

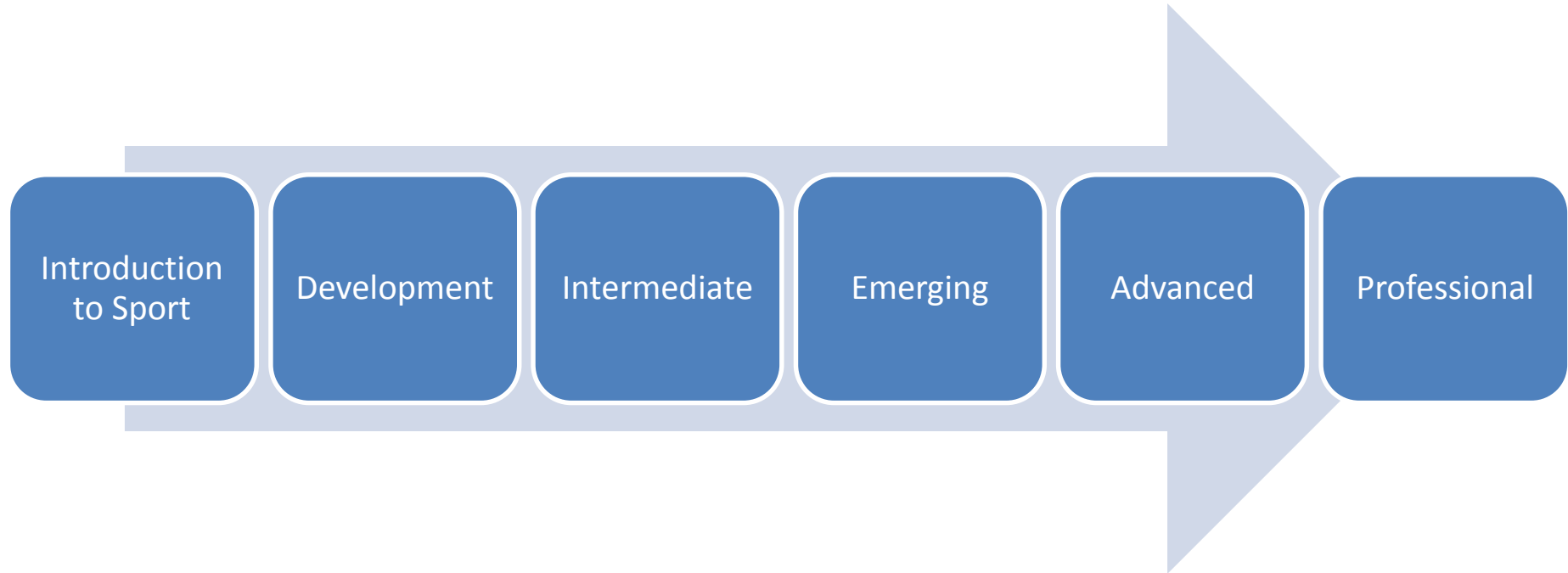
THE
SPORTS HUB

TRIVANDRUM

Where Life Meets Action 



Academy Programme Structure



Current Programmes

Introduction to Sports

Training duration:

4 -5 hours per week

Introduce your child to the basics of the game through our programme.

We focus on engaging your child in fun activities to teach them the discipline, focus and skills required to master their respective sports of interest.

Development Stage

Training duration:

6 - 8 hours per week

A comprehensive skill and knowledge development programme designed by sports icons – the syllabus of which covers leadership and fitness as well.

The student will be assessed during training duration and provided a report card along with certificate.

Intermediate Level

Training duration:

10 - 12 hours per week

Focused on designing and developing player core strengths. This is a specialized high intensity training programme which concentrates on developing game strategies and tournament play with taking under preview how to avoid injury during training & matches.

Program Structure

Sport	Introduction	Development	Intermediate
Cricket	✓	✓	✓
Badminton	✓	✓	×
Swimming	✓	✓	×
Football	✓	✓	×
Basketball	✓	✓	×
Table Tennis	✓	✓	×
Squash	✓	✓	×
Chess	✓	×	×

Program Features

S. No	Features	Introduction	Development	Intermediate
1	Hours/ week	4 - 5 hours	6 - 8 hours	10 - 12 hours
2	Nutritionist Assistance	Once/ Quarter	Twice/ Quarter	Thrice/ Quarter
3	Sports Physio Assistance	Once/ Quarter	Twice/ Quarter	Thrice/ Quarter
4	Performance Report (Quarterly)	✓	✓	✓
5	Academy T-shirt (Yearly)	1	3	6
6	Academy Registration Fees for TGC Members	×	×	×
7	Sports Icon	✓	✓	✓
8	High Performance Coaching Session (Specialist)	×	✓	✓
9	Yoga Session	×	Once in a week	Once in a week
10	Swimming Session	×	5 hours/month	5 hours/month

Program Features (contd.)

