

May 2025



Vol 25 Issue 05

NEWSLETTER

START

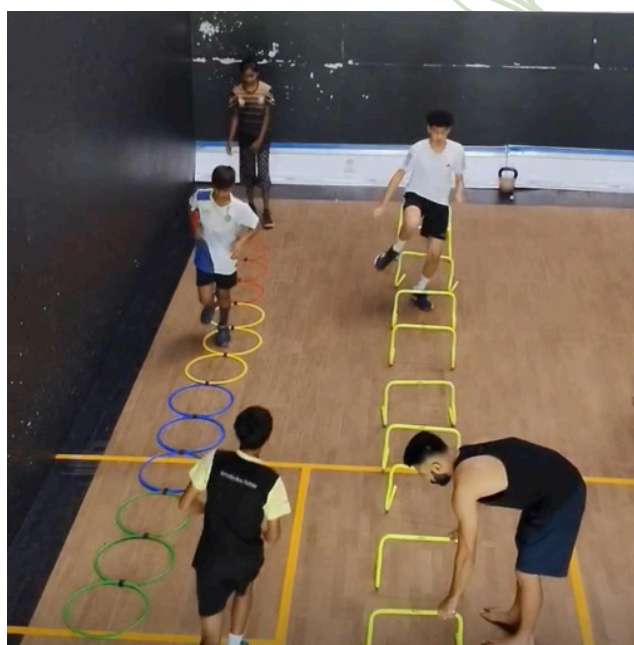
kalote mokashi

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The Importance of Agility Training

Agility is everything in squash: quick direction changes, explosive movement, and fast footwork can often decide the outcome of a match. That's why agility training, especially ladder work, has become a key part of our routine. Coach Karan has been leading the charge, designing fun and dynamic drills that not only improve speed and coordination but also keep the kids motivated and moving with joy. It's all about getting faster, sharper, and smarter on court—one ladder step at a time!



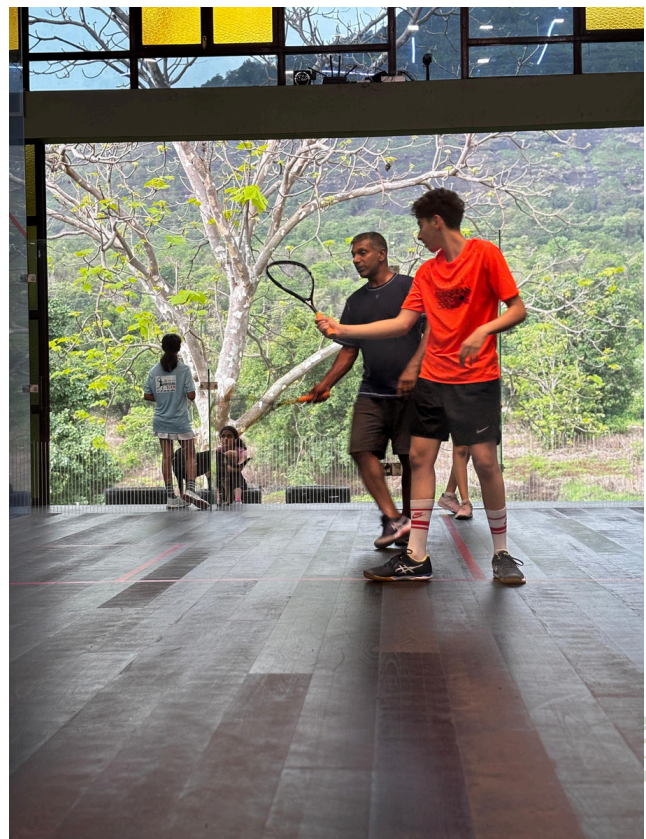
Building Season at the Academy

While there were no tournaments this month, it's been a valuable time for building, learning, and sharpening skills. The kids have been fully focused on training: playing intense practice matches, refining their technique, and pushing each other to improve every day.



Training Moments ...

We also welcomed some new faces to the academy, adding fresh energy and new friendships to the mix. It's been a month of quiet growth, strong foundations, and exciting momentum.



