



**SIMPLY
SPORT**

VOL.1
OCT - DEC
2021

QUARTERLY
NEWSLETTER

CONTEXT

The quarter following our first year anniversary has been quite an eventful one. Having conducted our first strategy meet, launched the Athlete Career Development Program, conducted several sessions on pertinent sports-related issues, and witnessed yet another stint of remarkable performance from our athletes, we at SSF had tons to learn from the past few months. Read on for an overview of our highlights, events, articles and more from the October-December 2021 quarter!

QUARTERLY HIGHLIGHTS

PROGRAMS

1.ATHLETE CAREER DEVELOPMENT PROGRAM

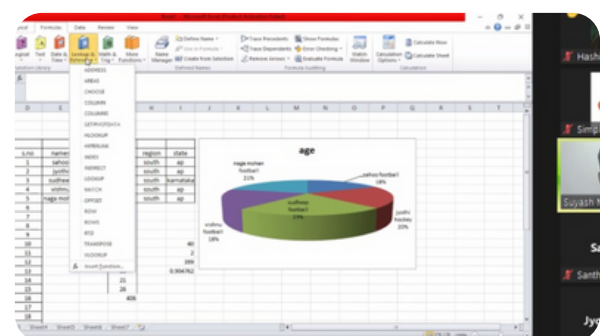
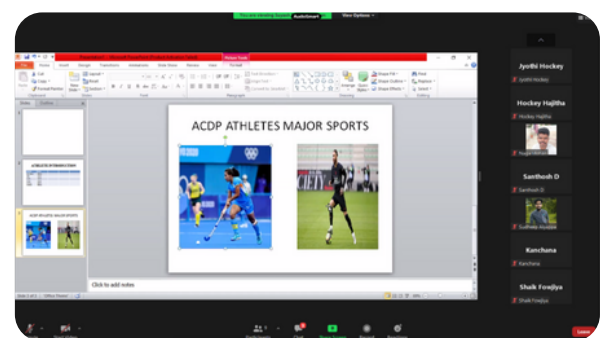
We launched the much awaited Athlete Career Development Program (ACDP) for athletes with an aim to guide and prepare athletes for their life after sports. We received 15 application in the pilot batch which kicked off on 27th November. At the end of the course, the athletes will get a chance to intern or work with some of the top sport companies in the country.

About the program

This course is aimed at helping athletes further their careers in the sports industry. After competing in a sport professionally, an athlete tends to have fewer options career-wise. The ACDP is designed to give athletes the skills they require to work in the sports industry.

Program details

- Course duration of 8-10 weeks. Only on weekends.
- Courses offered: Soft skills and Microsoft/Google basics training.
- Online sessions via Zoom by trained facilitators.
- Program fees- 2,500/- INR



Program benefits

- Affordable fees
- A great opportunity to upskill yourself and prepare for a career after sports.
- Paid internship opportunities at leading sports/fitness brands post-course completion.
- Get back your investment through the paid internship opportunity.
- Chance to get a full-time job post your internship.

Placement Partners



2. GRASSROOT SPORTS LEAGUES

PARTNERSHIP WITH BANGALORE TORPEDOES

We have announced a one-year partnership with Bangalore Torpedoes - Prime Volleyball League's newest entrant from the city of Bengaluru, . Bangalore Torpedoes, which embodies the spirit of professionalism in the Indian Sports Horizon. A city and state with rich sporting history, Bengaluru has seen the rise of football, cricket, Kabaddi, and wrestling in the last decade or so, and Volleyball is sure to become the next big thing in the city. Together with the push of the Prime Volleyball League, the Torpedoes will aim to drive a love for volleyball through the city and its people. The Bengaluru Torpedoes are committed to the long-term development of volleyball, not just at the senior level but from the very grassroots.



As part of the association, Simply Sport and Bangalore Torpedoes will be working cooperatively in respect to the following two pillars of intervention:

Scouting

- Conduct scouting programs to find a Local Hero who will train with the first team. A one of its kind money can't buy experience that can be documented and serve as an inspiration for many from the state of Karnataka. Local Hero's association and involvement with the first team will be subject to league directions.

- To unearth raw talents who can then be molded into future stars.
- Emphasis to be also placed on enabling women participation in the sport.

Empowering Academies

- Identify academies that are semi-professional and help them make the step up in terms of professionalism
- Provide support in the form of equipment and coaching that can make a difference.
- Advance methods to be imparted in the areas of fitness, mental health and nutrition.
- Create a repository of advanced training methodologies in consultation with the coaching staff and foreign players that can be implemented in the grassroots curriculum.

EVENTS

SSF ANNUAL CELEBRATION AND REPORT LAUNCH

We had our 1st anniversary in the month of October and for the occasion we had the privilege of inviting Olympian and Bronze medalist P.R Sreejesh. On this occasion, Sreejesh launched the SSF annual report to the public and shared his insights on Indian sports.



SESSION ON MEN'S MENTAL HEALTH

The month of November was declared as the International Men's mental health month. On this occasion we conducted a webinar for our partners to spread awareness about the topic for the male athlete fraternity and its importance in daily life.