S. No	Features	Introduction	Development	Intermediate
11	General Health Check-up	×	✓	✓
12	City Tournament Participation (Without Charges)	×	✓	✓
13	Psychologist	×	×	✓
14	Strength & Conditioning Session at Gym	×	×	5 hours/month
15	Access to facility beyond coaching hours*	×	×	✓
16	Analysis with video recorded sessions	×	×	✓
17	TGC Membership Discount	×	10%	10%
18	TGC Gold Membership Discount	×	15%	15%
19	Payment Cycle	Quarterly	Bi-monthly	Bi-monthly

* Tuesday to Sunday between 10 AM to 4 PM on availability

Sports Coaching Fee Per Month

Sport	Category	Introduction	Development	Intermediate
Cricket	Members	1,500.00	3,500.00	5,000.00
	Non-members	2,000.00		
Badminton	Members	1,500.00	3,500.00	×
	Non-members	2,000.00		
Swimming	Members	1,500.00	3,500.00	×
	Non-members	2,000.00		
Football	Members	1,500.00	3,000.00	×
	Non-members	2,000.00		
Basketball	Members	1,500.00	3,000.00	×
	Non-members	2,000.00		
Table Tennis	Members	1,500.00	3,000.00	×
	Non-members	2,000.00		
Squash	Members	1,500.00	3,500.00	×
	Non-members	2,000.00		
Chess	Members	1,500.00	×	×
	Non-members	2,000.00		

Notes:

1. All prices are inclusive of GST
2. Payment Mode: Payment Gateway or POS swiping machine

Cricket

Introduction	
Batch No.	Timings
C01	6.00 AM to 7.30 AM (Wed-Thu-Fri)
C02	5.00 PM to 6.30 PM (Tue-Thu) & 6.00 AM to 8.00 AM (Sun)
C03	6.00 AM to 8.00 AM (Sat-Sun)
C04	8.00 AM to 10.00 AM (Sat-Sun)
C05	5.00 PM to 6.30 PM (Wed-Fri) & 4.00 PM to 6.00 PM (Sun)
C06	2.00 PM to 4.00 PM (Sat-Sun)
C07	4.00 PM to 6.00 PM (Sat-Sun)

Development	
Batch No.	Timings
C08	6.00 AM to 7.30 AM (Tue-Wed-Thu-Fri)
C09	5.00 PM to 6.30 PM (Tue-Wed-Thu-Fri)
Match Practice	6.00 AM to 8.00 AM (Sat-Sun) Compulsory Match Practice
Match Practice	4.00 PM to 6.00 PM (Sat-Sun) Compulsory Match Practice

Intermediate	
Batch No.	Timings
C10	5.30 AM to 7.30 AM (Tue-Wed-Thu-Fri)
C11	5.00 PM to 7.00 PM (Tue-Wed-Thu-Fri)
Match Practice	6.00 AM to 9.00 AM (Sat-Sun) Compulsory Match Practice
Match Practice	3.00 PM to 6.00 PM (Sat-Sun) Compulsory Match Practice

Football

Introduction	
Batch No.	Timings
F01	6.00 AM to 7.30 AM (Wed-Thu-Fri)
F02	5.00 PM to 6.30 PM (Wed-Thu-Fri)
F03	6.00 AM to 8.00 AM (Sat-Sun)
F04	8.30 AM to 10.30 AM (Sat-Sun)
F05	4.30 PM to 6.30 PM (Sat-Sun)
Match Practice (F01 & F02)	11.00 AM to 12.30 PM (Sat)
Match Practice (F03 & F04)	11.00 AM to 12.30 PM (Sun)
Optional Match Practice	

Development	
Batch No.	Timings
F06	6.00 AM to 7.30 AM (Tues-Wed-Thu-Fri)
F07	5.00 PM to 6.30 PM (Tues-Wed-Thu-Fri)
F08	6.30 PM to 8.00 PM (Tues-Wed-Thu-Fri)
Match Practice	2.30 PM to 4.30 PM (Sat & Sun)
Compulsory Match Practice	

Badminton

Introduction	
Batch No.	Timings
B01	6.00 AM to 7.30 AM (Wed-Thu-Fri)
B02	5.00 PM to 6.30 PM (Wed-Thu-Fri)
B03	6.00 AM to 8.00 AM (Sat-Sun)
B04	8.30 AM to 10.30 AM (Sat-Sun)
B05	5.30 PM to 7.30 PM (Sat-Sun)
Match Practice	2.00 PM to 3.00 PM (Sat/Sun)
Optional Match Practice	

