

A Study on

SQUASH IN INDIA



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MESSAGE

The sports industry is witnessing an upward surge. The advent of multiple sporting leagues & increased fan participation has made the sports sector a powerhouse of unexplored avenues & innumerable opportunities. The involvement of youth right from the grassroots level will ensure that the Sports Industry continues to grow. Be it Cricket or Squash, more participation and positive boost is the key behind success in long run. International Institute of Sports Management (IISM), which pioneered sports management education in India, IISM presently offers Bachelors and Masters programmes in association with Mumbai University as well as an autonomous Post Graduate Program in Sports and Wellness Management. IISM equips students with the professional skills and proficiency necessary to have meaningful careers within the sports industry & be a driving force behind its success. We may focus on engaging youth in different capacities. However, the questions remain the same

- "Is the youth industry ready? Do they have the required skills? How are they being helped to acquire those skills?"

We believe in constantly adapting to the industry's needs. The environment at IISM instils the spirit of initiative, ingenuity and courage in each student along with imparting classroom education and field experience side by side. Our culture facilitates not just learning from academicians and eminent industry captains but peer learning as well. Aided by the latest technology, a continually evolving curriculum, and constant corporate interaction, we wish to transform the youth from being first class management students into astute thought leaders who are ready to take on the challenges of the sports corporate world, both in India and abroad. Our endeavour is to become a 'movement' that creates professionals who have the ability and agility to create landmarks and set benchmarks in the sports sector and the business that surrounds it. Our endeavour to empower young professionals to pursue their dream careers amplifies & encourages us to keep moving upward & onward.

Mr. Nilesh Kulkarni

Director, IISM

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EXECUTIVE SUMMARY

Squash as a sport is still not a fully-evolved entity in India. According to “The Squash Rackets Federation of India,” Squash as a sport is established in only 19 states and 4 union territories of the country. The Squash Rackets Federation of India (SRFI), the national governing body for Squash in India, is based in Chennai, Tamil Nadu. As far as the SRFI data is concerned, there is decent participation from the youngsters in each and every age-group, but when we consider the population of 1.3 billion people, it is still insignificant. The tournament takes place in different age-groups at the junior levels (U-11, U-13, U-15, U-17 and U-19) for both boys and girls. Squash associations can be found in Andaman, Assam, Bihar, Chandigarh, Delhi, Gujarat, Haryana, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Manipur, Pondicherry, Rajasthan, Tamil Nadu, Uttar Pradesh, West Bengal, Tripura, Uttarakhand, Telangana, Andhra Pradesh, and Goa. Geographically, Squash has covered nearly the whole of India, except the north-east states, Odisha and Jammu & Kashmir.

The Squash Rackets Federation of India (SRFI) was established to manage squash effectively and with the objective of developing the sport in India. The SRFI has undertaken the following initiatives:

- Conducting Coaching camps.
- Organising and conducting tournaments (National & International).
- Daily training of players at the Indian Squash Academy.
- Organising Referee Clinics.
- Players’ participation in International competitions.
- Level 1, 2 & 3 diploma courses.

The SRFI conducts the National Squash Championship and promotes the game through the state-level Squash bodies. The Federation is also in charge of selecting the squad for the national team and picking coaches for the national team. The Federation has established the ICL-TNSRA Squash Academy to provide training facilities to young Squash players. The Academy hosted the World Team Championship in 2007. The SRFI apart, there is also a large number of state-level Squash associations, all of whom are working to promote squash and unearth talent. The state associations organise various tournaments and training camps.

A lot of information is available in this report which are ready at hand. Any stakeholder be it federations or parents, can use this to refer as and when required during different decision making process / reference.

CHAPTER 1



INTRODUCTION



INTRODUCTION

1.1 Background

Squash is an indoor ball sport played in the singles and doubles formats, with two and four players respectively. The game was formerly called Squash rackets. The World Squash Federation (WSF), the international governing body of the sport, is recognised by the International Olympic Committee (IOC), but the sport has not been included in the Olympics as yet.

In India, it is primarily a recreational sport but is slowly gaining in popularity as a competitive sport. Squash promotion, development and performance at all levels have escalated more in the last 10 years than in the last 50. It has more than 20 State Associations and affiliated units. All these units are actively involved in the promotion and development of the game. The SRFI conducts many tournaments throughout the year in India, ranging from non-ranking events to 1 star, 2 star, 3 star, 4 star, 5 star and 7 star events.

1.2 Significance

Recent successes in the sport have given us reasons to be optimistic for the future. A country is identified in the world of sport by its ability to produce top-notch players. To produce such talents, one needs an academy that is equipped with the best facilities and Squash in India is fortunate to have such a facility in Chennai.

The Indian Squash Academy is a state-of-the-art facility, comprising 4 glass courts and is the place to be for every budding squash player. In addition to the facilities, the academy also has two top-notch coaches - Major Maniam, whose is a Consultant Coach for the SRFI and is presently the Director

of Coaching for the World Squash Federation (WSF). Mr. Maniam apart, there is Cyrus Poncha, former India player and national coach, who trains players at this facility. One of the key departments that every country tends to emphasize is the junior programme. The SRFI have ensured that kids at every age-group level - both boys and girls - get the opportunity to showcase their talent across different competitions in different parts of the country.

Add to that, the conducting of the Nationals in every age-group also gives a good idea of the upcoming talent in all categories. The other significant fact is that the juniors also get to play in competitions overseas, which means that they make significant strides in their career. These results will serve as not just a boost for the players but also for supporters of Indian squash, who will have reason to be optimistic about future talent emerging from the country. In order to bring more people into the sport, the SRFI is also looking to start a Squash League as well as a separate channel that exclusively covers the sport. The Government of India considers any sport whose players have won medals at the Commonwealth Games, Asian Games and Olympics as a part of its 'priority' list.

Saurav Ghosal's bronze medal win at the 2006 Asian Games in Doha not just gave squash players in India the confidence and belief to scale further heights, but also ensured that top authorities started to pay more attention to the sport by including it on its 'priority' list. Sports which are on the priority list receive funds from the government for development at the grassroots level. Squash certainly has the backing of some of the top authorities to become a sport to reckon with in the future.

1.3 Objective of the Report

This report covers the below aspects

- Participation Rate in Squash
- Infrastructure
- Coaching scenario in the sport
- Competition Structure
- Respond towards the League
- Career opportunity

The primary objective of this knowledge report is to provide an understanding of the sport of Squash and the current scenario of Squash in India in order to generate solutions that are value-adding for the Indian sporting ecosystem.

CHAPTER 2



LITERATURE REVIEW



LITERATURE REVIEW

2.1 Participation Rate in the Sport

According to “The Squash Rackets Federation of India,” Squash as a sport is established in only 19 states and 4 union territories. As far as SRFI data is concerned, there is a decent participation from the youngsters in each and every age group, but when we consider the population of 1.3 billion, it is still insignificant. Tournaments are organised for boys and girls in different age-groups at the junior level (U-11, U-13, U-15, U-17 and U-19).

Squash associations are widely spread across the country in 19 states and 4 union territories, Andaman, Assam, Bihar, Chandigarh, Delhi, Gujarat, Haryana, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Manipur, Pondicherry, Rajasthan, Tamilnadu, Uttar Pradesh, West Bengal, Tripura, Uttranchal, Telangana, Andhra Pradesh, and Goa. Geographically, Squash has almost covered entire India except north-east states, Odhisa and Jammu & Kashmir.

