored, and adjustments can be made to the program as needed.

Sport rehabilitation is a necessary process for athletes who have suffered an injury related to sports. When athletes are injured, it can be frustrating and overwhelming to figure out the best course of action for recovery. Sport rehabilitation aims to guide athletes back to their full physical potential by utilizing a combination of therapeutic techniques and exercise programs. The primary goal of sport rehabilitation is to help athletes recover from injuries and regain their physical abilities, whether it be mobility, flexibility, or strength. Without proper rehabilitation, an athlete's ability to perform at their highest level may be hindered. They may be forced to retire from their respective sports altogether. Rehabilitation provides athletes with the support and guidance needed to safely and effectively return to their sport following an injury.



## INCLUDE SPORT-SPECIFIC MOVEMENTS

Finally, the rehabilitation program should include sport-specific movements for return to play. These movements mimic the specific actions required in the athlete's sport, improving their ability to return to competition safely and effectively. For example, a soccer player who suffered a knee injury may need exercises to improve their cutting and pivoting abilities. In conclusion, sport rehabilitation is necessary for athletes to recover from injuries and regain their physical abilities. A clinical evaluation should be conducted to determine the extent of the injury and whether it's safe to begin rehabilitation. Key aspects to consider when designing a rehabilitation program include tailoring the program to the athlete's specific injury, establishing measurable objectives, and incorporating sport-specific movements for return to play. With proper rehabilitation, athletes can return to their sport safely and effectively, achieving success on and off the field.



# CHAIN-RESISTED TRAINING: AN OVERVIEW

KNOWING HOW TO USE CHAINS CAN GREATLY HELP IN THE DEVELOPMENT OF EXPLOSIVE POWER, IMPROVED STABILITY, MOTOR CONTROL, AND NEUROLOGICAL ADAPTATION



In recent years, the use of unconventional objects for strength training has become immensely popular across the globe. One of such methods which have gained recognition from elite athletes is the use of chains for training.

These are called chain-resisted training exercises in which the chains are added to the end of conventional barbells. Trainers and experts across the globe have claimed

that this type of training boosts strength and power more than what is achieved by using traditional free weights. In addition, chain-loaded resistance training is also believed to reduce joint stress resistance training during exercises such as bench press, squatting, and deadlifting.

It is also believed that the use of chains helps greatly in the development of explosive power, improved stability, motor control, and neuro-

logical adaptation. It may be noted that chains can be used in any type of training that involves a barbell. However, elite athletes mainly use it for core strength movements. Enhanced strength with chain-loaded resistance leads to an improved amount of force development because loads are lighter near the bottom of the bench press. Greater coordination of agonist and synergist muscle groups are also achieved.

## WHAT'S THE QUANTITY OF WEIGHT ADDED BY THE CHAINS?

A common concern often faced by sports science experts is while selecting and using chain. Chains is the uncertainty as to how much additional load the chains provide during an exercise – scientifically known as the mass-displacement relationship. “This relationship purely describes how much mass (i.e. load) is provided when the chains are lifted to a particular height off the ground. Luckily, one study attempted to measure this and provided some degree of clarity to this issue. “If the desired accommodated weight added to the back squat is to represent  $\geq 20\%$  of the athlete's 1RM, then this weight should correspond with the chain which provides this load at the end position of the athlete's lift. For example, if the athlete's end height of the back squat is 150cm, then the appropriate chain which provides  $\geq 20\%$  of 1RM in this position should be selected,” writes Walker.

**REPRESENTATION OF THE AMOUNT OF WEIGHT ADDED WHEN THE CHAINS ARE LIFTED TO A PARTICULAR HEIGHT**

The amount of weight added to your exercise when the chained is lifted to a certain height.

6mm		8mm		10mm		13mm		16mm	
Mass (kg)	Height (cm)	Mass (kg)	Height (cm)	Mass (kg)	Height (cm)	Mass (kg)	Height (cm)	Mass (kg)	Height (cm)
1.8	110	2.7	110	3.8	110	6.6	110	11.1	110
1.9	120	2.9	120	4.2	120	7.4	120	12.0	120
2.1	130	3.2	130	4.6	130	7.9	130	13.1	130
2.2	140	3.4	140	4.8	140	8.4	140	14.2	140
2.4	150	3.6	150	5.2	150	9.0	150	15.3	150

CREDIT: SCIENCE FOR SPORT



## WHAT IS CHAIN-RESISTED TRAINING?

It is classified as a type of variable resistance training. This form of training includes chain-resistance training and elastic-resistance training. A variation is caused in the load being lifted while performing an exercise supplemented with chains or elastic bands throughout the range of movement. Thus, it is called 'variable resistance training'. The term 'accommodating resistance' is also commonly used when discussing chain-resistance training. According to sports scientist and former Head of Academy Sports Science for Cardiff City Football Club, Owen Walker, accommodating resistance allows for the resistance to increase in the biomechanical advantageous positions as the muscle is capable of exerting a greater force. “In other words, the weight of the chains ‘accommodates’ (i.e. gets heavier or lighter) alongside the athlete's ability to produce force – when they are in either a stronger position or a weaker one. As the athlete moves up toward the end position of an exercise, they are also typically moving up the ascending strength curve. As they move up, the weight gets heavier, and vice-versa. For example, using chains during the bench press or squat provides an increasing load during the concentric phase of the lift to ‘accommodate’ the ascending strength curve. This means that as they move into more biomechanically advantageous positions (i.e. stronger positions), they are also required to produce more force,” writes Walker in his journal.

