



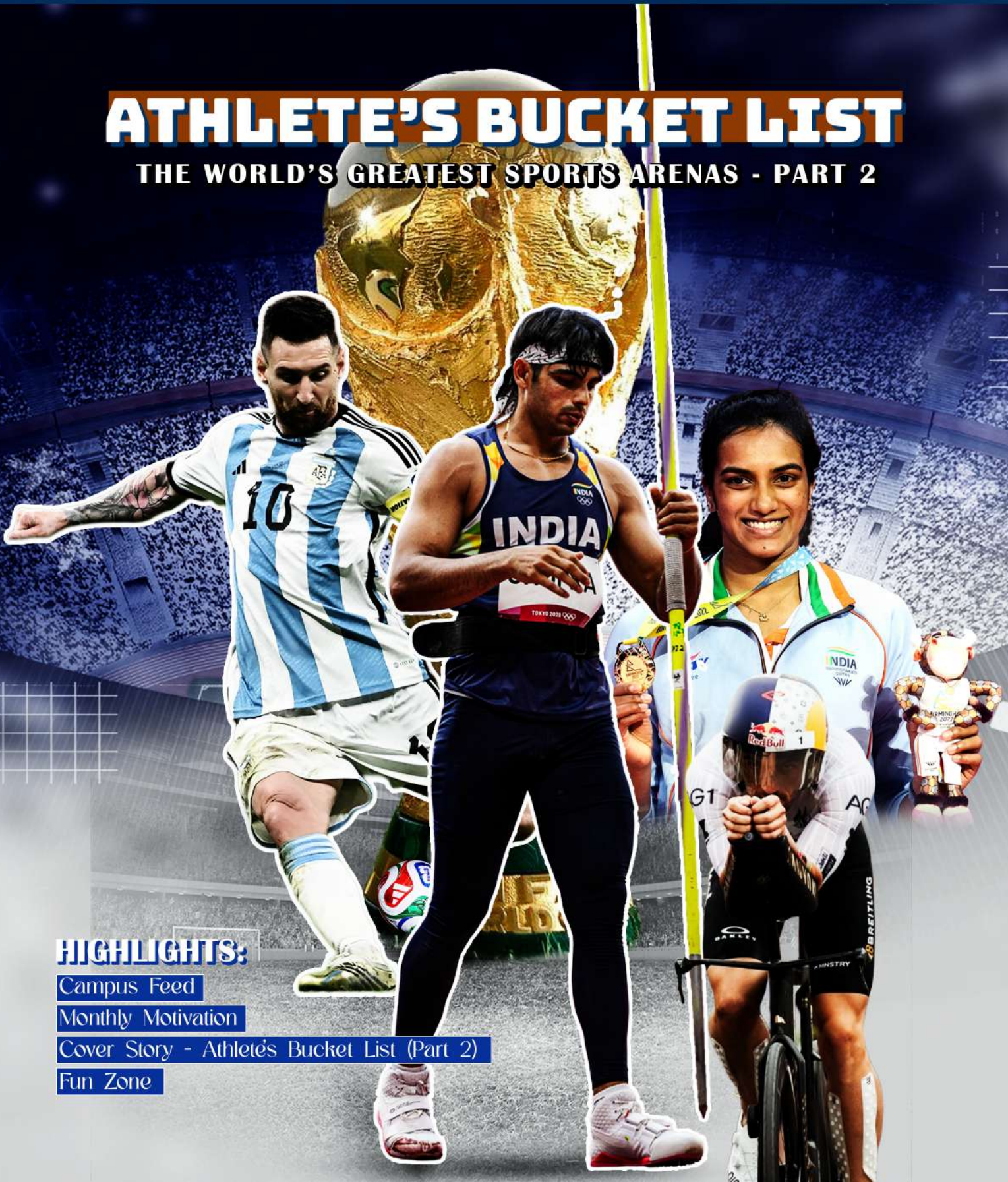
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THE TOSS

— SPIN THE WHEEL —

ATHLETE'S BUCKET LIST

THE WORLD'S GREATEST SPORTS ARENAS - PART 2



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Director's Message



Dear Readers

As we stride into another exciting season at IIG Sports Academy, I want to reaffirm our commitment to shaping individuals both on and off the field. Let me remind you all that each season brings with it renewed promise and opportunity for you to learn more and do better.