2.1.1 Initiatives Taken by Government and Private Sector

The Squash Rackets Federation of India (SRFI) is the national governing body for Squash in India. The Federation was established for a better management of Indian Squash and with an objective of developing the total condition of Squash in India.

The SRFI is taking a lot of initiatives like conducting training camps, organising various tournaments at the state and national levels for the well-being of the game in India. The SRFI conducts the National Squash Championship, and promotes the game through the different state level Squash bodies.

SRFI is in charge of selecting the squad for the Indian team, and choosing coaches for the national team, as well. The SRFI has established the ICL-TNSRA Squash Academy for providing training facilities to the young Squash players and the academy has also hosted the World Team Championship in 2007.

Long-term development plan of the SRFI

The preparation of Indian players will involve training at home and / or abroad, sparring with invited professionals, going on tours and playing in competitions. A handful of players will be earmarked and put on a fast track. These are 'talented players' who will be part of a special project squad. Coaches, whose objective will be to help them excel at the international level, will give them personal attention.

The overall fitness level of our players is average and the "psychological fitness" of most of our players is below average. Efforts will be made to enhance the same. As for the technical and tactical components, players will require, in addition to regular structured training, constant exposure to tournaments at home and abroad. Professional players should also be invited regularly for sparring and training.

Indian Squash Professionals (ISP), a non-profit making organization, was formed by Mr. Mahendra Agarwal in 1993, with the sole aim of promoting Squash in India.

In January 1993, ISP conducted the first ever Squash tournament (since 1947) only for Professionals, or Markers as they are known in India, as well as the first Doubles squash tournament in at the Hotel Leela, Mumbai.

From January 1993 till date, ISP has organized 127 tournaments and more than 50 free coaching camps all over India (Rajkot, Jodhpur, Mussorie & interiors of Maharashtra). The ISP has also adopted five players (Arif Paul, Deepali Anvekar, Priyanka Yadav, Abhishek Pradhan and Ankita Sharma).

ISP also publishes a news magazine, "PROSQUASH," 95 issues of which have been brought out. ISP, in association with SRAM, has taken Squash to the interiors of Maharashtra (27 districts; Nanded, Beed, Satara, Pimpri, Kolhapur, Solapur, Aurangabad, Thane, Jalgaon, Nashik etc) through coaching camps, tournaments and by building squash courts with the help of local Government officers.

ISP also helped Joshna Chinappa, who became the first Indian girl to win the British Junior Open 2003 & was the runner up in the Under-19 World Championship in 2005, get a sponsorship from SWITCHER and a Government grant, in 2005. ISP has taken the initiative to import quality squash rackets from Taiwan and make them available to the players at subsidized rates.

Punj Lloyd Group

Punj Lloyd Squash Masters provides an opportunity to the younger generation from schools and universities to play Squash at the national level. Punj Lloyd has also adopted a hands-on approach to develop the sport at the grassroots levels.

Punj Lloyd Defence Services Challenge for all the armed forces and their training establishments, Punj Lloyd All India Inter-School and Punj Lloyd All India Inter-University Championships, and the Punj Lloyd Corporate-Club Challenge, are some of the initiatives taken by Punj Lloyd to improve Squash standards in our country.

India's own Saurav Ghosal from Chennai, and Dipika Pallikal – both of whom are sponsored by Punj Lloyd – and Joshna Chinappa, was the torch bearer for India at the Punj Lloyd Squash Masters.

2.2 Infrastructure in the Sport

2.2.1 Access to Play at School and Community Level

Squash as a sport has been around for a long time, but it has still not received the acclaim and recognition that it should have. The primary reason for this is that it is still restricted to those who have privileged access to Squash Courts in the country.

Historically, Squash has been a sport of the elite in India. It has been played either by those serving in the Armed Forces, who have access to Squash courts, or richer sections of the society who have access to high-end clubs in the metros. This is more a reflection of the legacy of the British Raj, which restricted the use of the facilities to elite sections of the society. Unfortunately, things didn't change much even after independence. There were Squash courts in some Public Sports Complexes in Tier 1 and 2 cities and in high-end apartment complexes in Metros. Some Universities and Colleges also had courts.

This implied that you either needed to be in the army or be rich or a student or a resident of a high-end apartment complex, in order to play Squash. These groups constitute a tiny minority. The level of penetration made by Squash has therefore been minimal.

Bad infrastructure

The quality of courts has always been a matter of concern across the country. The majority of the squash courts still do not have a well-maintained floor, glass walls and climate control/proper lighting/painting. Most of them are in need of renovation and upgradation. There are times when players from Tier 2/3 cities come to play the tournaments in Metros and that for them is the first exposure to wooden flooring and climate-controlled courts. They are used to cement flooring and consequently find it tough to adapt. Even at the international level, most of the advanced rounds of tournaments are played on glass courts and we have only a handful of them in the country, on which the best can train.

We are seeing a surge in good results in Squash in India recently, with wins by Senior male players like Saurav Ghosal, Mahesh Mangaonkar, Harinder Pal Sandhu, Ramit Tandon and female players like Dipika Pallikal, Joshna Chinnappa, Anaka Alankamony, along with juniors like Kush Kumar, Harshit Jwanda and Madhav Dhingra, to name just a few. These players have broken into the Top 10 and Top 20 in the world rankings and have won medals abroad.

2.2.2 Steps to make Squash Accessible to the Common People

The time is ripe for Squash to become more popular and be accepted as a recreational and fitness sport. To achieve this, we need to have more public courts available in India, as is the norm in the western world. There should be clubs that provide facilities and access to courts to the general public on a play-and-pay basis. The courts also provide a provision for training facilities with coaches who are available for individual and group training. They also conduct junior-level squash coaching to promote the game among youngsters. There are also local tournaments and leagues conducted in these clubs to help people play with other local players and assess their proficiency.

These clubs also help in developing a social network, providing an adequate and effective workout to the general public. With more and more emphasis being laid on physical fitness, Squash can be packaged as an ideal outlet for the working Indian. Squash has been rated as the healthiest sport by the Forbes Magazine.

Hence, the onus is on the individuals/groups and entrepreneurs who are enthusiastic about squash to invest in squash clubs around the country and help the sport realise its full potential.

2.3 Coaching Scenario in the Country

WSF COACH EDUCATION PROGRAMME

The World Squash Federation (WSF) has a robust and modern coaching programme that is followed in India.



2.3.1 Certified Coaches in the country

	World Squash Federation	
Referees	Yogendra Singh (DL)	
	Srikanth K Seshadri (TN)	
Championship Committee	Cyrus Poncha - member	
	Mithun A P	
	Lalit Advani	
	Abhishek Agarwal	
	Sameer Agarwal	
	Shadab Alam	
	Anaka Alankamony	
	Vinodh Allen	
	Akshay Arora	
	Raj Arora	
	Pandian Ashokan	
	Level 1 Coaches	Pradeep Asteya
		Aparajitha Balamurukan
Ashish Banerji		
Balamurugan Baskar		
Avinash Bhavnani		
Pradeep Billore		
Deepesh Borhade		
Anuroop Bs		
Amit Chavan		
Manish Chavan		
Manish Chotrani		
Khangaram Choudhary		
Joginder Singh Dadiyal		
Gautam Das		
Nagarajan Devar		
Chetan Dhangat		
Murugesan Dharman		
Promod Dogra		
Amit Gajria		
Abhishek Gamre		
Tarik Goud		
Rehman Hubli		

