



WHERE THE PASSION FOR SPORTS MEETS  
EXCELLENCE IN EDUCATION



## VISION

To be a high - performance sports school producing the next generation of Olympians and top athletes.

## MISSION

We integrate best practice insports and academics to produce well-rounded athletes. Students are challenged everyday to train and perform at professional levels of sporting excellence, whilst ensuring that academic progress is integrated seamlessly to complement social, emotional and physical development.

**We at Sreenidhi Sports Academy, the No.1 sports school in India:**



Support



Passionate



Overall



Rigorous



Training



Schedule

## Program Description

Our distinctive Integrated Sports Program is a structured pathway for athletes aged 8-18, offering a solution to the demands of combining sport and education. The academy will provide different levels of training and tailored coaching instruction to suit the needs of each individual-athlete in three sports - Squash, Swimming & Tennis.

All the sporting disciplines in the integrated program follow the Long-Term Development (LTD) model, which is structured to maximize each student-athlete's potential and involvement in the respective sport. The LTD framework enables players to reach their full potential by defining competition, optimal training, and recovery throughout their sporting careers.

Our highly qualified coaches and mentors are dedicated to assisting and nurturing student-athletes to enhance their skills, mental preparedness, strength, discipline, and strong character, essential for athletes to reach their highest level of personal growth and achievement.

# Athlete Development Pathways

There are four stages of development which provide elite training maximizing, physical, mental and emotional development of each student-athlete.

## Foundation

- Focus is on developing fundamental skills including ABCs of agility, balance coordination and speed.
- Participate in fun and challenging environment.
- Introduction of basic rules, tactics and strategies in games and competitions.
- Introduction of the ancillary capacities (warm up, cool down, mobility, nutrition and mental skills).



## Intermediate

- Consolidation of sports specific fundamental skills.
- Introduction to structured strength training, conditioning, nutrition and periodized skill training.
- Identification and correction of tactical and strategic errors.
- More competition and introduction to national competitions.



## Advanced

- Year-round periodization.
- Development of pattern recognition skills and situational analysis.
- Increased emphasis on technique and tactics under pressure.
- Introduction to International and national competitions.
- Introduction to Training camps, tours and competition schedule.
- Solidify sports-specific and position specific skills.
- Using Imagery at an advanced level (Skills, Strategies, Coping with challenges and winning).