Refuelling Right

All that hard work on court means serious refuelling in the kitchen! The kids have been enjoying simple, nutritious meals! From boiled eggs packed with protein to fresh seasonal mangoes that bring a burst of summer sweetness. Mealtimes are not just about food, but about recovery, bonding, and fuelling up for the next round of training.



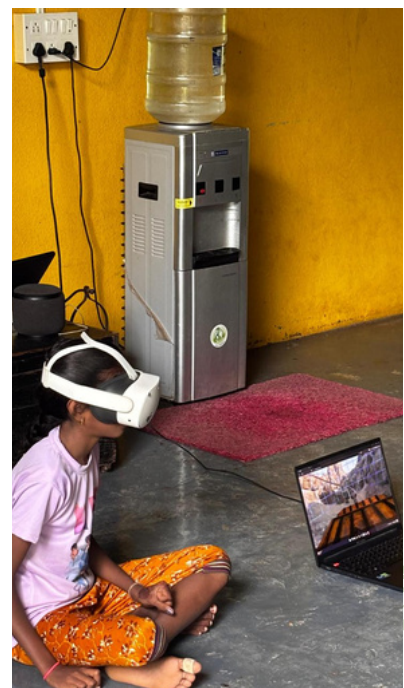
Recovery & Breathwork

Training hard also means learning to slow down and recover mindfully. This month, we focused on the power of breathing and rest. In collaboration with Prana Paradise, we hosted a breathwork session for all the kids. An hour of stillness, awareness, and gentle reflection. Everyone left feeling refreshed, lighter, and more connected to their bodies and minds. It was a beautiful reminder that recovery is just as important as hard work.



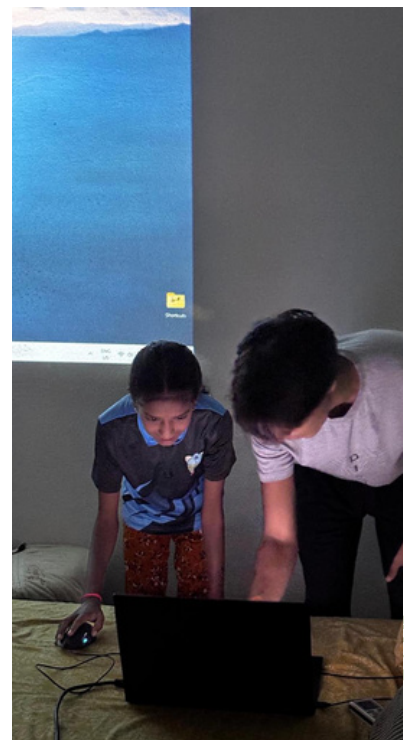
Tech Meets Learning: Virtual Reality

This month, we were thrilled to have Krishna Rudra from FLAME University generously volunteer his time and energy for a special Virtual Reality exposure session with the kids. He introduced them to the basics of VR technology and guided them through exciting interactive games that tested their focus and coordination. For many, it was their very first experience with virtual reality—and it was nothing short of eye-opening.



Tech Meets Learning: Digital Exposure

Krishna also hosted a movie screening using the projector and took the kids through a hands-on session on safe and purposeful internet browsing, highlighting how to use technology for learning and exploration. We're grateful for his time and the curiosity he helped spark in our young learners!





JULY CAMP

7-13
JULY
2025

*Main Summer
Camp: Junior
Nationals Prep 3*





MAIN SUMMER CAMP – JUNIOR NATIONALS PREP 3

Flagship summer camp for serious juniors aiming for Junior Nationals 2025

Includes:

- Extended high-performance training
- Advanced match-play & tournament prep
- Mental, tactical & physical development
- Residential stay with full boarding

Led by Ritwik Bhattacharya & elite coaches

Ideal for: Committed juniors (U11–U19) seeking peak performance

All camps are hosted at START Academy, led by Ritwik Bhattacharya and a team of national/international coaches. Residential programs include meals, lodging, and full access to training facilities.





JUNE CAMPS

CAMP 1: JUNIOR NATIONALS PREP 2

JUNE 9–13 (5 DAYS)

INTENSIVE TRAINING FOR COMPETITIVE JUNIORS

CAMP 2: WEEKEND CAMP – BEGINNERS

JUNE 13–15 (3 DAYS)

PERFECT FOR NEW AND DEVELOPING PLAYERS

CAMP 3: HIGH PERFORMANCE – ADVANCED

JUNE 18–22 (5 DAYS)

FOCUSED SESSIONS FOR ADVANCED ATHLETES



Upcoming Summer Camp

WHAT IS START ?

