



Ab
Jeetega
India

SFA MUMBAI 2016

EVENT BOOKLET

28th Nov - 30th Nov - Sports Authority of India, Kandivali.

1st Dec - 19th Dec - DY Patil Sports Academy, Nerul.

13th Dec - 15th Dec - Mumbai Hockey Association, Churchgate.



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SPORTS STARS



— SAINA NEHWAL —

Sunday, 11 December, 11am Onwards

Former World No.1 and Olympic medal winning badminton star Saina Nehwal will be visiting SFA Mumbai 2016 as part of our Girls Day celebrations! She will interact with athletes across all sports!

— ATANU DAS —

Saturday, 17th December 2016, 12pm Onwards

International and Olympic archer Atanu Das will be gracing the archery competition at SFA Mumbai 2016 where he will interact with archers as well as take part in an exhibition shooting round alongside them.



SPECIAL DAYS



GIRLS DAY

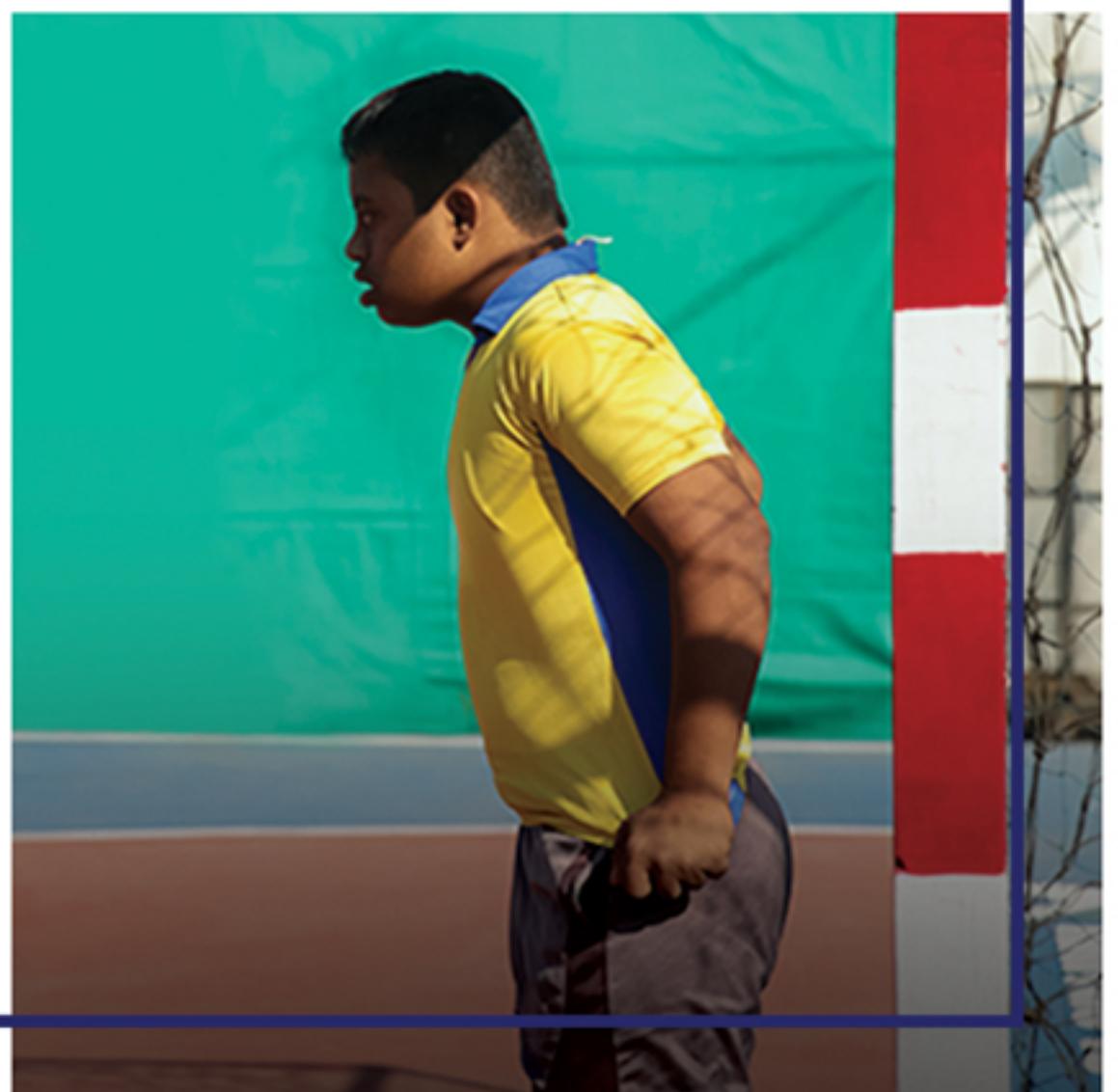
Sunday, 11th December 2016, 10am - 1pm

- Girls' matches across all sports
- Special Awards
- Guests and celebrities
- Panel Discussion on "Women in Sport"
- Stand up Comedy Act
- Music & Entertainment

DIFFERENTLY-ABLED CHILDREN'S DAY

Sunday, 18th December 2016

- Handball, Basketball, Carrom, Table Tennis Matches
- Walkathon
- Musical Eskrima Performance
- Prize Distribution



SPECIAL EVENTS



— SPORTS QUIZ —

Friday, 16th December 2016, 11am Onwards

Here's the chance to test your knowledge in the field of sport and win lots of exciting prizes.

