



THE TOSS

— SPIN THE WHEEL —



THE JESSE OWENS STORY

Highlights

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Director's MESSAGE



Dear Readers,

Welcome to another edition of our monthly newsletter, 'The Toss'. I am pleased to share that IIG Sports Academy, through its quality training and world-class facilities, has earned a distinct reputation among top sports academies and is highly sought after by aspiring athletes. Our new trainees from different parts of the country bear testimony to this. Each time I see a new batch of students, I am filled with hope. Because every new trainee comes with dreams, and we, at IIG Sports Academy shape those dreams into reality with rigorous training, discipline, and belief.

I want to reiterate that IIG Sports Academy is not just about top-notch facilities and expert coaches. What truly sets us apart is our balanced approach to achieving excellence. Each student comes to us with a spark of talent, passion, and aspirations. We help them to transform their spark into a steady flame by guiding them to strike the right balance. We train hard, but we also rest well. We push limits, but we also pause to reflect and recalibrate. Because at our academy, we believe that balance is crucial, both in sports and in life. Eating right, sleeping enough, and staying mentally strong are as important as physical exercise and workouts.

To every new student: trust the process and be patient with yourself. Stay eager to learn, do not hesitate to work hard, and always support one another. Remember, team spirit is one of the foundations of a good athlete. To the parents and guardians, thank you for trusting us. Your child is in good hands.

Together, let us chase excellence.

Warm Regards,
Prasanta Kumar Puhan
Director, IIG Sports Academy

Campus Feed

34th King All Odisha School Chess Championship



IIG Sports Academy, in collaboration with the King Chess Center, proudly hosted the 34th King All Odisha Chess Championship at Trident Academy of Technology, Bhubaneswar. Over 200 young chess enthusiasts participated and battled it out on the board in an incredible showcase of strategy, skill, and sportsmanship.

Former Ranji Captain at IIG Sports Academy



We had the honour of welcoming Mr. V. Venkatram, former captain of the Bihar Ranji Team and current Technical Director of the Odisha Cricket Association, to IIG Sports Academy. With over 70 first-class matches to his credit, Mr. Venkatram inspired our budding athletes with his encouraging words and valuable insights.

U-19 Junior Level Basketball Tournament



IIG Sports Academy organised the KT Global School U-19 Junior Level Basketball Tournament from 11th to 13th April 2025 in the KTGS campus. Teams from various schools in the city participated in the event and lit up the court with energy, enthusiasm, and an amazing display of skills. The winning trophy

was claimed by Christ Higher Secondary School, Cuttack, in the boys category and by Mother's Public School, Bhubaneswar, in the girls category.

Celebrating a Milestone Moment



We are delighted to celebrate a successful milestone achieved by chess player Priansh Das from Cuttack, Odisha. Priansh secured his first International Master (IM) Norm at Iceland's prestigious Reykjavik Open 2025! He had previously attended two Grandmaster Chess Camps hosted by IIG Sports Academy, where he trained under

Russian Grandmaster Boris Savchenko, alongside other top chess players of Odisha. We feel honoured to be part of his journey.

A Warm Welcome to our Budding Champions



IIG Sports Academy welcomed its new students with an interactive Sports Orientation Program. The session provided the freshers with a glimpse of the academy's top-notch sports facilities. Sports quizzes, friendly team challenges, and on-the-spot skill tests made the session interesting and

engaging. We wish all the new joiners a journey filled with valuable learning experiences.



Choudhury

ABHAY PATTNAIK

Basketball Coach, IIGSA

EXPERT TIPS



MASTER DRIBBLING WITH BOTH HANDS

Develop ambidextrous control through a mix of stationary drills (e.g., pound dribbles, cross-overs) and on-the-move dribbles (e.g., cone weaves, zig-zag patterns, etc.). This allows for smoother transitions in live gameplay.

SHARPEN YOUR DECISION-MAKING

Read the defense carefully and recognize the best course of action — pass, shoot, or drive. Anticipate rotations and help defense.