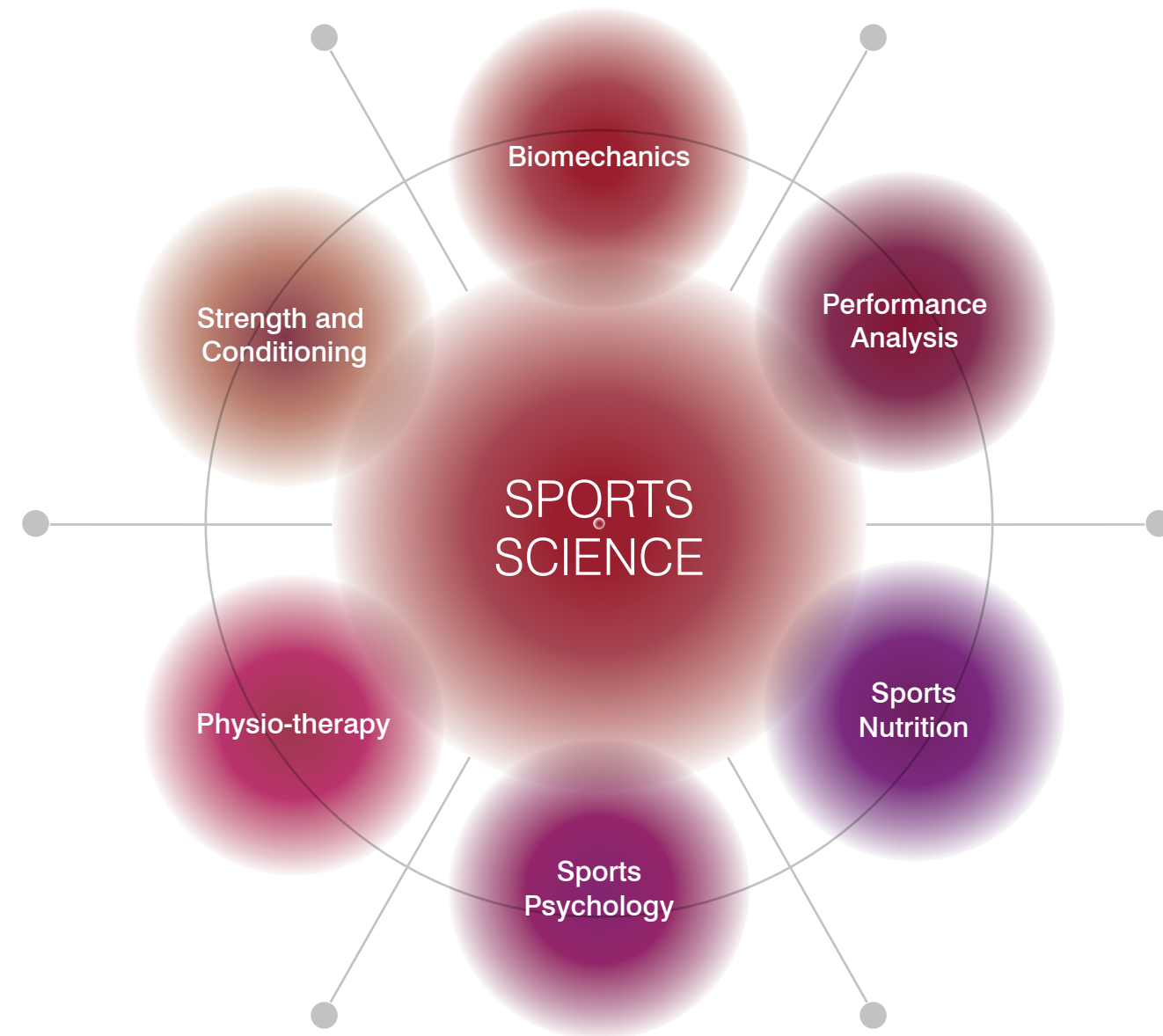


## Elite Stage

- Multiple periodizations with High-Performance sports-specific development.
- Refining of all skills.
- Maximum emphasis on technique and tactics under pressure.
- Maximize sports-specific skills.
- Advanced Imagery utilization.
- Demonstrate self-control over emotions and the ability to deal with distractions/unforeseen situations.
- Training and Recovery Schedules are prepared according to various national and international competitions in a calendar.