## BUDDING STAR

## HIGH ON HOCKEY!

**HERE'S THE TALE OF ODISHA'S JYOTI CHHATRI WHO HAS BEEN PICKED UP FOR SENIOR WOMEN'S NATIONAL CAMP**



**H**ockey India recently divulged a selection of 33 top-tier players to form the core probable group for the Senior Women's national camp in Sports Authority of India (SAI), Bengaluru. The core group will be preparing for the upcoming Australia Tour - a preparatory event leading up to the highly anticipated Asian Games in China. Making to the list for the first time is 20-year-old Jyoti Chhatri. Jyoti is a national hockey cadet from the Sports Hostel in Odisha's Sundargarh. Based on her immense promise, she was transferred to Odisha Naval Tata Hockey High Performance Centre in 2021. Born in the Sundargarh district of Rourkela, Jyoti is the youngest of three siblings, unsurprisingly for a family in Sundargarh, the passion for hockey was abundant in her family, she took up the game in 2014, inspired by her brother who himself was a goalkeeper. On the privilege of making the 33-member core probable group, she said: "It is an immense privilege to play, learn and grow amongst

some of India's finest hockey players, all of us dream about playing at the highest level and representing India. This is an incredible opportunity." "Hockey is very popular where I grew up, my brother used to play and encouraged me a lot to take up the game, the Panposh stadium was near my house and I was fortunate to get into the State Sports Hostel in Panposh. This is

where I started taking the game seriously." In 2021, Jyoti was selected to join the program at Odisha Naval Tata Hockey High Performance Centre, in Bhubaneswar. The transition, she concedes, is one of the bigger challenges she faced, "It was challenging to be far away from home, but my family supported me, along with the coaches and staff at Odisha

Naval Tata HPC." She further added: "The transition was tough, but my time there was transformative as we had to elevate our commitment to training and the game itself. It was the first time I was exposed to various elements of performances. There were state-of-the-art facilities at our disposal. For example, we even had nutrition classes to ensure we knew how to stay fit year round, we focused on injury prevention and recovery, furthermore, we had sports psychology sessions to prepare and strengthen ourselves mentally for the many ups and downs in the journey of an athlete." The Senior Women's National Coaching Camp commenced on April 9. On her experience in the camp so far, Jyothi remarked: "As any young athlete, I was quite nervous before the camp, to play with Olympians and champions that I have idolised seemed quite intimidating. However, everybody has been very welcoming and supportive so I am really looking forward to improving my game over the next month."

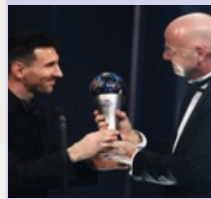
### HARRY KANE SURPASSES ROONEY TO CREATE HISTORY FOR ENGLAND



After scoring his 54th goal in his 81st appearance against Italy, Harry Kane has officially broken the record for most goals scored by an England player. He was firmly

ensconced among the finest forwards to don an England jersey, sharing the top spot on the list of England's all-time scorers with Wayne Rooney. On March 23, Kane scored England's historic goal when he converted a penalty to put the Three Lions up 2-0 in Naples during their opening Europe 2024 qualifying match. In 120 games, Rooney netted 53 goals for England. Kane has now scored 54 goals in 81 games. The only male English players to ever reach the 50-goal plateau for the national team are Rooney and Kane.

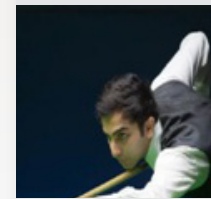
### LIONEL MESSI HONOURED WITH PRESTIGIOUS FIFA MEN'S PLAYER AWARD



Lionel Messi, the captain of Argentina, was named the best player in men's football by FIFA at the Best FIFA Football Awards in Paris on March 1. For his exceptional efforts in men's football

from August 2021 to December 2022, Messi was given this honour. The 35-year-old forward scored twice against France in the FIFA World Cup final. At the World Cup final, Kylian Mbappe of France scored three goals and was one of the nominees for the night's most anticipated prize. Mbappe's accomplishment was overshadowed, though, as Messi eventually took home the most coveted trophy. For the second consecutive year, Alexia Putellas of Spain took home the prize for best female player.