BUILD A STRONG FOUNDATION

Focus on the lower body and core through targeted workouts for explosiveness, balance, and endurance. A powerful base enhances your ability to attack, defend, and recover quickly.

TRUST YOUR TEAMMATES

Basketball is a team sport. An extra pass could mean an open shot. Sharing the ball increases your team's scoring chances.

Sports Science & Wellness



ARE YOU OVER

TRAINING?



7 Signs to Watch Out For

More isn't always better. Sometimes, 'more' just creates imbalance, leading to tired bodies, tired minds, and a drop in performance. While training hard is essential, training smart is even more crucial. Training your body too hard not only ruins the enjoyment of the experience but, more importantly, presents several potential risks to your health, body, and mind.

Overtraining can sneak up on even the most disciplined athletes, which is why you must pay attention to the signs. Most of these signs are driven by hormonal disturbances and deep disruptions to the body's balancing systems caused by overly aggressive training. Typically, more than one of these signs appearing simultaneously can raise significant concern about overtraining.

Here are 7 signs your body might be telling you to hit the pause button:

Drop in performance

If you are sincerely putting in the hours for training, but instead of improving, your speed, strength, and stamina are slipping. That is often the first red flag. In an overtrained state, testosterone levels drop and cortisol levels rise, causing the breakdown of muscle tissue, increased insulin resistance, and fat deposition.

Disrupted sleep, restlessness, mental fog

This is more common with excessive aerobic exercise. Your sympathetic nervous system can remain excited at all times, leaving you restless and unable to focus. It can also interfere with your sleep by keeping your body in an alert mode even when you are exhausted.

Prolonged soreness and deep fatigue

When your muscles feel heavy, your body refuses to bounce back, and soreness lingers longer than it should- these are signs your recovery isn't keeping up with your workout sessions. This usually happens when you overdo the resistance training.

Loss of Motivation

That's one of the downsides of overtraining. It often takes away the joy from things you once loved. So when your drive dwindles, and training feels like a chore, it's a sign you have crossed the line from pushing yourself to punishing yourself.

Elevated resting heart rate

One of the few objectively measurable signs of overtraining is an above-normal resting heart rate in the morning, upon waking. It happens as overtraining sends your body into a stress mode, thus increasing the metabolic rate.

Frequent illnesses

A tired body has a weaker immune system and slower recovery response, as overtraining can lead to chronic inflammation in the body. It can also harm the brain, leading to an elevated risk of neurodegenerative diseases.

Overreaction to undertraining

Lack of activity or undertraining is a concern, as evidenced by a growing incidence of obesity. However, for people who exercise regularly, striking a balance is as essential. With the growing popularity of high-intensity workouts, some people celebrate popped and bleeding calluses. These occurrences are never good and send a clear signal that someone doesn't realise what they are doing. As the saying goes, 'Prevention is always better and easier than a cure'.

10 Benefits of Strength Training

What is Strength Training?

Strength training, also referred to as weight training or resistance training, is any type of exercise that involves our body weight or any external resistance, like weights or bands, against which one is supposed to push or pull to build endurance, muscle mass, and strength.

Impact on Health

Strength training has many health benefits, from cardiovascular health to brain performance and muscle growth to better flexibility. The infographic below explores some of the top benefits of strength training.