— PRINCIPAL SYMPOSIUM —

Sunday, 11th December 2016, 2:30pm Onwards

Listen to the reputed Principals of leading schools across Mumbai discuss the future of sport at the school level and their plans of creating champions from the playgrounds.



— MUSIC CONCERT —

Sunday, 11th December 2016, 4pm Onwards

Pragya Sodhani and Chhavi Sodhani of Parindey Band will perform at SFA Mumbai 2016 allowing athletes and visitors to unwind to the best tunes.



WORKSHOPS & CLINICS

— SHOOTING WORKSHOPS —

Saturday, 3rd Dec to Sunday, 11th Dec 2016

Test your aim and try a new sport! Pistol and Air Rifle Shooting workshops will be held at SFA Mumbai 2016. Ask for details at the Help Desk.



— ARCHERY WORKSHOPS —

Friday, 16th Dec to Sunday, 18th Dec 2016

Never tried Archery before? Here's your chance to try your hand at the Olympic sport. Ask for details at the Help Desk.

— COACH CLINIC —

Saturday, 10th December 2016

Time for some intense activity for the coaches! Sport coaches from across the city can participate in the clinic. Drills and fitness tests will reveal the Fittest Coach in the city of Mumbai. Register and stand a chance to win an award and other prizes!



EXHIBITION MATCHES



— TABLE TENNIS —

Saturday, 17th December 2016

International level table tennis player Mudit Dani, who ranks Number 10 on the ITTF World Junior Boys' Circuit Standings will play an exhibition match. Get ready for some never-ending rallies and smashes!