	World Squash Federation
Level 1 Coaches	Amal Kumar Indolia
	Jaya Innasi Muthu
	Mayur Jadhav
	Sachin Jadhav
	Vijay Jangra
	Vikas Jangra
	Diwan Jegarathinam
	Dipak Joshi
	Rohit Kamble
	Ashish Keskar
	Vinay Kumar Misra
	Bhuvneshwari Kumari
	Pardeep Malik
	Manoj Manjarekar
	Deepak Mishra
	Surbhi Misra
	Hasrat Mohammad
	Javed Mohammad
	Anikat Anil Mohite
	Prashant P Mohite
	Rohit More
	Umesh More
	Ravindra Navle
	Nilesh Pal
	Pramod Pal
	Ravi Pandey
	Shashi Pandey
	Puneet Pareek
	Dhiraj Parihar
	Vijay Parihar
Hitesh Parmar	
Rohit Patel	
Sanjay Pawar	
Siddharth Phutela	
Premchand Rai	
Udaychand Rai	

	World Squash Federation
Level 1 Coaches	Pushparaj Rathinam
	Azad Singh Rathod
	Bhupendra Rathore
	Chetan Singh Rathore
	Takhat Singh Rathore
	Santhosh Ravi
	Vaibhav Satle
	Ajaz Shaikh
	Ikram Shaikh
	Riaz Shaikh
	Yakub Shaikh
	Mayank Sharma
	Satyendra Sharma
	Major Jitendra Shekhawat
	Arvind Shetty
	Khushwant Sindhu
	Kunwarpal Singh
	Nashib Singh
	Puneet Singh
	Sachin Singh
	Abhinav Sinha
	Karthik Sivam
	John Smith
	Kalimuthu Subbarayan
	Natarajan Subramanyan
	Devdas Tambe
	Rohit Thawani
	Rahul Tiwari
	Narayan Todi
	Vishal Tomar
Dalip Tripathi	
Hari Om Tripathi	
Sachin Ughade	
Anand V	
Jebindran V	
Laxman Valliappan	

	World Squash Federation
Level 1 Coaches	Devendra Verma
	Tarun Verma
	Vijay Waghela
	Sanjay Waghmare
	Ashok Samrat Yadav
	Shubham Yadav
	World Squash Federation National
Level 1 Tutor	Gautam Das
	Kalimuthu Subbarayan
	Hari Om Tripathi
	Laxman Valliappan
	World Squash Federation
Level 1 Tutor	Dalip Tripathi
	World Squash Federation
Level 2 Tutor	Cyrus Poncha
	Asian Squash Federation
Regional Referees	Rajiv Reddy (TN)
	Dhiraj Singh (RJ)
Level 3 Coaches	Cyrus Poncha -National Coach, SRFI
	Gautam Das (Chennai)
	AmitojInder Singh (Mumbai)
	Avinash Bhavnani (Mumbai)
	B. Balamurugan (Chennai)
	Bhuvneshwari Kumari (Delhi)
	Dalip Tripathi (Kolkata)
	Dhiraj Singh (Jodhpur)
Level 2 Coaches	Dushyant Singh (Gurgoan)
	Gajendra Singh (Daly College, Indore)
	Hari Om Tripathi (Chennai)
	Kushwant Singh (Chandigarh)
	MekhalaSrivastava (Bangalore)
	Raj Arora (Mumbai)
	Rohit More (Mumbai)
	V. Laxman (Chennai)
	Yogendra Singh (Delhi)
	Cyrus Poncha (Chennai) Level 1 & 2

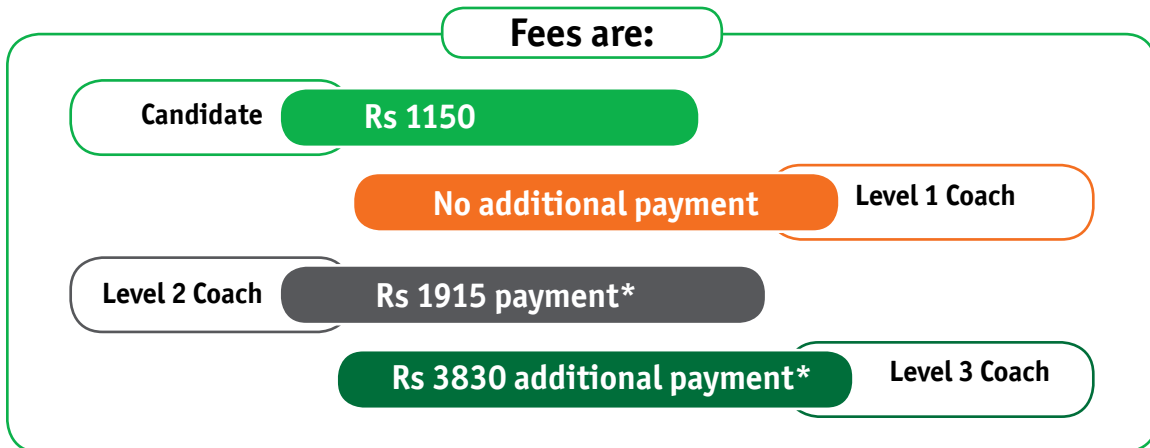
World Squash Federation	
Coaching Course Instructors	Dalip Tripathi (Kolkata) Level 1
	Gautam Das(Chennai) Level 1
	Hari Om Tripathi (Chennai) Level 1
	V. Laxman (Chennai) Level 1
Consultant Coaches	Cyrus Poncha
Coaching Committee	Cyrus Poncha-Member
Squash Racket Federation of India	
National Referees	B.Balamurugan
	Gautam Das
	Laxman Joshi
	S. Kalimuthu
	V.Laxman
	Rohit More
	S. Natrajan
	Gaurav Singh
	Deepak Mishra
	Hari Om Tripathi
	Puneet Parikh
	Shashi Pandey
	Abhishek Agarwal
	Manish Chavan
	AdeshGamre (Mumbai)
	Ajay Pawar (Mumbai)
Anant More (Mumbai)	
Anil Mohite (Mumbai)	
Babban More (Mumbai)	
Balwant Singh (Mumbai)	
C. S. Pawar (Mumbai)	
ChandanJadhav (Mumbai)	
DashrathTambe (Mumbai)	
DevdasTambe (Mumbai)	
Ejaz Mohammad (Mumbai)	
GopiMohite (Mumbai)	
Jogi (Mumbai)	
Introductory Coaches	Johnny Mascrenhas (Mumbai)
	KishanBorhade (Mumbai)

	World Squash Federation
Introductory Coaches	Kishore Bamiya (Mumbai)
	Kishore Tambe (Mumbai)
	Mahesh Verma (Mumbai)
	Narayan Sonavane (Mumbai)
	Prakash Yelve (Mumbai)
	Prashant Khaire (Mumbai)
	Rajesh Sonawane (Mumbai)
	Raju Solanki (Mumbai)
	Rakesh Solanki (Mumbai)
	Ramesh More (Mumbai)
	Riyaz Mohammad (Mumbai)
	Rohan Darekar (Mumbai)
	Sachin Jadhav (Mumbai)
	Sandeep Parab (Mumbai)
	Sanjay Pawar (Mumbai)
	Sanjay Waghmare (Mumbai)
	Santosh More (Mumbai)
	Uttam Patkar (Mumbai)
	Vijay H Sonawane (Mumbai)
	Vijay Waghela (Mumbai)
Vijay.M. Sonavane (Mumbai)	
Vikrant Dwivedi (Kanpur)	
Vilas Tambe (Mumbai)	
Yogesh Sonavane (Mumbai)	

