

# SKATING SERVICES RESUME



Prepared by:

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## Introduction

The **Roller skating** which is the roller sport of racing on quads and inline skates. It is often called skates racing by participants. The beginnings of speed skating activities can be traced to around 1880, when roller skating rinks conducted professional quad skating races to attract spectators and held amateur quad races to attract more skaters. Back in 1937, skaters raced in quad speed skates at the first Roller Skating World Championships. By 1992, inline speed skates came into use for international roller race competitions. Today, inline speed skates have replaced quad skates in both domestic and international events, and inline speed skating - sometimes called inline racing - is a very popular and challenging low impact aerobic activity as well as an internationally recognized roller skating sport. Either name describes this sport accurately since this is the sport for racing on inline skates. Inline / Quads speed skating, Roller hockey and Artistic Skating are an extremely competitive international sport that can be conducted using either short or long-distance races. These races can be held on a variety of surfaces including indoor roller skating rinks, multi-use sports facilities, outdoor road circuits and banked tracks. In this Skating sport the athletes wear high-tech inline / Quads speed skates and aerodynamically designed skin suits which are both designed to facilitate speed. Safety helmets are always worn, and gloves are added for road competitions. **Roller Skating Championship is the main sports in CBSE, SGFI- School Games Federation of India, RSFI- Roller Skating Federation of India. RBFi- Roll Ball Federation of India.**

People choose inline speed skating as their sport for many reasons:

- Roller skating is a lot of fun
- Roller skating is a great way to achieve fitness goals
- Quads Inline racing has social benefits
- Medals can be won, and records can be broken
- There are many opportunities for domestic and even international travel
- Roller skating can become an easy access family activity
- Racing is an on-going challenge for dedicated participants

## Introducing Roll Ball

The Roll Ball is game on skates can be played in Ice, inline and quads mix of handball, basketball and water pole game. This game origin from India 15 years ago, and till now 3 World cup and 3 Asian cup played.



## About My Achievement

I, Raj Kapoor is an Indian roller skater by profession who has 40 years of skating experience along with 39 years of coaching experience.

- 1982 to 1985 Achieved Medals District, State & Nationals representing Kerala State.
- 1984 Kerala Team Captain for National Roller-Skating Championship
- **1985 Free skating Champion. for National Roller-Skating Championship**
- **1985 Skating Endurance Rally Kottayam- Kanjirapally- Kottayam, 77.6 Km 4<sup>th</sup> rank**
- **1986 Delhi to Lahore skating Rally 642 Km. 3<sup>rd</sup> rank**
- **1988 Ahmadabad to Delhi Skating Rally 745 Km. 8<sup>th</sup> rank**
- 1986-1989 Represented Delhi for National Skating Championships & Delhi Roller Hockey Team Captain and Coach for 4 Years
- **1988 1<sup>st</sup> All India Invitational Sahney Roller Skating Marathon cup 2<sup>nd</sup> in Road Race.**
- 1988 18<sup>th</sup> Delhi State Roller Skating Road Race Championship 1<sup>st</sup> in Men Division.
- **1988 2<sup>nd</sup> Roller Hockey Skating Champion held between Pakistan and Roller-Skating School of India (RSSI) Winners (Team Captain)**
- 1988 Skating for peace & Anti-Drug 2<sup>nd</sup> place Men group.
- **1988 1<sup>st</sup> Indian V/s Bangladesh Roller Skating Championship 1<sup>st</sup> place in speed race.**