— BADMINTON —

Thursday, 8th December 2016

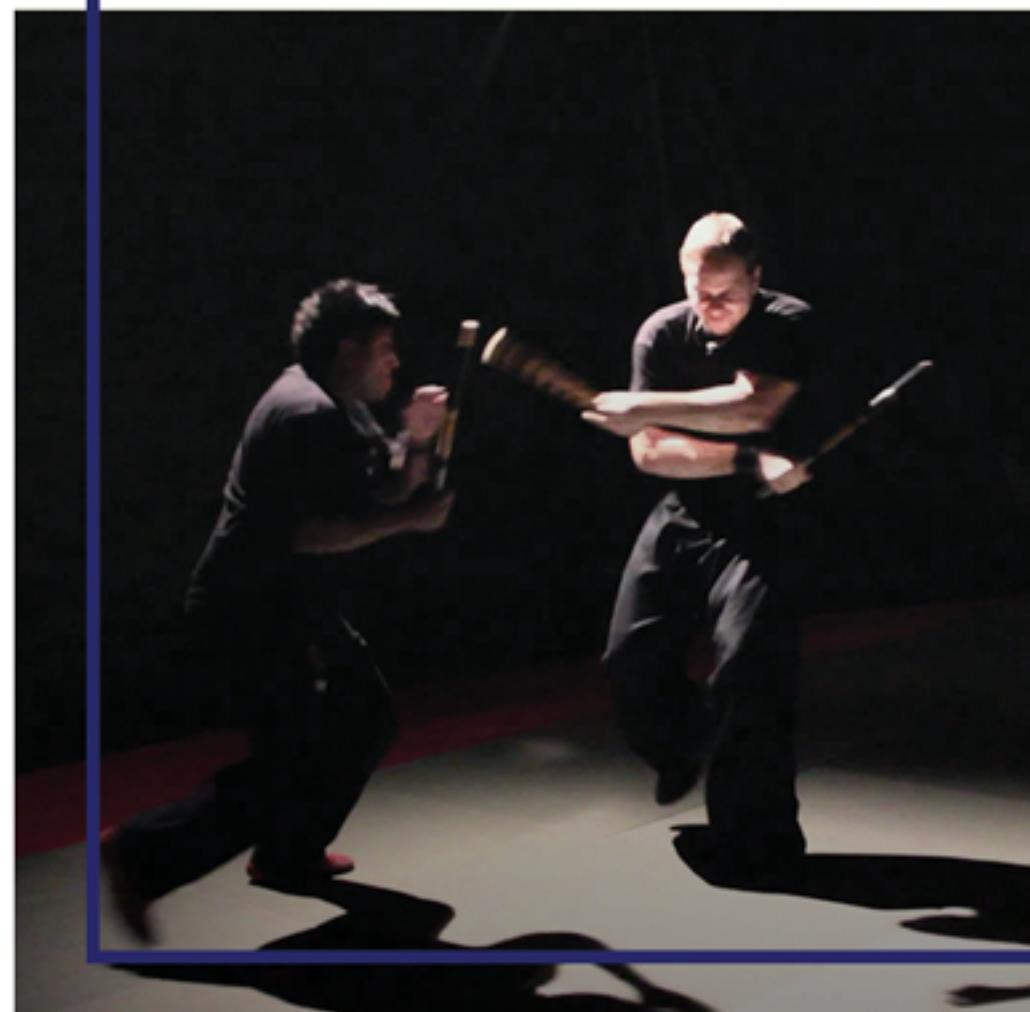
International level badminton players Riya Arolkar and Simran Singhi will play an exhibition match. All budding badminton players and enthusiasts, do join us to witness some of those professional rallies and drop-shots!



— ESKRIMA —

Thursday, 15th December 2016

Top Eskrima fighters will be on show demonstrating the art of weapon-based fighting. A treat for all combat enthusiasts.



SPEAKERS

— UDAY PAWAR —

Friday, 9th December 2016

A 4-time National Singles Finalist
and a 5-time National Doubles
Winner in Badminton.