2.3.2 Coaching Qualification General Outline

Coaches	Requirements	Qualified by	Course endorsement
WSF Level 1	Aged 18 + basic demonstration skills	Nat L1 or WSF L1/L2/ L3 Tutor	Region
WSF Level 2	WSF L1 or other accepted EPL	WSF L2/L3 Tutor	Region
WSF Level 3	WSF L2 or other accepted EPL	WSF L3 Tutor	Region and WSF

Tutors	Requirements	Qualified by	Course endorsement
National Level 1	Minimum L2 Coach, 3 years coaching experience	Regional L1 Tutor Course	Member nation
WSF Level 1	3 years' experience as National L1	Nominated	Region
WSF Level 2	Tutor, L2 coach, can present in English / common Regional language	Regional L2 Tutor Course	Region
WSF Level 3	3 years' experience as WSF L1 Tutor, L3 coach	WSF L3 Tutor Course	Region and WSF



**This payment is made in advance of the course as only those at the right level can attend a course (there will be no post-course payment and anybody who fails would be able to retake the course within the three-year period that their payment has covered).*

There is no additional payment for Tutor qualifications.

2.4 Competition Structure

Squash Rackets Federation of India (SRFI)

The SRFI conducts the National Squash Championship, and promotes the game through the different state level squash bodies, and provides training facilities and selects the squad for the Indian team. It also chooses coaches for the national team (presently Cyrus Poncha and Major S. Maniam). The high rankings of India's players are the outcome of the hard work put in by the administrators and players over the last decade.

2.4.1 School Competition Calendar

State	Name of Place	Discipline	Age Group	Date of Championship
Maharashtra	Divisional Sports Complex, Sutgirmi Chowk, Garkheda, Aurangabad	Squash	U-14, 17, 19 B&G	From: 05 th Dec to 09 th Dec 2017

**Students can participate in the entire non-ranking events and the parallel going tournament across the country.*

2.4.2 Selection Criteria

1. General

Coaching camps / selection trials may be conducted by SRFI. These will be used as a guide to select players for participating in international tournaments. Participation in the selection trials / coaching camp is compulsory for eventual selection or participation in the championship; however, exemptions however may be given at SRFI's discretion.

2. To Represent India In International Senior Championships

In a team of 4 players, a maximum of 3 players may be selected based on their PSA / WSA rankings, as on 30 days prior to the closing date of the tournament. For any event where less than 4 players are required, selection may be based on PSA / WSA rankings as on 30 days prior to the closing date. A selection trial may be held if required.

3. To Represent India In International Junior Championships

- a) Performance at the selection trials / camps (semi-finalists at the junior nationals will be invited; the SRFI reserves the right to invite other deserving Indian citizens for the selection trials, as well).
- b) Performance in physical fitness tests at the selection trials / camps, if conducted.
- c) Performance in national / international tournaments.
- d) World / Regional rankings.
- e) Discipline on and off the court.
- f) Attitude during training and competition.
- g) Future potential.
- h) Preference may be given to players who are eligible for the next team championship.

4. Selection Committee

The selection committee will select the individuals / teams to represent the country. The committee shall consist of the President / Secretary General of the Federation, the consultant coach, the national coach and an eminent ex – sports person.

2.4.3 Indian Tournament Schedule (Domestic)

Date	Tournaments in India
JANUARY	
7-12 Jan (4 Star)	All India Chhattisgarh Championship, Raipur
13-17 Jan (3 Star)	D.A.I.S Moment of Joy Otters Club Championship, Mumbai
20-23 Jan (Non-Ranking Event)	SGFI National Games, Chennai
26-30 Jan (3 Star)	1 st Juhu Gymkhana Junior Squash Championship, Mumbai
FEBRUARY	
7-11 Feb (4 Star)	Hamdard Delton Junior Open, Delhi
APRIL	
20-25 Apr (3 Star)	Gymkhana Classic Championship (Junior, Senior & Masters), Delhi
29-3 May (4 Star)	ISA Junior Open, Chennai
16-20 May (Non-Ranking Event)	Selection Trial - Asian Junior Individual (u13, u15, u17)
JUNE	
1-5 Jun (Non-Ranking Event)	Selection Trial - World & Asian Juniors (u19)
27-30 Jul (2 Star)	All India Rajasthan Squash Championship, Jodhpur
AUGUST	
2-6 Aug (4 Star)	Otters Club Squash Championship, Mumbai
21-26 Aug (7 Star)	HCL 74 th National Squash Championships, Greater Noida
31-3 Sep (5 Star)	Maharashtra State Senior Open, Mumbai
SEPTEMBER	
2-6 Sep (5 Star)	Bombay Gymkhana 9th Indian Junior Open, Mumbai
7-11 Sep (5 Star)	NSCI 2 nd Indian Classic Junior Open, Mumbai

Date	Tournaments in India
20-23 Sep (2 Star)	Secunderabad club Telangana Open, Secunderabad
25-28 Sep (3 Star)	ISA Circuit II Junior and Senior Open, Chennai
OCTOBER	
24-29 Oct (7 Star)	Sub Junior / Junior National Championship, Ajmer
NOVEMBER	
11-14 Nov (4 Star)	Bengal Junior Open, Kolkata
16-19 Nov (3 Star)	All India Brahmaputra Junior & Senior Open, Guwahati
25-29 Nov (2 Star)	Khelshala Squash Championship, Chandigarh
DECEMBER	
2-7 Dec (3 Star)	Delhi Squash Championship, Delhi
11-15 Dec (5 Star)	HCL International Junior Squash Open, Great Noida
16-20 Dec (5 Star)	74th CCI Western India Open, Mumbai

2.4.4 Asian Squash Federation Calendar (2017)

Date	Tournaments in India	M	W	Location
JANUARY				
1 – 6 Jan	Pakistan Squash Federation PSF International Squash Tournament	M		Pakistan
2 – 6 Jan	British Junior Open (WJC T2)	M	W	Sheffield, England
2 – 6 Jan	Malaysian Squash Tour I	M	W	Malaysia
February				
1 – 5 Feb	18 th Asian Junior Team Championships	M	W	Hong Kong, China
5	ASF AGM	M	W	Hong Kong, China
March				
7 – 11 Mar	Perrier Challenge Cup	M	W	Hong Kong, China
30 Mar - 2 Apr	4 th Bahria Town International Women's Squash Championships	M		Pakistan

Date	Tournaments in India	M	W	Location
April				
21-30 Apr	World Masters Games	M	W	New Zealand
26-30 Apr	19 th Asian Individual Championships	M	W	India
May				
29 May - 3 Jun	HKFC International	M	W	Hong Kong, China
July				
19-23 Jul	WSF Men's & Women's World Junior individual (WJC T1)	M	W	New Zealand
24-28 Jul	WSF Women's World Junior Team Championship		W	New Zealand
20-30 Jul	World Games (Squash 25 – 28 July)	M	W	Wroclaw, Poland
August				
15-19 Aug	24 th Asian Junior Individual Championships	M	W	Amman, Jordan
November				
26 Nov - 2 Dec	WSF World Men's Team Championships	M		France

World Squash Calendar (2017)

