



**Athlete Development | Scientific Assessment |
Strength & Conditioning | Injury Management |
Sports Nutrition | Sports Psychology**



Company Profile

Company Name: **F3 Sports Coaching Services**

Operations Commencement: **15th November 2017**

Founder & Director of Coaching : ***Satish Gaikwad***

- **I.C.C Level- II International Elite Performance Coach**
- **Strength and Conditioning Coach**
- **Level-3 Child Protection, United Kingdom**
- **First Aid & C.P.R Certified**

About F3 Sports Coaching

Being the first of its kind over all **Sports Science training** in Pune, F3 Sports is revolutionizing the way we approach Sports in Pune. Our team of Sports Science experts is introducing scientific methods and processes for developing athletes and achieving sporting excellence.

These 8 experts include highly qualified and experienced **Sport Physicians, Sports Psychologist, Strength & Conditioning trainers, Physiotherapists, Sports Nutritionist and Biomechanist** along with other Sports Science support staff who work together as a unit to help athletes strive for excellence.

Our flagship programme is the **Long Term Athlete Development (LTAD) programme** which aims at identifying and developing young sporting talent in different sports using highly scientific approach. Our **High Performance Model (HPM)** of Athlete Development is utilized by senior and professional athletes as well as recreational athletes passionate about their respective sports.

Our Vision

At F3 Sports Coaching, we are looking achieve the following goals:

- To **identify, develop talent from all parts of the country and to help them excel at the international stage** under our Long Term Athlete Development Programme
- To **create awareness about and prevent burnout in Sport**. A high percentage of young athletes suffer mental or physical burnout and opt of sport despite having the talent to excel.
- To **facilitate a career in Sports by focusing on Athlete Career and Education** which would include their life post-retirement.
- To **create a culture of sporting excellence** on which the society can thrive upon.

The Concept and what makes F3 Unique

- **One Stop Centre: F3** has highly qualified coaches from different Sports Science disciplines at one location. It is perhaps the only team to have **experts who have studied from the best institutes abroad and also understand the Indian context**.
- **Team Input:** Our **team of experts works very closely and monitors the progress of each individual athlete**.
- **Latest Scientific Equipment:** Use o f l a t e s t Sport Science Equipment t o a s s e s s , measure, train and improve fitness levels.
- **Customized Service:** We respect the fact that each athlete is different and the course of action cannot be the same for a group of athletes. “**Attention to the Individual**” is our **primary** focus.
- **Transparency:** One can only improve what one can Measure. **We measure and track an athlete’s progress periodically** using reliable and accurate equipment.
- **Long-Term Association:** We are an **athlete’s support team through the years** so that we stand by them at all times and assist them in different ways using Sports Science

Current Client Profile and Projects

F3 Sports Coaching is providing services to young as well as professional athletes across sports in areas of Scientific Assessments, Injury Prevention and Management, Biomechanics, Sports Psychology, Sports Nutrition, Strength & Conditioning, Athlete Monitoring & High Performance. **Our total client base, as on, 31st December 2018 Athletes are over 700+.**

The different sports we are covering through these services are:

Cricket	Tennis	Football	Skating	Swimming
Badminton	Boxing	Athletics (Track & Field)	Yoga	Basketball

Current Projects:

1. F3 Sports Academy (Hadapsar)
2. KJ's Trinity International School (Kondhwa)
3. Little Monarchs (Salisbury Park)
4. T.I.M.E Kids (Karvenagar & Dhayri)
5. Riverdale International School (Paud)
6. Global Talent International School (Spine road, Chikhali)
7. Choitram International School (Indore-M.P)

Upcoming / Proposed Projects:

1. Residential Cricket Academy
2. Scientific Sports Centre
3. Cricket Sports School

More Information and Contact Details

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