— ENRICO PIPERINO —

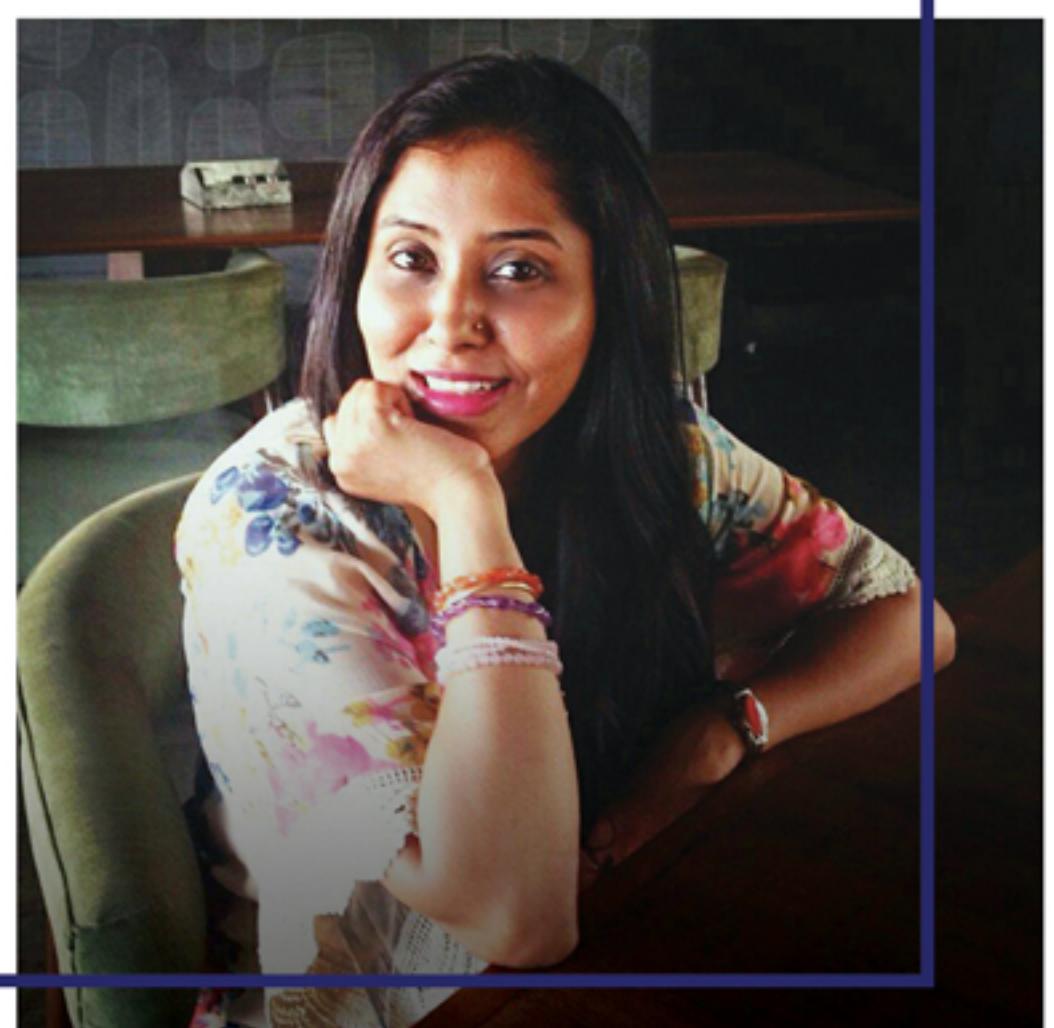
Saturday, 17th December 2016

A 4-time Indian National Champion
and Captain of the Indian Tennis
Team at the 1982 Asian Games.

— DR. CHAITANYA —

Friday, 9th December 2016

A Sports Psychologist with over a
decade of experience in the field,
worked with 2016 Rio athletes.



SPORT PERFORMANCE TEST

by SportsQ

There is a winner inside you, a winner waiting to break out; your potential waiting to be unleashed in the right direction. Sports Q+ is here, to mentor you in that journey!

Sports Q+ has been envisioned to hold your hand at every step on the way, to help you understand your strengths, to help you work on your improvement areas – all this, to ensure you maximize your potential!

SportsQ+ is a tech-based Sports Mentoring platform, with a scientific framework, to assess every aspect that will contribute towards taking you to the top: physical fitness, mental strength, genetics, sports skills & aptitude and nutrition. In this journey, Sports Q+ will provide continual recommendations to help you Be Your Best!

You're good; here is how we can help you become better:



PHYSICAL SKILL ASSESSMENT :

Understand if your body has what it takes to come out on top each time.