Date	Tournaments in India	M	W	Location
January				
01 - 06 Jan	PSF Pakistan International Squash Tournament	M		Islamabad, Pakistan
02 - 06 Jan	British Junior Open (T2)	M	W	Sheffield, England
07 - 09 Jan	Scottish Junior Open (T3)	M	W	Edinburgh, Scotland
10 - 19 Jan	Tournament of Champions	M	W	New York, USA
12 - 15 Jan	Australian Junior Open (T3)	M	W	Darwin, Australia
20 - 22 Jan	Czech Junior Open (T3)	M	W	Prague, Czech Republic
20 - 22 Jan	Norwegian National Championships ~	M	W	Bodo, Norway
20 - 22 Jan	Portuguese Masters Open +	M	W	Porto, Portugal
20 - 22 Jan	Welsh National Championships ~	M	W	Cardiff, Wales
25 - 30 Jan	Motor City Open	M		Detroit, USA
31 Jan - 05 Feb	Three Rivers Capital Pittsburgh Open	M		Pittsburgh, USA
31 Jan - 05 Feb	UCS Swedish Open	M		Linkoping, Sweden
February				
01 - 05 Feb	Asian Junior Team Championships	M	W	Hong Kong, China
09 - 12 Feb	Holtrand Open 2017	M		Medicine Hat, Canada
08 - 12 Feb	British National Championship ~	M	W	Manchester, England
10 - 12 Feb	French National Championships ~	M	W	Vendargues, France
15 - 19 Feb	Italian Open	M	W	Riccione, Italy
16 - 18 Feb	Colombia Open 2017	M		Bogota, Colombia
16 - 19 Feb	French Junior Open (T3)	M	W	Lille, France
17 - 20 Feb	Cleveland Classic 2017		W	Pepper Pike, USA
21 Feb - 01 Mar	Windy City Open 2017	M	W	Chicago, USA
24 - 26 Feb	Austrian Junior Open (T3)	M	W	Vienna, Austria
24 - 26 Feb	St. Vincent & the Grenadines Junior Open (T3)	M	W	Kingstown, St. Vincent

Date	Tournaments in India	M	W	Location
March				
02 - 05 Mar	Texas Open		W	Dallas, USA
03 - 05 Mar	German Junior Open (T3)	M	W	Hamburg, Germany
03 - 05 Mar	Czech National Championships ~	M	W	Prague, Czech Republic
04 - 10 Mar	Eventis Canary Wharf Classic	M		London, England
04 - 05 Mar	Scottish National Championships	M	W	Edinburgh, Scotland
09 - 12 Mar	Calgary Women's Squash Week Open	W		
09 - 12 Mar	Ciudad de Floridablanca 2017		W	Floridablanca, Colombia
10 - 12 Mar	Spanish Masters Open +	M	W	Santiago, Spain
27 - 30 Mar	Surrey Open	M	W	Weybridge, England
30 Mar - 02 Apr	Norwegian Junior Open (T3)	M	W	Oslo, Norway
April				
04 - 07 Apr	European Team Championships Div. 3	M	W	St. Helier, Jersey
08 - 16 Apr	European Junior U19 Individual & Team Championships (T2)	M	W	TBC
14 - 17 Apr	Oceania Junior Championships (T3)	M	W	Auckland, New Zealand
17 - 22 Apr	Irish Open	M	W	Dublin, Ireland
19 - 23 Apr	Houston Open	M		Houston, USA
21 - 23 Apr	Czech Masters Open +	M	W	Prague, Czech Republic
21 - 23 Apr	Luxembourg Junior Open (T3)	M	W	Sandweiler, Luxembourg
21 - 23 Apr	New Zealand Junior Open (T3)	M	W	Cambridge, New Zealand
21 - 23 Apr	Slovenian Junior Open (T3)	M	W	Ljubljana, Slovenia
21 - 30 Apr	World Masters Games +	M	W	Auckland, New Zealand
26 - 29 Apr	European Team Championship Div. 1 & 2	M	W	Helsinki, Finland
26 - 30 Apr	Asian Individual Championships	M	W	Chennai, India

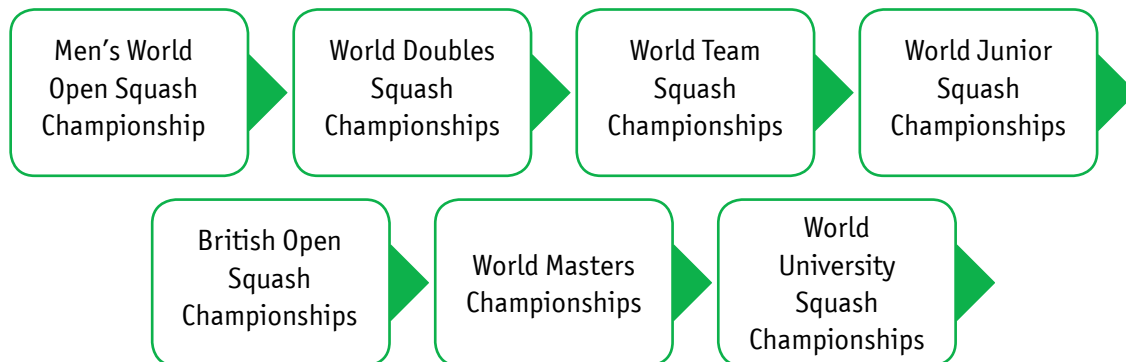
Date	Tournaments in India	M	W	Location
May				
01 - 07 May	Grasshopper Cup 2017	M		Zurich, Switzerland
02 - 05 May	St. Vincent & the Grenadines National Champs ~	M	W	Kingstown, St Vincent
05 - 07 May	Croatian Junior Open (T3)	M	W	Zagreb, Croatia
11 - 14 May	European Junior U15/U17 Team Championships	M	W	TBC, Czech Republic
15 - 20 May	Bellevue Open	M		Bellevue, US
19 - 21 May	Hungarian Masters Open +	M	W	Budapest, Hungary
20 - 21 May	Liechtenstein Junior Open (T3)	M	W	Vaduz, Liechtenstein
24 - 27 May	X Torneo Internacional PSA Sporta	M		Guatemala City, Guatemala
June				
02 - 04 Jun	French Masters Open +	M	W	Bordeaux, France
05 - 09 Jun	Dubai PSA World Series Finals	M	W	Dubai, UAE
09 - 11 Jun	Italian National Championship ~	M	W	Riccione, Italy
16 - 18 Jun	Italian Junior Open (T3)	M	W	Riccione, Italy
30 Jun - 02 Jul	New Zealand National Championships ~	M	W	New Zealand
July				
13 - 15 Jul	Brazil Junior Open (T3)	M	W	Brasilia, Brazil
14 - 16 Jul	Swiss Masters Open +	M	W	Uster, Switzerland
19 - 24 Jul	WSF Men's & Women's World Junior Individ's (T1)	M	W	Tauranga, New Zealand
25 - 29 Jul	WSF Women's World Junior Team Championship		W	Tauranga, New Zealand
20 - 30 Jul	World Games (Squash 25 - 28 July)	M	W	Wroclaw, Poland
August				
01 - 05 Aug	WSF World Doubles	M	W	Manchester, England
04 - 06 Aug	Finnish Masters Open +	M	W	Helsinki, Finland
15 - 19 Aug	Asian Junior Individual Championships	M	W	Amman, Jordan