India's first residential squash academy in rural India.

- ✓ 20+ Junior National Champions trained
- ✓ 10+ players on the PSA World Tour
- ✓ Special programs for tribal kids since 2017

A Squash Temple where champions are made.

CAMP 1: JUNIOR NATIONALS PREP 2

June 9-13 (5 Days)

For competitive juniors preparing for Junior Nationals 2025

Includes:

- Intensive training & match-play simulation
- Tactical, technical & mental coaching
- Residential stay with meals
- Led by Ritwik Bhattacharya & top coaches

Ideal for: Tournament-level players (U11-U19)

Players aiming for peak performance in Junior Nationals 2025

CAMP 2: WEEKEND CAMP - BEGINNERS

June 13-15 (3 Days)

For new & developing players

Includes:

- Squash fundamentals & fun drills
- Light fitness & game play basics
- Supportive, beginner-friendly setting
- Residential optional (with meals)

Ideal for: Boys & girls aged 8-14 with little or no experience

CAMP 3: HIGH PERFORMANCE - ADVANCED

June 18-22 (5 Days)

For advanced players at state/national level

Includes:

- High-level skill & strategy training
- Video analysis, fitness & recovery
- Mental coaching & match prep
- Residential stay with meals

Ideal for: U13-U19 athletes competing regularly

START featured in Hindustan Times



Israel War LIVE HT Premium HT The Next Voice Games HTCity
os Century of Leadership Web Stories Sports Bengaluru News Delhi News

Making room for squash in a sleepy village

By Rutvik Mehta, Mumbai

May 29, 2025 06:09 AM IST



In Kalote Mokashi, a squash academy founded by Ritwik Bhattacharya empowers local kids, transforming lives through sport and bridging urban-rural divides.



Forty-six alumni from the academy are ranked nationally and eight flaunt a PSA ranking. START Academy(START Academy)

Click here for the full article.



India Ranking Update

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

BU11 May 2025

Search

RANK	NAME	STATE	AVG
60	Kaushal Shingava	MH	28.0

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

BU13 May 2025

Search

RANK	NAME	STATE	AVG
48	Parshuram Lachaka	MH	40.0

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

BU15 May 2025

Search

RANK	NAME	STATE	AVG
81	Mayur Hiru Niraguda	MH	22.45

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

BU17 May 2025

Search

RANK	NAME	STATE	AVG
34	Bhaskar Chahu Darvada	MH	60.0

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

BU19 May 2025

Search

RANK	NAME	STATE	AVG
27	Ram Mahadu Darvada	MH	102.19

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

MEN May 2025

Search

RANK	NAME	STATE	AVG
58	Raju Shingava	MH	71.05

India Ranking Update

♂ ♀

GU11 May 2025

Search

RANK	NAME	STATE	AVG
43	Sonali Nirguda	MH	30.5

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

GU13 May 2025

Search

RANK	NAME	STATE	AVG
67	Sarika Balu Vir	MH	24.0

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

GU15 May 2025

Search

RANK	NAME	STATE	AVG
37	Soniya Waghamare	MH	51.0

♂ ♀

GU17 May 2025

Search

RANK	NAME	STATE	AVG
76	Dharmi Hiru Pardhi	MH	18.2
76	Asha Nirguda	MH	18.2

JUNIOR SENIOR MASTERS PRO-COACH

♂ ♀

GU19 May 2025

Search

RANK	NAME	STATE	AVG
21	Durga Hiru Paradhi	MH	91.12

♂ ♀

WOMEN May 2025

Search

RANK	NAME	STATE	AVG
48	Durga Hiru Paradhi	MH	89.15

World Ranking Update

<i>Womens</i>	
410	Bijali Darvada
432	Durga Hiru Pardhi
<i>Mens</i>	
848	Raju Shingava
865	Sadashiv Shingava
865	Laxman Pokale
885	Krushna Darvada
885	Ram Darvada