Makes you stronger



Boosts Metabolism



Decreases abdominal fat



Lowers the risk of injury



Builds stronger bones



Makes you appear leaner



Improves heart health



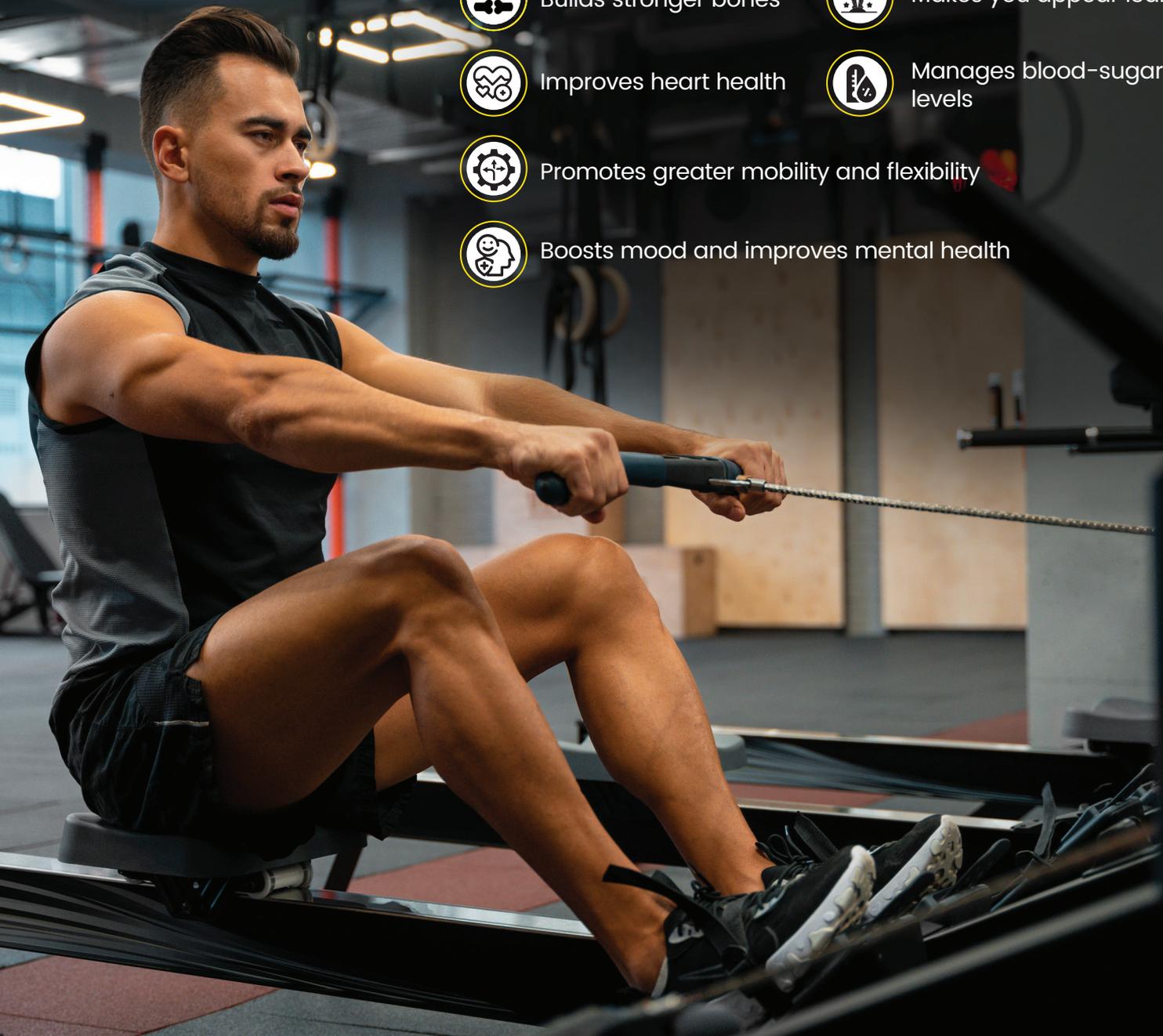
Manages blood-sugar levels



Promotes greater mobility and flexibility



Boosts mood and improves mental health



Not Just Races, He Won Respect:



The JESSE OWENS Story



Perhaps no athlete better symbolized the human struggle against tyranny, poverty, and racial bigotry. His personal triumphs as a world-class athlete and record holder were the prelude to a career devoted to helping others. His work with young athletes, as an unofficial ambassador overseas and a spokesman for freedom, is a rich legacy to his fellow Americans." These words of the 39th US President, Jimmy Carter, on the demise of Olympic athlete Jesse Owens, provide a nearly perfect summary of the latter as an athlete and a person.