Date	Tournaments in India	M	W	Location
30 Aug - 2 Sep	European Masters Open +	M	W	Wroclaw, Poland
September				
08 - 09 Sep	New Zealand Open Doubles	M	W	Tauranga, New Zealand
13 - 16 Sep	European Club Championships	M	W	Paderborn, Germany
15 - 17 Sep	Italian Masters Open +	M	W	Riccione, Italy
15 - 17 Sep	New Zealand Masters Open +	M	W	New Plymouth, New Zealand
November				
14 - 18 Nov	Australian Open	M	W	Darwin, Australia
27 Nov - 3 Dec	WSF World Men's Team Championships	M		TBC, France
December				
01 -03 Dec	Barbados Junior Open (T3)	M	W	Bridgetown, Barbados
2018				
April				
04 - 14 Apr	Commonwealth Games	M	W	Gold Coast, Australia
July 2018				
29 July - 04 Aug	WSF World Masters Championships +	M	W	Charlottesville, USA
August				
18 Aug - 02 Sep	Asian Games	M	W	Jakarta/Palemburg, Indonesia
September				
06 - 13 Sep	World University Squash Championships	M	W	Birmingham, England

KEY	
*	Event not yet confirmed
~	Closed Event - National entrants only
+	Masters = 35 + Age Groups
TBA	To be advised
Bold Type	World Championships and Major Games
(T)	WSF World Junior Circuit

Tier 1 (T1) = World Championships
Tier 2 (T2) = Regional Championships (e.g. European, Asian Junior Individual) + top level sub-regional events / National Junior Open Championships
Tier 3 (T3) = All other sub-regional events / National Junior Open Championships
*Tier levels may be altered at the discretion of the WSF Championships Committee

2.4.5 Major Events in Squash - International



CHAPTER 3



CAREER OPTIONS



CAREER OPTIONS

3.1 Career Opportunities in Squash

The India men's national squash team qualified for the quarter-finals of the World Team Squash Championships thrice since 1967. Dipika Pallikal is India's top squash player as of 2014. She is the first Indian woman to break into the top 10 in the Women's Squash Association rankings. 2014 is five years ago – need recent information

3.1.1 Demand of Professionals

Dipika Pallikal Karthik and Joshna Chinappa, who currently stand at the no. 20 and no. 14 spots in the women's world ranking, have proved their worth on the international stage repeatedly. Players like Saurav Ghosal, Vikram Malhotra, Harinder Pal Singh Sandhu and Mahesh Mangaonkar are ranked in the top 100 and have raised the bar for the youngsters. This has motivated other youngsters to follow the footsteps of their seniors. However, this is only the beginning. In a country of 1.3 billion, we need more youngsters to step in and take charge to take the game to further heights.

3.1.2 Average Compensation for Coaches, Players and Other Professionals

Junior Championship Requirements (As per SRFI Guidelines)

Championship Status	Submission of Registration Documents	Playoff for Positions	Championship Registration Fee	Player Entry Fee	Total Prize Money
One star	3 Months	-	5,000	500	1,00,000
Two star	3 Months	Top 4	10,000	500	2,00,000
Three star	3 Months	Top 8	20,000	700	4,00,000
Four Star	4 Months	Top 8	25,000	700	5,00,000
Five Star	6 Months	Top 8	30,000	800	6,00,000
Nationals (7 Star)	6 Months	Top 16	1,50,000	800	-

*Amounts are in INR

Senior Championship Requirements

Championship Status	Submission of Registration Documents	Championship Registration Fee	Player Entry Fee	Total Prize Money
One star	3 Months	5,000	500	1,00,000 – 1,99,000
Two star	3 Months	10,000	500	2,00,000 – 2,99,000
Three star	3 Months	20,000	700	3,00,000 – 3,99,000
Four star	4 Months	25,000	700	4,00,000 – 4,99,000
Five star	6 Months	30,000	800	5,00,000 and above
Senior Nationals (7 Star)	6 Months	55,000	1200	11,02,500

*Amounts are in INR

Senior Championship Requirements

Position	Men	Women	Pro Coach	035	040	045	050	055	060
Winner	1,50,000	1,50,000	50,000	15,000	15,000	15,000	15,000	15,000	15,000
Runner up	80,000	80,000	27,500	8,000	8,000	8,000	8,000	8,000	8,000
Semi finalist	45,000	45,000	15,000						
Semi finalist	45,000	45,000	10,000						
Quarter finalist	25,000	25,000	5,500						
TOTAL	4,20,000	4,20,000	1,24,500	23,000	23,000	23,000	23,000	23,000	23,000

*Amounts are in INR

One Star Junior Championship

	BU19	GU19	BU17	GU17	BU15	GU15	BU13	GU13	BU11	GU11
WINNER	6,930	5,460	5,040	4,410	4,200	3,780	3,570	3,150	2,940	2,520
RUNNER UP	3,960	3,120	2,880	2,520	2,400	2,160	2,040	1,800	1,680	1,440
SF	2,805	2,210	2,040	1,785	1,700	1,530	1,445	1,275	1,190	1,020
SF	2,805	2,210	2,040	1,785	1,700	1,530	1,445	1,275	1,190	1,020
TOTAL	INR 16,500	INR 13,000	INR 12,000	INR 10,500	INR 10,000	INR 9,000	INR 8,500	INR 7,500	INR 7,000	INR 6,000

Two Star Junior Championship

	BU19	GU19	BU17	GU17	BU15	GU15	BU13	GU13	BU11	GU11
WINNER	13,860	10,920	10,080	8,820	8,400	7,560	7,140	6,300	5,880	5,040
RUNNER UP	7,920	6,240	5,760	5,040	4,800	4,320	4,080	3,600	3,360	2,880
3 rd	6,600	5,200	4,800	4,200	4,000	3,600	3,400	3,000	2,800	2,400
4 th	4,620	3,640	3,360	2,940	2,800	2,520	2,380	2,100	1,960	1,680
TOTAL	INR 33,000	INR 26,000	INR 24,000	INR 21,000	INR 20,000	INR 18,000	INR 17,000	INR 15,000	INR 14,000	INR 12,000

Three Star Junior Championship

	BU19	GU19	BU17	GU17	BU15	GU15	BU13	GU13	BU11	GU11
WINNER	21,120	16,640	15,360	13,440	12,800	11,520	10,880	9,600	8,960	7,680
RUNNER UP	12,540	9,880	9,120	7,980	7,600	6,840	6,460	5,700	5,320	4,560
3 rd	9,240	7,280	6,720	5,880	5,600	5,040	4,760	4,200	3,920	3,360
4 th	5,940	4,680	4,320	3,780	3,600	3,240	3,060	2,700	2,520	2,160
5 th	5,280	4,160	3,840	3,360	3,200	2,880	2,720	2,400	2,240	1,920
6 th	4,620	3,640	3,360	2,940	2,800	2,520	2,380	2,100	1,960	1,680
7 th	3,960	3,120	2,880	2,520	2,400	2,160	2,040	1,800	1,680	1,440
8 th	3,300	2,600	2,400	2,100	2,000	1,800	1,700	1,500	1,400	1,200
TOTAL	INR 66,000	INR 52,000	INR 48,000	INR 42,000	INR 40,000	INR 36,000	INR 34,000	INR 30,000	INR 28,000	INR 24,000

Four Star Junior Championship

	BU19	GU19	BU17	GU17	BU15	GU15	BU13	GU13	BU11	GU11
WINNER	26,400	20,800	19,200	16,800	16,000	14,400	13,600	12,000	11,200	9,600
RUNNER UP	15,675	12,350	11,400	9,975	9,500	8,550	8,075	7,125	6,650	5,700
3rd	11,550	9,100	8,400	7,350	7,000	6,300	5,950	5,250	4,900	4,200
4th	7,425	5,850	5,400	4,725	4,500	4,050	3,825	3,375	3,150	2,700
5th	6,600	5,200	4,800	4,200	4,000	3,600	3,400	3,000	2,800	2,400
6th	5,775	4,550	4,200	3,675	3,500	3,150	2,975	2,625	2,450	2,100
7th	4,950	3,900	3,600	3,150	3,000	2,700	2,550	2,250	2,100	1,800
8th	4,125	3,250	3,000	2,625	2,500	2,250	2,125	1,875	1,750	1,500
TOTAL	INR 82,500	INR 65,000	INR 60,000	INR 52,500	INR 50,000	INR 45,000	INR 42,500	INR 37,500	INR 35,000	INR 30,000