# Sports Science in Integrated Program

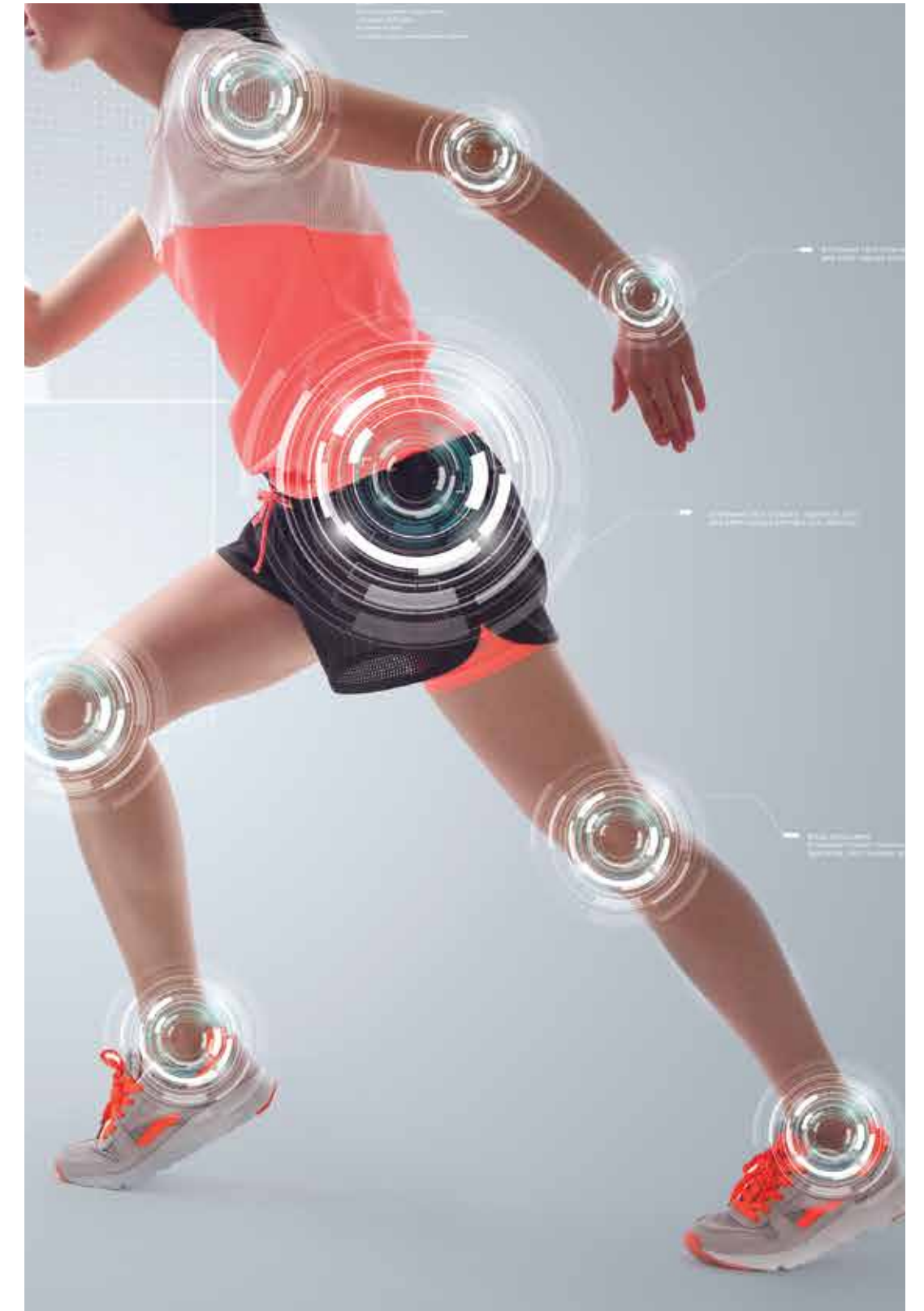
We believe that Sports Science is a fundamental component in the holistic development of a modern-day athlete. Our Integrated sports is driven by science in our quest to help athletes achieve their greatest potential.



## Sports Science Department Responsibilities

SNSA's Sports Science Department comprises a group of highly qualified experts whose mandate is to carry out specific applied research and develop innovative and new approaches for training and performance enhancement across the integrated sports program.

The sports science team specializes in seven aspects: Strength and Conditioning, Sports Biomechanics, Sports Psychology, Sports Physiology, Talent Identification, Sports Nutrition, Research, Quality Assurance. The specialist departments use the same three-tier method: Identifying talent, Developing potential, and pushing sports science research forward.



# Program Organization

It is paramount to have organized and progressive planning to ensure appropriate development of the athletes in each age category, according to their ability level and capacity to learn.

The year is divided into two main phases the pre-season phase and the competition phase. Due to the ecosystem in which the Academy is inserted, pre-competition phases need to be planned during the second phase before the athletes participate in various meets to ensure an adequate periodization.

## Phase I focuses on:

The introduction of sports-specific principles, models, developing technical and tactical aspects of respective disciplines. Attention is also paid to the physical and psychological preparation of the athletes.

## Phase II focuses on:

The consolidation of all aspects of athlete development, technical, tactical, physical, and psychological, to optimize performance during competition periods.





