

**SPORTS AUTHORITY OF INDIA
TEAMS DIVISION**

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Fax-011-24368162, Tele-24362767

No. 14(A)SAI/TD/ NCC - Boxing/2017-18

Dated 3.07.2017

Executive Director (A)
SAI, NSNIS
Patiala

Sub. Conduct of AIBA -Strength & Conditioning Course Workshop for Boxing Coaches from 5th to 11th July 2017, at SAI Patiala.

Respected Sir,

This is with reference to above cite subject, The approval of competent authority is hereby conveyed for the **Conduct of AIBA -Strength & Conditioning Course Workshop for Boxing Coaches from 5th to 11th July 2017, at SAI Patiala** with following provisions;

1. 14 coaches are going to attend the said course .

Sl. No.	Name of the Coaches	Unit	Place of posting	Pay scale
1	Mr. C. A. Kuttappa	SSCB	Elite men Boxing Camp SAI NSNIS Patiala	Grade Pay 4600
2	Mr. V. Johnson	SSCB		Grade Pay 4600
3	Mr. Lalit Prasad	RSPB		Grade Pay 4600
4	Mr. Khimanand Belwal	SSCB		Grade Pay 4200
5	Mr. Jagdeep Hooda	RSPB	Elite women Boxing camp Rohtak	Basic pay 65200
6	Mr. Sagar Mal Dhayal	RSPB		Grade Pay 4200
7	Mrs. Mandakini Chanu	AIP		Grade Pay 4200
8	Ms. Poonam	SAI		Grade Pay 4200
9	Mr. Anand Bhaskar	TEL	Youth Men Boxing camp Rohtak	Basic Pay 36000
10	Mr. Santosh Kumar	SSCB		Basic Pay 59000
11	Mr. Bhaskar Bhatt	SAI	Youth Boxing Women camp Bhopal	Grade Pay 5400
12	Mr. Virender Kr. Shukla	RSPB		Grade Pay 4200
13	Ms. Pranamika Bohra	SAI- ARU		Basic Pay 28900
14	Mr. M. S. Dhaka	SAI	SAI Hissar (SAI NRC Sonapat)	Grade Pay 6600

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2. Detail of the programme is mentioned below:

Date	Session	Time	
6th July	Theory	09.00-10.00	Types of Strength training needed in Elite Sports
	Practice	10.00-13.00	Methodology of Squats
	Theory	14.30-15.30	Review Squats plus Q&A
	Practice	15.30-18.30	Methodology of Hang Snatch
7th July	Theory	09.00-10.00	Review Hang Snatch plus Q&A
	Practice	10.00-13.00	Methodology Hang Clean
	Theory	14.30-15.30	Review Hang Clean plus Q&A
	Practice	15.30-18.30	Methodology of Jerk and other exercises
8th July	Theory	09.00-10.00	Review of Jerk and other exercises plus Q&A
	Practice	10.00-13.00	Methodology Snatch from floor
	Theory	14.30-15.30	Review plus Q&A
	Practice	15.30-18.30	Methodology Clean from floor
9th July	Practice	09.00-13.00	Repetition and exercises as a Coach
	Practice	14.30-18.30	Practical exercises as a Coach
10th July	Practice	09.00-13.00	Practical exercises as a Coach
	Practice	14.30-15.30	Practical questions on lifting, technique and teaching
	Theory	15.30-18.30	Methodology of Training and Training Planning Summary and Questions

2. Lodging boarding facilities

- Boarding/Lodging for two AIBA Instructors namely Mr. Mats Lindqvist and Mr. Rickard Nilsson (from 05th to 11th July, 2017) On cost to Govt at NIS Guest House.
- Boarding/Lodging for 14 Indian Coaches may be provided On cost to Govt (ON reimbursement basis)
- Boarding/Lodging for 4 BFI Officials On cost to BFI .
- The following facilities are to be extended for the said course:
 - Lecture hall for the theory classes in the boxing gym from 6 July to 9 July 2017. Hall needs to be set up with Screen and projector for theory classes which can be used later on for the camps. The expected gathering for these classes is of 35 persons.
 - 35 chairs and 3 tables, 25 Writing pads and pens & Water, tea, snacks may be served during intervals (twice in each session) with White board and markers.
 - The Athletics Strength Training Hall near the Science Faculty or the Weight Lifting hall for the practical classes. This training hall with at least six platforms with bars and weights for the practical sessions with arrangement of Sound system with microphone
 - On 10 July 2017, bigger hall for about 70 persons, as also 50 Elite men Boxers National camp will be attending the last lecture. The bigger hall in either Weight Lifting hall or Athletics Strength & Conditioning Hall may be please made available to use.
 - Video recording of the course, theory as well as practical may be provided from SAI Patiala
 - The expenditure may be debited under NSF head.

This issue the approval of the Competent Authority.

Thanking you,

Yours faithfully,

(P.C.Makholia)
Project Office (T)

Copy for information to :-

- President/ Secretary BFI : The course fee & Air Tickets to AIBA officer to be done by BFI for now as it will be taken up later to competent authority as per norms.
- Regional head SAI Bhopal, Sonapat, :- With request to relive coaches attending national coaching camp as per date mentioned above Point no
- Dy. Director Camp In charge NCC SAI NSNIS Patiala. With request to arrange above
- AD to DG SAI :- For information please.