Born as the tenth child of Henry and Emma Alexander Owens on September 12, 1913, in Alabama, Jesse was named James Cleveland at birth. At the age of 9, his family moved to Cleveland, Ohio, where his new teacher mistook J.C. for 'Jesse', and the name stuck for the rest of his life.

Owens' athletic career began in 1928 in Cleveland, where he set Junior High School records by clearing 6 feet in the high jump and leaping 22 feet 11 3/4 inches in the running broad jump, now known as the long jump. During his high school days, he won all the major track events, including the Ohio state championship for three consecutive years. His remarkable high school track career led to him being recruited by dozens of colleges. However, Jesse chose Ohio State University (OSU), even though it could not offer him any scholarship at the time.

Jesse worked many odd jobs to support himself and his young wife, all between practices and setting the bar high with his success in intercollegiate competitions. Jesse's next big breakthrough came as he entered the Big Ten Championships in 1935. Unsure of his participation due to a sore back

following a fall, Jesse convinced his coach to allow him to run the 100-yard dash as a test and tied the world record with an official time of 9.4 seconds.

He went on to participate in 3 more events and set world records every time. Jesse's performance in this championship is considered the greatest athletic feat in history, as he set 3 world records and tied a fourth one in four of the hardest track and field events, in just a span of 45 minutes. Jesse's success in the 1935 Big Ten Championships paved the way for his participation in the Olympics.

What the world witnessed further would be etched in history forever, not just as an athletic spectacle, but as a silent yet strong reply to a growing narrative of racial supremacy. During a time of racial segregation and rise of Nazi Germany, Jesse Owens, a Black American won four gold medals in the 1936 Berlin Olympics with Hitler, the propagator of the Aryan supremacy theory, seated in the box.

Jesse Owens gave hope to millions of athletes and showed the way through his struggles and success. His post-Olympic life wasn't a bed of roses either. In Jesse's words, "I came back to my native country, and I couldn't ride in the front of the bus. I had to go to the back door. I couldn't live where I wanted." But Jesse did not give up. He dedicated his time to working with the underprivileged youth while still struggling to make ends meet for himself and his family.

It was in the 1950s that things started to change for Owens and his family. He travelled widely and addressed youth groups, professional organizations, civic meetings, sports banquets, Black history programs, as well as many other college commencements. The long-awaited presidential recognition finally arrived in 1976 with President Gerald Ford awarding Jesse Owens the highest civilian honour- the Medal of Freedom. In 1979, President Jimmy Carter honoured him with the Living Legend Award. And in 1990, George HW Bush posthumously awarded Owens the Congressional Medal of Honour.

Jesse Owens was a humble man with historic achievements. His life demonstrates the potential for humanity and the good that can be accomplished through courage, determination, and resilience.



Sports Word Scramble

- | | | |
|---------------|---------------|-------------------|
| 1. Ifog | 8. botafoll | 15. gwimnsim |
| 2. elkbaatbls | 9. rwate oopl | 16. srocs uroyctn |
| 3. ocserc | 10. igsnrwetl | 17. xoinbg |
| 4. nntsie | 11. hoceyk | 18. lqutlrecbaa |
| 5. balsable | 12. scroasel | 19. ivgnid |
| 6. teaark | 13. rkatc | 20. ngnecif |
| 7. gbryu | 14. lbfsltoa | |

Solution to Sports Trivia Challenge of our March Issue

- Q1** Who captained India to its first-ever Cricket World Cup victory in 1983?
✓ Kapil Dev
- Q2** Which Indian badminton player became the first Indian to win an Olympic medal in the sport?
✓ Saina Nehwal
- Q3** Which city hosted the iconic 2011 Cricket World Cup final between India and Sri Lanka?
✓ Mumbai
- Q4** Who was the first Indian cricketer to score a double century in an ODI?
✓ Sachin Tendulkar
- Q5** Who is the youngest Indian woman to climb Mount Everest?
✓ Malavath Purna

CONTACT US

Address : IIG Sports Academy, F/12, IID Centre, Barunei Temple Road, Bhubaneswar, Odisha - 752057
Phone: +91 890-888-0555, Email: info@iigsports.in, admission@iigsports.in