## Integrated Sports Program

SNSA Integrated Sports programs are designed to include:

### Tennis Program



#### Overview

Sreenidhi Sports Academy's tennis program delivers a holistic training structure that allows its players to balance their education with a well-planned tennis career. Student-athletes are challenged daily to reach their full potential and to become champions on and off the court.

Athletes progress physically, mentally, technically, and tactically, while also witnessing personal growth through character development and leadership skills.

#### Program Philosophy

Our aim is to provide a challenging environment and opportunities that enable and inspire student-athletes to maximize and reach their highest potential in the sport across all components of the game (Tactical, Technical, Mental, Physical, and Nutritional). In addition, we aim to integrate structures into all our daily sessions that teach both tennis and essential life skills.

### Squash Program



#### Overview

Sreenidhi Sports Academy's squash program follows the Long-Term Development (LTD) model, which is designed to maximize each player's potential and involvement in squash. The LTD framework enables players to reach their full potential by defining competition, optimal training, and recovery throughout their sporting career.

#### Program Philosophy

Our goal is to produce champions by taking each student-athlete through graduated levels of athletic development. Success stems from training and performing well over the long term rather than winning in the short term. SNSA program has been designed to provide an understandable and achievable pathway for student-athletes to follow according to the Long Term Athlete Development (LTAD) model – from the fundamentals stage through to high performance.

### Swimming Program



#### Overview

The swimming program at SNSA is designed to support swimmers with the determination, drive, desire, and talent to realize their maximum potential in competitive swimming. Through commitment, self-discipline, and time management, swimmers build self-esteem and self-confidence while promoting good sportsmanship and team spirit.

#### Program Philosophy & Structure

We trust in the pursuit of excellence through the methodical development of skills, training challenges, and attitudes; this enables us to develop well-rounded swimmers who can participate and compete in all four strokes. Athletes are moved through the programs when they are physically and emotionally prepared to cope with the next-level challenges. Swimmers are required to develop a set list of skills before any move. Every effort and action is made to ensure that no stages are omitted in the development process to enable continued and long term success in swimming.



Gym

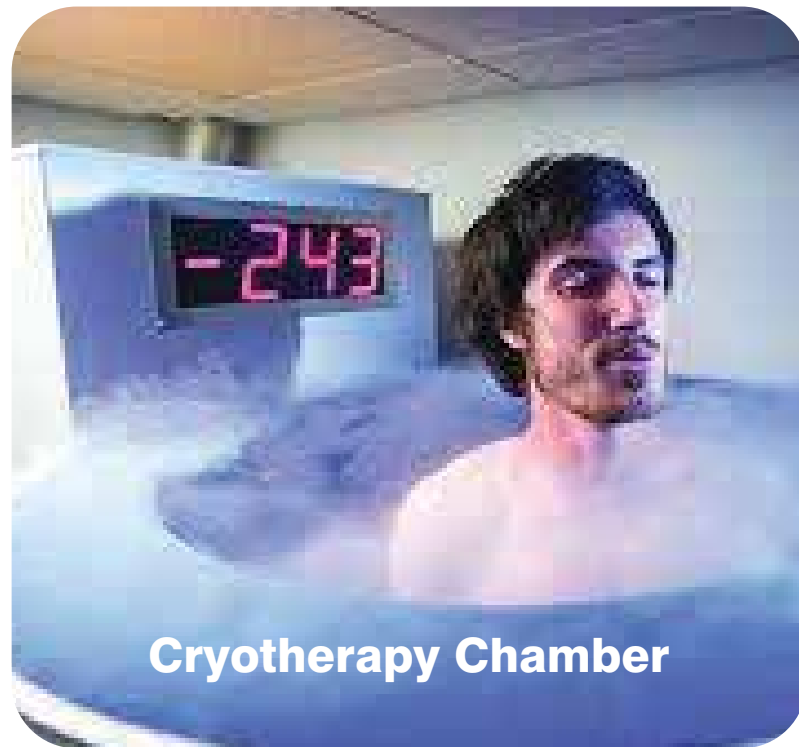


Sports and Center

**Facilities**



Jacuzzi



Cryotherapy Chamber



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