### PANKAJ ADVANI DEFEATS DAMANI TO WIN THE ASIAN BILLIARDS TITLE

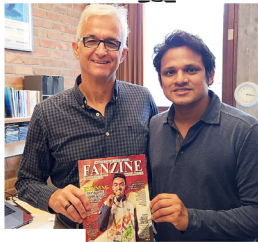


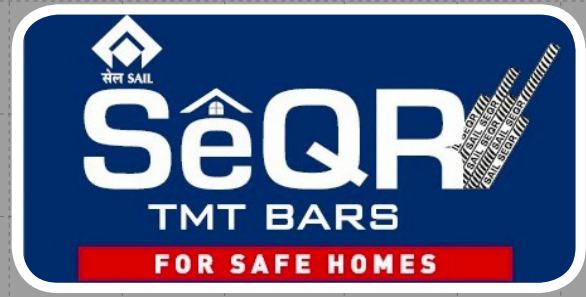
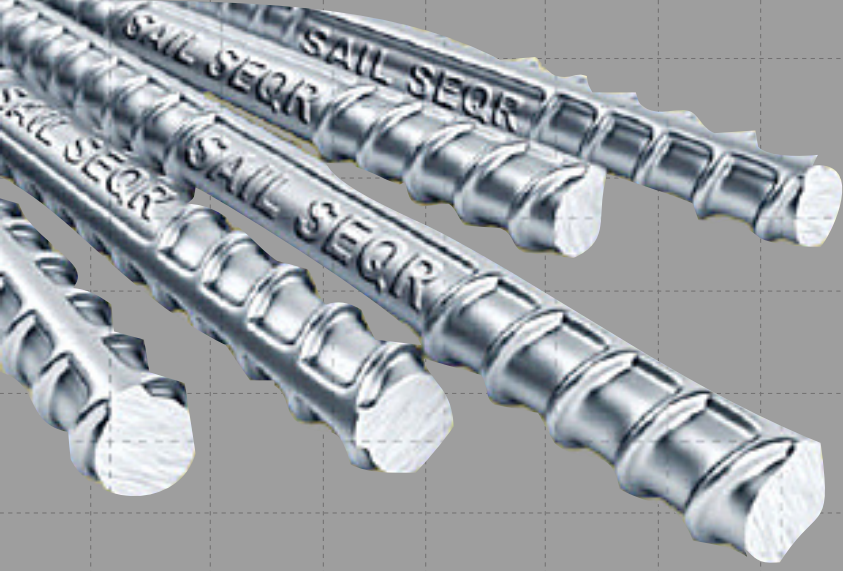
After defeating his fellow countryman Brijesh Damani 5-1 in the championship match at the Qatar Billiards and Snooker Federation (QBSF) Academy, Pankaj Advani, the Indian cue

sports champion, successfully defended his Asian Billiards title in the 100-up format. The match was won by Advani, who has won the IBSF world championship 25 times, with a final score of 100(51)-18, 100(88)-9, 86(54)-101(75), 100-26, 100(66)-2, and 101(64)-59. Advani, a 37-year-old Bengaluru native, has won the IBSF World Billiards Championship 16 times, the World Team Billiards Championship once, and the billiards world championship 17 times. At the Asian Games in 2006 and 2010, he also took home a singles gold medal in English Billiards.

# FANZINE TURNS 1

## THANK YOU READERS





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Earthquake Resistant

Excellent Banding With Cement



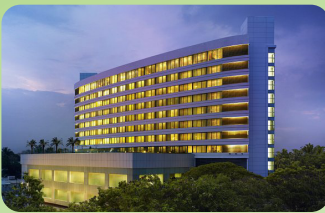
स्टील अथॉरिटी ऑफ इण्डिया लिमिटेड  
STEEL AUTHORITY OF INDIA LIMITED

*There's a little bit of SAIL in everybody's life*



### SERIES 1 SYMPOSIA

All about rotator cuff management



#### For Orthopedic Surgeons

Day 1	Early Bird	Date	Course fee
	Upto April 15th		8000/-
		Upto May 26th	10000/-
	Spot Registration		12000/-



Day 1	Day 2	COURSE HIGHLIGHTS
Basic to advance in Rotator cuff tear management.	Overhead athletic injuries: Prevention and management.	<ul style="list-style-type: none"> <li>Excellent faculty talks</li> <li>Educative workshop</li> <li>Exclusive Ortho One Academy Membership</li> <li>Live Surgeries</li> </ul>

#### For Physiotherapists , Coaches and PETs

Day 2	Early Bird	Date	Course fee
	Upto April 15th		1000/-
		Upto May 27th	2000/-
	Spot Registration		3000/-



Venue: TAJ Vivanta, Coimbatore    Dates: 27th & 28th May, 2023  
Contact: 9580 371 371    E-mail: academy.series@ortho-one.in  
www.ortho1academy.com