Development	
Batch No.	Timings
B06	6.00 AM to 7.30 AM (Tues-Wed-Thu-Fri)
B07	5.00 PM to 6.30 PM (Tues-Wed-Thu-Fri)
B08	6.30 PM to 8.00 PM (Tues-Wed-Thu-Fri)
Match Practice	3.00 PM to 5.00 PM (Sat/Sun)
Compulsory Match Practice	

Swimming

Introduction (Non-Swimmer)	
Batch No.	Timings
SW01	5.00 PM to 6.00 PM (Wed-Thu-Fri)
SW02	6.00 PM to 7.00 PM (Wed-Thu-Fri)
SW03	7.30 AM to 9.00 AM (Sat-Sun)
SW04	9.00 AM to 10.30 AM (Sat-Sun)
SW05	10.30 AM to 12.00 PM (Sat-Sun)
SW06	3.00 PM to 4.30 PM (Sat-Sun)
SW07	4.30 PM to 6.00 PM (Sat-Sun)

Development (Swimmer)	
Batch No.	Timings
SW08	6.00 AM to 7.00 AM (Tue-Wed-Thu-Fri)
SW09	5.00 PM to 6.00 PM (Tue-Wed-Thu-Fri)
SW10	6.00 PM to 7.00 PM (Tue-Wed-Thu-Fri)
Practice Session	6.00 AM to 7.30 AM (Sat-Sun)
Practice Session	5.00 PM to 6.30 PM (Sat-Sun)

Basketball

Introduction	
Batch No.	Timings
BB01	6.00 AM to 7.30 AM (Wed-Thu-Fri)
BB02	5.00 PM to 6.30 PM (Wed-Thu-Fri)
BB03	6.00 AM to 8.00 AM (Sat-Sun)
BB04	8.30 AM to 10.30 AM (Sat-Sun)
BB05	5.30 PM to 7.30 PM (Sat-Sun)
Match Practice	11.00 AM to 12.30 PM (Sat/Sun)
Optional Match Practice	

Development	
Batch No.	Timings
BB06	6.00 AM to 7.30 AM (Tues-Wed-Thu-Fri)
BB07	5.00 PM to 6.30 PM (Tues-Wed-Thu-Fri)
BB08	6.30 PM to 8.00 PM (Tues-Wed-Thu-Fri)
Match Practice	3.00 PM to 5.00 PM (Sat & Sun)
Compulsory Match Practice	

Squash

Introduction	
Batch No.	Timings
SQ01	6.00 AM to 7.30 AM (Wed-Thu-Fri)
SQ02	5.00 PM to 6.30 PM (Wed-Thu-Fri)
SQ03	6.00 AM to 8.00 AM (Sat-Sun)
SQ04	8.30 AM to 10.30 AM (Sat-Sun)
SQ05	4.00 PM to 5.30 PM (Sat-Sun)
Match Practice	11.00 AM to 12.30 PM (Sat/Sun)
Optional Match Practice	

Development	
Batch No.	Timings
SQ06	6.00 AM to 7.30 AM (Tues-Wed-Thu-Fri)
SQ07	5.00 PM to 6.30 PM (Tues-Wed-Thu-Fri)
Match Practice	3.00 PM to 5.00 PM (Sat & Sun)
Compulsory Match Practice	

Table Tennis

Introduction	
Batch No.	Timings
TT01	6.00 AM to 7.30 AM (Wed-Thu-Fri)
TT02	5.00 PM to 6.30 PM (Wed-Thu-Fri)
TT03	6.00 AM to 8.00 AM (Sat-Sun)
TT04	8.30 AM to 10.30 AM (Sat-Sun)
TT05	5.30 PM to 7.30 PM (Sat-Sun)
Match Practice	11.00 AM to 12.30 PM (Sat/Sun)
Optional Match Practice	

Development	
Batch No.	Timings
TT06	6.00 AM to 7.30 AM (Tues-Wed-Thu-Fri)
TT07	5.00 PM to 6.30 PM (Tues-Wed-Thu-Fri)
TT08	6.30 PM to 8.00 PM (Tues-Wed-Thu-Fri)
Match Practice	3.00 PM to 5.00 PM (Sat & Sun)
Compulsory Match Practice	

Chess

Introduction			
Batch No.	Timings	Batch No.	Timings
CH01	4.30 PM to 6.00 PM (Tue-Wed-Thu-Fri)	CH02	5.30 PM to 7.00 PM (Tue-Wed-Thu-Fri)
CH03	8.00 AM to 10.00 AM (Sat-Sun)	CH04	10.00 AM to 12.00 PM (Sat-Sun)
CH05	2.00 PM to 4.00 PM (Sat-Sun)	CH06	4.00 PM to 6.00 PM (Sat-Sun)

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