## My skating coaching Experience

- 1983 to 1985 Skating Instructor Promoting Roller Skating all Districts of Kerala State
- 1986 to 1989 Skating Coach cum Sports Teacher Han's Raj Model School Punjabi bagh, New Delhi.
- 1989 November to 1994 July Skating Coach Govt. of Haryana sports Department.
- 1995 to 1997 Bangalore Garden skating Club Coach (Karnataka) & Guest Coach (T.N)
- 2001 to 2005 Sports Teacher Madonna Montessori School Trivandrum Kerala.
- 2004 Trivandrum District & Kerala State Roller Hockey Team Coach for the 42<sup>nd</sup> National Roller-Skating Championship held at Faridabad Haryana.
- 2005 Kerala State Roller Hockey Team Coach for the 43<sup>rd</sup> National Championship held at Sai Complex Calcutta
- 2006 February to 2006 May Coach N.I.T. Calicut Kerala.
- 2006 June to February 2007 Coach cum Technical Advisor for Kurukshetra, Dist. Haryana
- 2007 March onwards Gurgaon District Coach promoting skating to all Schools.
- 2008 Skating Coach cum P.E. T Blue Bells Groups of Schools, Organization (till date)
- **39 Years of Coaching Experience.**

## Some memorial pictures of my students in Tournaments & Practices



My student Simran Josan participated in the 16<sup>th</sup> Asian Roller-Skating Championship in speed skating second photo 4<sup>th</sup> from right side with bandage on left leg

2018 my student played Nikita Sahu won Silver medal in 18<sup>th</sup> Roller Asian Championship



### This year 2018 my Gurugram Roll Ball Teams Results

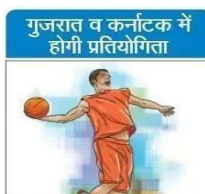
- Under-11years Boys Gold (Winners)
- Under-11years Girls Sliver (Runner-up)
- Under-14 years Boys Gold (Winners)
- Under-14 years Girls Sliver (Runner-up)
- Under-17 years Boys Gold (Winners)
- Under-17years Girls Sliver (Runner-up)
- Above-17years Boys Bronze (2<sup>nd</sup>runner-up)
- Above -17years Girls Gold (Winners)

12 members roll ball Haryana state team maximum my students played in the team

## नैशनल में खेलेंगे शहर के 16 खिलाड़ी रोल बॉल चैंपियनशिप की अलग-अलग कैटिगरी में हुआ चयन

■ एनबीटी न्यूज, गुड़गांव

गुजरात के बड़ौदा में आगामी 15 से 17 नवंबर तक होने वाली 10वीं मिनी नैशनल रोल बॉल चैंपियनशिप में हरियाणा का प्रतिनिधित्व करने वाली टीमों में गुड़गांव के 16 खिलाड़ियों का चयन हुआ है। जूनियर गर्ल्स और बॉयज टीम में जिले के 5-5 खिलाड़ी भाग लेंगे। अंडर-11 आयु वर्ग की बॉयज टीम में गुड़गांव के ध्रुव, अक्ष, अलविन, अंशुल व लोकेश यादव का चयन हुआ है। गर्ल्स टीम में शिवराजनी, नवम,



तेजस्वी, भाव्या व आरती का चयन हुआ है। वहीं, कर्नाटक में होने वाली

सीनियर नैशनल रोल बॉल चैंपियनशिप में हरियाणा का प्रतिनिधित्व करने वाली दोनों टीमों में गुड़गांव के 3-3 खिलाड़ियों का चयन हुआ है। सीनियर बॉयज टीम में अतुल, रोहित हुड्डा व हेमंक और गर्ल्स टीम में रागिनी, मुस्कान व पुर्ति का चयन हुआ है। डिस्ट्रिक्ट रोलबॉल असोसिएशन के महासचिव राज कपूर ने बताया कि सभी 16 खिलाड़ी आगामी 31 अक्टूबर से 6 नवंबर तक करनाल में लगने वाले नैशनल कैप में भाग लेंगे, जिसमें खिलाड़ियों को बेहतर प्रशिक्षण दिया जाएगा।