MENSTRUATION & SPORTS LIVE WEBINARS

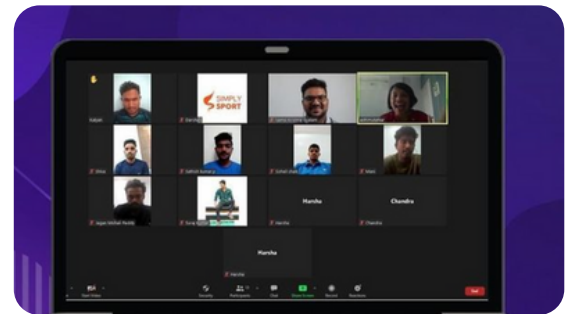
One of the topics we as a foundation are focussing on is - Menstruation and Sports. On this, we conducted a live talk on Instagram on the topic with WISI (Women In Sports India). The webinar touched on the importance of the topic and why it is important to be addressed in the sports fraternity.



We followed that up with a 4-series instagram live session on Menstruation and Nutrition with renowned sports nutritionist (International Olympic Committee) Geetha Ghaliyavar. In the last session we had the privilege of fitness and lifestyle coach Ayesha Billimoria joining us live on the session.

LIFE AFTER SPORTS WEBINAR FOR ANANTPUR SPORTS ACADEMY

We conducted a 'Life after sports' webinar for the youth footballers of the Anantpur Sports Academy. The athletes were given a walk-through on career after sports options for them and why they should start planning for their 2nd innings. Aditi Mutatkar from Simply Sport had an interactive discussion with the participants providing her life journey as an athlete and the transition from athlete to professional.



BANGALORE TORPEDOES SELECTION TRIALS

Simply Sport team assisted Pro-Volleyball team Bangalore Torpedoes in conducting selection trials for their youth development team in Kanteerva Stadium, Bangalore. The occasion saw more than 150 youngsters attend the trials. Out of which 23 boys and 7 girls were selected.



The selected young spikers will be provided with proper training and Simply Sport will also plug-in to provide structured sports science programs consisting of nutrition, fitness and mental health.

SSF ANNUAL STRATEGY MEET

In the month of December, we had our much awaited annual strategy meet. The meet involved all the key stakeholders, employees and mentors coming together in Bangalore for a half-day offsite. Key strategies and action plans for the year 2022 were discussed.



We had a special visitor for the event - Shalini Prakash, an ex-badminton player and venture capitalist joined us for a small QA session wherein she gave insights of her journey and her new book "Clueless at 30". The event culminated with some employee bonding sessions.

IMPACT



ATHLETES



NEHAL GUPTA

Got international classification (SL3). Won medals at Asian para-games 2021.



SANDHYA RAI

Got selected for the Super 7 Asian Series 2022.



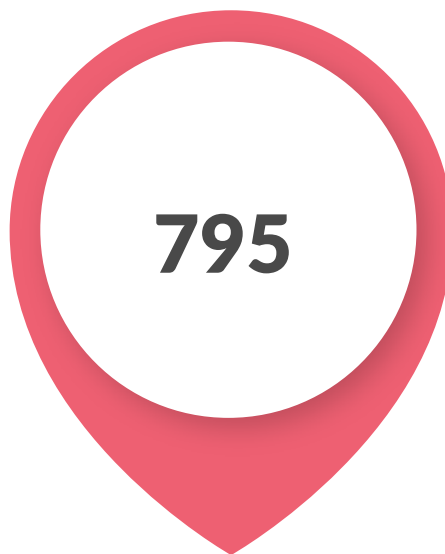
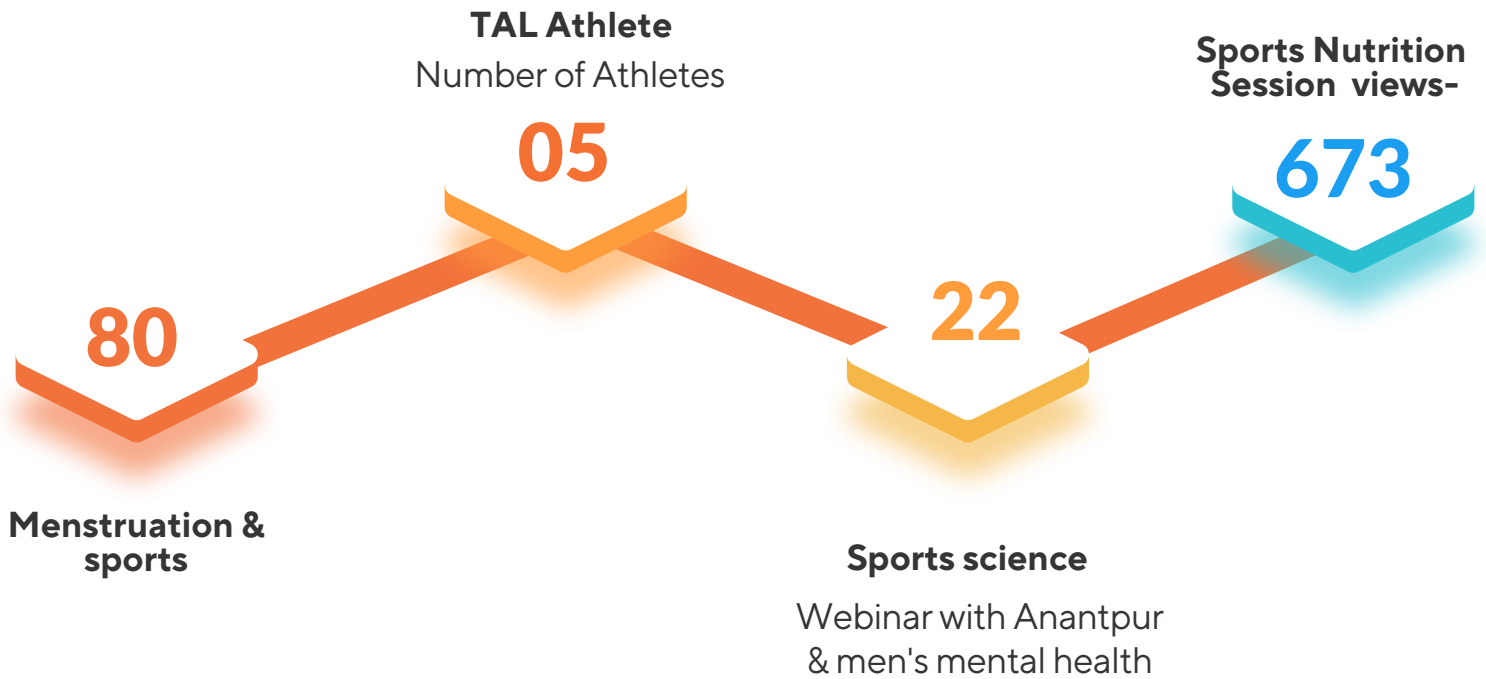
**VAISHNAVI
VEERAVAMSHAM**