Five Star Junior Championship

	BU19	GU19	BU17	GU17	BU15	GU15	BU13	GU13	BU11	GU11
WINNER	31,680	24,960	23,040	20,160	19,200	17,280	16,320	14,400	13,440	11,520
RUNNER UP	18,810	14,820	13,680	11,970	11,400	10,260	9,690	8,550	7,980	6,840
3 rd	13,860	10,920	10,080	8,820	8,400	7,560	7,140	6,300	5,880	5,040
4 th	8,910	7,020	6,480	5,670	5,400	4,860	4,590	4,050	3,780	3,240
5 th	7,920	6,240	5,760	5,040	4,800	4,320	4,080	3,600	3,360	2,880
6 th	6,930	5,460	5,040	4,410	4,200	3,780	3,570	3,150	2,940	2,520
7 th	5,940	4,680	4,320	3,780	3,600	3,240	3,060	2,700	2,520	2,160
8 th	4,950	3,900	3,600	3,150	3,000	2,700	2,550	2,250	2,100	1,800
TOTAL	INR 99,000	INR 78,000	INR 72,000	INR 63,000	INR 60,000	INR 54,000	INR 51,000	INR 45,000	INR 42,000	INR 36,000

Players

National championship players earn anything around INR 1-1.5 lakh irrespective of the gender. Players who participate at the world level championship could earn anything from 1000\$ to 325000\$ depending on the championship they are participating in. It could be a country-based championship, the European championship, the Asian Championship or the World championship.

Coaches: They are offered money in the range of INR 5000-50000, depending upon the contract drawn up and their level of qualification, as per WSF norms.

3.1.3 Existing Courses

The SRFI Conducts Various Activities During The Year

- Coaching camps.
- Tournaments (National & International).
- Daily training at the Indian Squash Academy.
- Referee Clinics.
- Participates in International competitions.
- Level 1, 2 & 3 diploma courses.

SUMMARY OF THE LONG-TERM DEVELOPMENT PLAN

Squash is a physically and mentally demanding sport. Players have to constantly monitor their health so as to be able to give the maximum effort during training. The overall fitness level of our players is average and the “psychological fitness” of most of our players is below average. Efforts need to be made to enhance both physical as well as mental fitness. As for the technical and tactical components, players will require, in addition to regular structured training, constant exposure to tournaments at home and abroad. Professional players must also be continuously brought in for sparring and training.

Coaches have been identified to handle squads on a long-term basis. More players will have to be encouraged to join PSA and Wispa and be full-time professionals. In the long-run, we will not be able to sustain some of the good results we have achieved so far, or even look to improve results, if we continue to rely on only a few full-time players. We need to groom and produce more full-time players, like the top Squash nations of the world. It will be great if the Government and sponsors complement the endeavour to put together attractive packages to coax potential “star players” to commit 4 – 5 years at least to full-time squash.

In a nutshell, the preparation of our players will involve training at home, and or abroad, sparring with invited professionals, going on tours and playing in competitions.

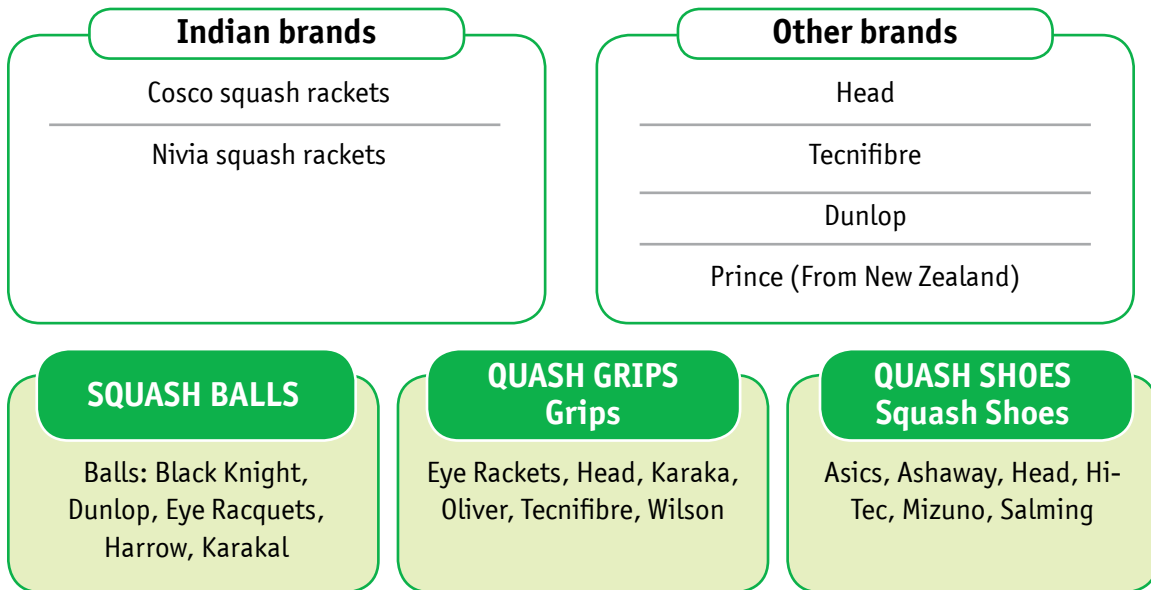
A handful of players will need to be earmarked and their training and preparation will have to be fast-tracked. These are ‘talented players,’ all of whom will be part of a special project squad. Coaches, to help them excel at the international level, will give them personal attention.

There are courses available for referees and coaches which helps young players to gain interest and knowledge about the sport.

3.2 Top Brands Associated with The Sport

Which are the top squash racket brands in India?

Rackets manufactured by Indian sports companies like Cosco and Nivia are excellent and as good as those made in the top Squash-playing countries. Global brands that are available in India include renowned brands like Head, Tecnifibre, Wilson, etc. It is important to purchase rackets from authorized and trusted dealers, as there are many fake brands out there.



The Squash Rackets Federation of India or SRFI is the Indian governmental apex body for the game of squash. Among the major facilities created by the SRFI is the ICL-TNSRA squash academy which hosted the World Team Championship in 2007. Indian Squash Academy is a 2006 squash training facility run by the Squash Racquets Federation of India in Chennai, India. The India Cements Limited was one of the sponsors it had initially sponsored the 1990 facility along with the Tamil Nadu Squash Racquets Association.

The Indian Squash Academy at Chennai comprises two complexes; one with 3 glass back rainbow courts and the other, a state-of-the-art centre with 4 glass back rainbow courts that are convertible to 2 doubles courts. The ASB 4-sided glass court, which enables television coverage from all angles, has a seating capacity of 500. All these courts have been imported from ASB Germany.

ASB is known for its innovations and sustainable design in the world of sport and has already revolutionized the sport. As the world's leading provider of squash courts, ASB is an important development partner of leading Squash world associations and has given the sport several ground-breaking innovations.