## My Academy student's practice and participants photos







## Achievements

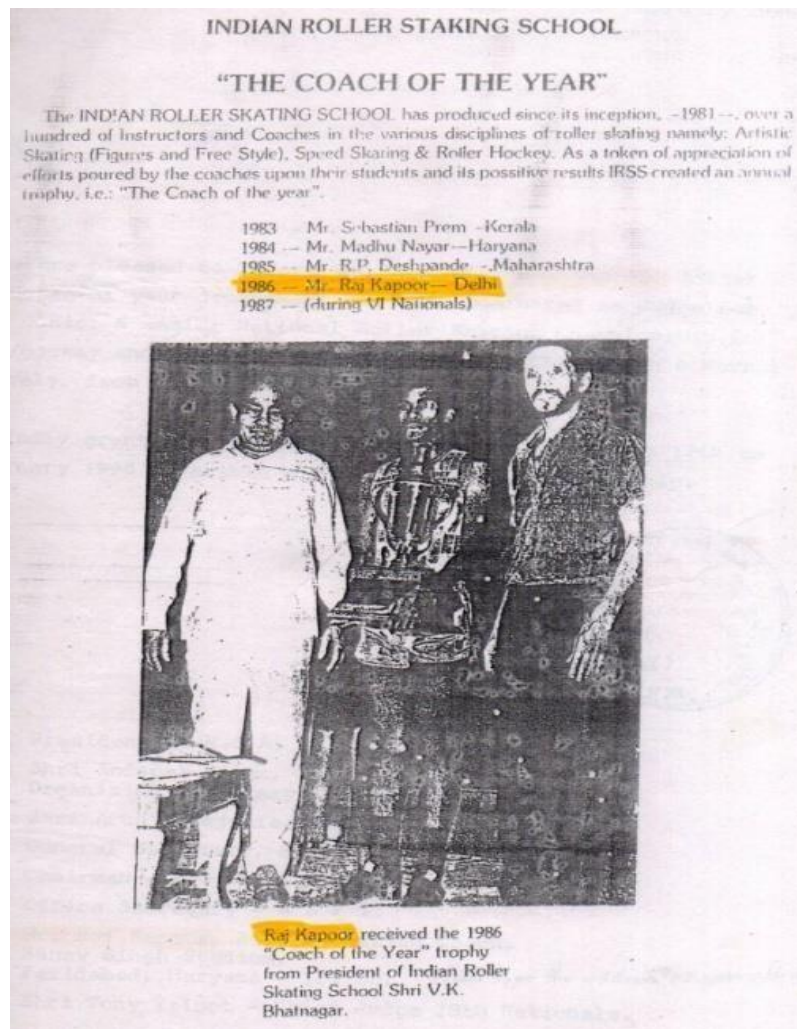
- Uncountable medals in interschool/club tournaments
- 50% medal holders in state level
- 30% medal holders in National level
- 2 Asian level players

## Current Assignment

- PET-Skating Coach: Blue Bells Group of Schools Gurugram.
- Director: Kapoor Skating Academy Gurugram.
- Gen. Secretary: Gurugram District Roll Ball Association.
- Technical Director: District Roller Skating Association Gurugram.
- Joint. Secretary: Haryana Ice Skating Association.
- Technical Advisor: Ice Skating Association Gurugram.
- Consultant: Gems International School, Palam vihar, Gurugram.
- Consultant: Indus World School and Broadway International school, Gurugram.

## Personal Details

- FathersName : Sri Abdul Rahman
- MaritalStatus : Married
- Nationality : Indian
- Gender : Male
- Religion : Islam -Muslim
- LanguageKnown : Hindi, English, Malayalam, Tamil, Divehi.
- Permanent Address : Sajeena Manzil T.C. 44/1485  
Manacaud P.O Trivandrum 9 Kerala



## Declaration

I Mohammed Raj Kapoor hereby declare the above mentioned is true & correct to my knowledge & belief

Date: - 18-01-2021

Place: Gurgaon, Haryana (India)

MOHAMMED RAJKAPOOR  
National Skating Coach