Won 3 national medals which got her placed behind Nethra Kumanan. Participated in ICLA6 world championships and got recognised as the youngest sailor.



DIVYA SATIJA

4 Medals at State championships .
2 Medals at National Championships.
3 Medals at Finn Swimming Competition.
4 Medals at National Civil services.



**TOTAL
ATHLETES**



WELCOMING NEW MEMBERS TO THE TEAM

Priyanka Moorthi is a passionate district-level volleyball and beach volleyball player with playing experience of around 15 years. She is interested in pursuing a career in the sports sector and has always wished to make girl children and women from rural areas choose sports as a career.

“Joining the SSF team, contributing my skills and working on the different projects to improve participation at the grassroots level is the most important focus of the sports community. Being in Simply sport, I know I can find many positive ways to realise my vision and create public awareness.”



Urja Mehta is a 22-year-old who is extremely passionate about both Sports and Psychology and has played football at the state level. She graduated in 2021 with a Bachelor of Arts in Liberal Arts and Humanities and will be going to the UK in 2022 to pursue her Masters of Science in Sports and Exercise Psychology at Loughborough University.

“Being an athlete myself, it was imperative for me to join an organisation that gave sports the same weightage that I do. Learning about my country's policies in sports at the grassroots level before I go abroad to pursue my further studies will be an invaluable learning experience.



Thus, since Simply Sport has partnered with the Sports Authority of India as well as the University of East London in a research project, I was extremely keen on taking up this opportunity to pursue my love for both Sports and Research.”

IN OUR COLUMN THIS QUARTER

08

Arjun Prakash writes about the football culture in the country, what's missing and what's required to allow our football enthusiasts realise their aspirations.

<https://www.simplysport.in/post/the-blue-tigers-sleeping-giant-in-football>

In this article, Abhishek writes a raw account of the dilemma faced by sports professionals between continuing in the field and moving to other more viable career options.

<https://www.simplysport.in/post/sport-dropouts-in-india-a-c-of-possibilities>

Amruta, sports psychologist, writes about the pertinent issue of mental health of men and how one can improve their well-being as part of Men's Mental Health Month.

<https://www.simplysport.in/post/let-s-talk-about-mental-health-in-male-athletes-coaches-and-administrators>

In this article, Rohit sheds some light on China's questionable state-sponsored sports system, often described simply as a metal-manufacturing system.

<https://www.simplysport.in/post/china-is-dominant-at-the-olympics-but-at-what-cost>

Abhishek articulates his take on the heated Indian cricket captains' controversy.

<https://www.simplysport.in/post/bored-of-controversy-surrounding-captains-in-india-same>

IN THE NEWS

<https://sportstar.thehindu.com/other-sports/vaishnavi-nethra-gear-up-for-oman-senior-world-sailing-championships/article37764391.ece>

<https://telanganatoday.com/vaishnavi-to-represent-india-at-oman-senior-world-sailing-championships>



Get Involved

SUPPORT OUR ATHLETES

Your valuable support will be used to provide necessary interventions in the areas of equipment, tournament expense, travel, nutrition, and training.



Donate

PASS FOR PASSION 2022

Help support our partner - Jungle Crows Foundation in their humble mission to uplift and empower children from marginalized background through the sport of Rugby.



Donate