CHAPTER 4



PARENTAL ANGLE



PARENTAL ANGLE

4.1 Attitude of Parents towards the Sport Squash

(A career option? A recreational sport? Squash related ancillary jobs as a career option?)

In India, it's either celebration after winning or cynicism after losing. This is a succinct description of how India perceives Sport. As playing is not viewed as a natural phenomenon and a critical component of one's upbringing, parents tend to view sports from the point of 'Return on Investment.' Therefore, it never qualifies as a viable career option. The fact is that Squash won't get you money unless you are ranked in the top ten or twenty in the world. Hence, from the parent's perspective, Squash is nothing more than a recreational sport. However, things are changing. India is presently experiencing a revolution of sorts, with multiple sporting leagues capturing the imagination of the public. It can therefore be hoped that Squash will be accepted as a major sport sooner than later and we will witness the advent of a Squash league. If we continue to excel in competitions, then we will see a rise in Squash-related ancillary jobs as well.

4.2 Why people play this sport? Human motivation?

Squash is "the world's healthiest sport"

SQUASH is a gender-neutral sport and can be played by people of all ages. Anybody can play squash. All you need is a racquet and ball, and a squash court. You can get started instantly and hit the ball with the racquet in the direction of the front wall. Squash has a learning curve that rewards as equally as it challenges. Squash is enthralling, exciting, absorbing, rewarding. It burns up to 1500

calories per hour in a competitive, and fun environment, with significant health benefits in as little as half an hour. Squash also helps develop street-smartness and thinking abilities.

4.3 Tele Talk

Telephonic Interview with Harinder Pal Singh Sandhu

Harinder Pal Sandhu is a professional squash player who plays for India. He has achieved a career-high world ranking of no. 56 back in September 2015. Currently, he stands at no. 69. He was a part of the Indian team that won the Gold Medal at the 2014 Asian Games at Incheon. He is a very humble human being. Recently, we got an opportunity to talk him on the phone.

How did you attract toward the game of squash in your early days?

I studied at the Yadavindra Public School, Mohali and started playing Squash in the sports hour. The experience fuelled my interest in the sport.

Did you have any older relatives who have played this sport and ever shared his knowledge when you were young?

I was a cricketer earlier. My coach A I Singh forced me to play squash.

How was the attitude of your parents towards the sport when you start playing?

My parents were quite happy as I started playing Squash as I was good at athletics and I also played cricket, hockey and football. Squash was a new game. They encouraged me to play.

What sort of problems did you face during your rise as a national player?

I started travelling when I was 11 years old. I stayed away from my home for almost a decade. My biggest challenge was to move to Chennai when I was just 13 years old. But I kept telling myself that I would be training in the best Squash academy in India. That motivated me. I faced cultural, linguistic and food problems when I moved there, but I eventually got a hang of things. There was a desire to do well in the sport and make my parents proud as I come from a middle class family. The Academy is one of the best in the world. We have a running track, a swimming pool, a gym and residential facilities. Initially, I lived with Kumar Agarwal, my father's friend. For 4 years, they were like my parents. I could not have managed without them and their backing.

What is the selection process to get selected for the state and national team?

To get selected, you need to do well in the nationals' i.e. junior national championship. If you finish in the top 4 in your category, you are one of the top players from your state and if you remain on top, you automatically get a call from the national coach regarding the selection process to represent the country in the junior championships. This is a major step to make it to the Indian Team. Only then will the coaches show interest in you and you will get proper guidance. The drive and dedication have to come from you.

4.4 Way Foreword

What are the similarities and differences between today and the day you started squash?

When I first started playing squash, I used to play on a cement court. Now, the flooring is wooden. Playing on a cement court is tough. Your knees get bruised, your shoes get torn and your toes start to bleed and your knuckles bleed when you pick up tough shots. Later, the seniors and our coach pushed the school authorities to make a wooden floor so that we could do well. Now, there is a lot of squash that is shown on TV, and kids can sit at home and watch the top players and learn how to play. When I was playing, our coach used to get squash magazines from abroad and we used to fight before and after practice to be the first to browse through those magazines. Today, you have YouTube. You can watch any number of matches featuring top players. It has become easier for children to learn. The training methods too have changed significantly.

How do you see the future of squash in India?

The future is bright. It is possible to have a full-time career in sport. There are more job opportunities, even after one retires from playing. Still, a lot of things can be done and right now, Squash is becoming more and more popular.

Which people have helped you the most to progress during your career? How effective is the coaching in our country?

I have been very fortunate to have been coached by the best of Gurus in India and abroad. I had the privilege of being trained by Amitoj Inder Singh. He coaches in Mumbai at the CCI & NSCI. I don't think there is anyone other than him who can show a kid how to grip the racket, how to swing and how to move on the court. When I moved to Chennai, there was Major Maniam. He was the consultant coach for more than a decade. I have also trained under Cyrus Poncha, the national coach. When I made my way into the national team, there was Ritwik Bhattacharya, the legend of Indian Squash. He had a major impact on my game and is still my role model. I went to England to train for 2 years under Malcolm, who enabled me to acquire a wider understanding of my game, how the professional play, their mentality, how they conduct themselves and how they discipline themselves. Malcolm put me on the right track as far as these aspects were concerned. Later, I trained with David Pamer in Florida. I have worked with him for 2 years and he has made me a much stronger player in the physical aspect. The Government has flown in another coach at the Indian Squash Academy. He is Mr. Ashraf, an Egyptian. I am working with him presently.

What would be your ultimate achievement and your goals?

My ultimate goal is to make it to the international top 10. It won't be easy. There is still a lot of work to be done and a lot of matches to be won before that happens.

What advice would you like to give to the young kids who all are willing to take up squash as a career?

All I would like to say to them is that the first few steps are the hardest. You cannot hope to become the best in a sport after a few weeks or months. There will always be challenges - physical, mental, Listen to your coaches, work hard, grind it out; your concentration has to be at 100% every day, every single session, and the desire has to be there irrespective of whether you win or lose. Put your head down and work hard every day and be sincere. There is no short cut to the top. Listen to your coaches.

CHAPTER 5



FUTURE PLAN

FUTURE PLAN

5.1 What is missing today on this sport?

Squash has grown by leap and bounds in India. However, there is room for improvement.

Facilities/ Infrastructure

One of the critical aspect of any sport is the availability of infrastructure for the people and those who view the sport as their only career option. Apart from the tier-1 and tier-2 cities, it is still a dream for the people who love this sport. To make this sport more and more people-friendly and revenue-driven, we need to create facilities to increase participation and make it more competitive.

Awareness

Squash is not even among the top 10 most-watched sports in our country. To make it more popular, we need to adopt sound marketing strategies and implement them through the year. We need the support of the government, corporates and individuals.

Misconception toward the Sport of Parents

Squash in India has come a long way. It is no more a recreational sport or a fun game. It has grown miles and become more diverse in terms its followers. There are world championships happening every year, which have more than 300,000\$ as prize money. There are world championships going on at the junior level as well, which also involve huge money. Youngsters are getting international exposure at an early age. Indian players are world-class and are being trained in world-class facilities. Now it's a high time parents change their perspective towards Squash and start encouraging their kids for more participation. India having a lot of talent, has a tremendous opportunity to become a powerhouse of Squash in near future.

Acknowledgements

We are thankful to International Institute of Sports Management for giving us an opportunity to document Squash in India. This Report aims to state the current state of Squash, it's journey and open a broad scope for future. We appreciate the youth participating in Squash. We encourage for more participation and wish to see India as a powerhouse of Squash in near future.

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