

## **PRESS RELEASE**

Sports Authority of Assam

Dated : 17<sup>th</sup> December, 2020.

### **Three-day Workshop for Swimming Coaches Begins at Sarusajai**

Sports Authority of Assam (SAA) in association with Assam Swimming Association has organised a Workshop for Swimming Coaches from 17-12-2020 to 19-12-2020 on different topics relevant to the sport at the Sarusajai Sports Complex. 18 Swimming coaches are taking part in the Workshop from across the State.

Inaugurating the workshop, Shri Onkar Kedia, Director General, SAA called upon the coaches to keep updated with the latest techniques in training and also acquire knowledge in subjects, essential for achieving excellence in sports. He said, the coaches at the grassroots have an important role to play in identification of talent and imparting correct basic techniques to athletes. He pointed out that there is no dearth of talent in swimming in Assam. By adopting a scientific approach to identification of talent and training, we can achieve a lot in this sport.

Today's speakers included Ms.Sanjana Kiran, Senior Sports & Performance Psychologist, Singapore, who spoke on Mental Wellness, Sri Elvis Ali Hazarika, International Swimmer, who spoke on Fitness for Training and Dr.Dipankar Bhattacharya, GM(Medical Services), Oil India, who spoke about Common injuries in Swimmers and their Prevention and also Basic Nutrition for Swimmers.

The Workshop was also live at SAA Facebook Page @sportsauthorityofassam.

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