MENTAL SKILL ASSESSMENT :

Know if your mind is ready to be in the winning zone.



GENETIC ASSESSMENT :

Understand your genes to train better, and get that winning DNA.



SPORTS SKILL ASSESSMENT

Analyze your play with video analysis and on-ground skill tests to raise your game to the next level.



VIRTUAL EXPERT SESSIONS

Get coached by people who have nurtured winners.

GET A SNEAK PEEK AT SFA, MEET US FOR A FEW SAMPLE SERVICES

- **TENNIS SENSOR**

Find out if you have the fastest serve in SFA with our cutting-edge tennis sensors!

- **VIDEO ANALYSIS**

Get your skill analyzed by the best coaches (available for tennis and badminton currently, limited daily availability)

- **PARENTING STYLE**

For parents – understand your parenting style and get insights on how you can refine it to help your child achieve full potential

- **MENTAL STRENGTH**

Train your mind to be in the zone when it matters! Get analyzed by top sports psychologists (free for 25 young people chosen over the tournament period)



SPORTS & HYDRATION

STAY HYDRA TED

General Guidelines for fluid intake are:

- | | |
|-------------------|-----------------------------------|
| Drink 200 - 300ml | About 2 hours before exercise |
| Drink 100ml | 5 - 10min before exercise |
| Drink 100ml | Every 15 - 20 min during exercise |

Enerzal®
Balanced Energy Drink



Sport	Start Date	End Date	Sport	Start Date	End Date
*Athletics	28-Nov	30-Nov	Chess	10-Dec	13-Dec
Football	01-Dec	19-Dec	Sport MMA	12-Dec	13-Dec
Shooting	03-Dec	06-Dec	**Hockey	13-Dec	15-Dec
Squash	03-Dec	06-Dec	Kabaddi	13-Dec	19-Dec
Basketball	05-Dec	19-Dec	Taekwondo	14-Dec	15-Dec
Badminton	06-Dec	13-Dec	Kho Kho	14-Dec	18-Dec
Tennis	08-Dec	19-Dec	Table Tennis	14-Dec	18-Dec
Handball	08-Dec	19-Dec	Fencing	15-Dec	18-Dec
Volleyball	08-Dec	19-Dec	Carrom	15-Dec	18-Dec
Judo	09-Dec	11-Dec	Archery	16-Dec	18-Dec
Boxing	08-Dec	12-Dec	Karate	16-Dec	18-Dec
Throwball	10-Dec	11-Dec	Swimming	17-Dec	18-Dec
			Waterpolo	19-Dec	19-Dec

**Differently-Abled Children's Day will be celebrated on 18th Dec,
at the DY Patil Sports Academy, Nerul.**

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1st Dec - 19th Dec - DY Patil Sports Academy, Nerul

**13th Dec - 15th Dec - Mumbai Hockey Association, Churchgate

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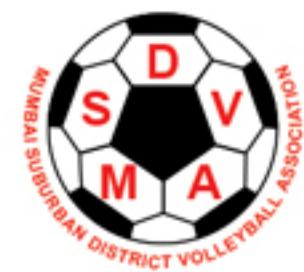
Football



Handball



Maharashtra State Basketball Association
महाराष्ट्र राज्य बास्केटबॉल संघटना



Volleyball



Throwball



Kho Kho



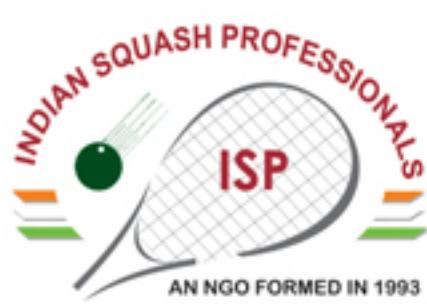
Kabbadi



Tennis



Table Tennis



Squash



Judo



Taekwondo



Boxing



Fencing



Karate



Sport MMA



Chess



Carrom



Archery



Shooting



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