Our academy is more than a training ground- it is a crucible where champions are forged. Our vision has always been to shape individuals to excel - not just in sports, but in life, through discipline, resilience, and leadership. I encourage you to reflect on your personal growth every single day, because every small step — be it your daily training, technique correction, or disciplined routine - adds up to help you evolve into a champion.

As an aspiring athlete, always be focused on your goals and strengthen your teamwork. Whether you are an aspiring athlete preparing

for upcoming tournaments or a young learner building foundational skills, remember that consistent effort is your greatest advantage. And never let setbacks weigh you down. Remember, every setback is an opportunity for a comeback.

Together, let's create legacies that inspire generations.

Warm regards

Prasanta Kumar Puhan

Director, IIG Sports Academy.

Campus Feed

Shuttling Success



IIG Sports Academy organised the **1st KT Global School All Odisha Badminton Tournament** at Rairangpur Stadium from 16th to 17th August 2025. Mr. Jyotiranjana Senapati, Ranger, Rairangpur, graced the occasion as the Chief Guest. This tournament attracted participation from players across the state. While Manish Pal emerged as the singles champion, the duo of Rath Gunia and Ritem Jaiswal bagged the champions' trophy in the doubles category.

National Sports Day Celebrations at IIG Sports Academy

The National Sports Day was observed and celebrated with great enthusiasm by IIG Sports Academy in the KT Global School campus, on 29th August 2025. Being the birth anniversary of Major Dhyan Chand, the legendary hockey player of India, this day was special for all aspiring athletes training at our academy. On this occasion, the students not only participated actively in a variety of sports but also paid their tribute to Major Dhyan Chand and all the great players of our country.



'Chess'ing Excellence



IIG Sports Academy organised the **24th KT Global School All Odisha Open School Chess Tournament** at St. Mary School, Badbil, Odisha, on 31st August 2025. Young chess players from across the state participated in this event and displayed their strategic skills and brilliance on the chessboard. The winners in the Junior Category were Dibyesh Mohapatra (1st), Atiksh Sahani (2nd), and Asyush Mandal (3rd). In the senior category, Guruprasad Das emerged as the champion, while Sai Pratyus Behera and Manas Ranjan Pradhan bagged the 2nd and 3rd runner-up positions, respectively.

Monthly Motivation

Novak Djokovic - The Mastermind of Resilience

Novak Djokovic - a professional tennis player from Serbia and the only singles player to have won all of the 'Big Titles' over the course of his career is an iconic figure in the world of tennis. Djokovic isn't just a tennis powerhouse; he is also hailed for the extreme mental toughness that he exhibits while playing. However, Djokovic constantly reminds us that mental strength is not a gift, but a hard-earned virtue. In his own words, "I might appear locked in, but there is a storm inside... You have your doubts and fears. I feel it every single match... Mental strength is not a gift. It is something that comes with work. I train for it."

Born in 1987 in Belgrade, Serbia, Djokovic started playing tennis at

the age of four. In the summer of 1993, six-year-old Djokovic attended a tennis camp where he was overseen by Yugoslav tennis player Jelena Genčić. The latter worked with Djokovic on his playing style and was instrumental in shaping him both personally and professionally.

Djokovic began his professional career in 2003. In 2008, at the age of 20, he claimed his first major title at the Australian Open, thereby disrupting Roger Federer and Rafael Nadal's streak of 11 consecutive majors. Eventually, his popularity grew in the tennis circuit. Fans and commentators started referring to the trio of Federer, Nadal, and Djokovic as the "Big Three." In 2011, after ascending to the rank of No.1 for the first time, Djokovic retained his position as the most successful player in men's tennis for the rest of the decade.

Djokovic's illustrious career is a masterclass in adaptation,

resilience, and timeless ambition, offering athletes of all levels a living blueprint for personal growth. Throughout his career, Djokovic not only chased titles but also continuously evolved—revamping his diet, boosting his endurance, and reworking his mental approach to become unstoppable.

His mental resilience is the result of dedicated practice of techniques like conscious breathing, emotional reset, mindfulness, and reflection. In his book *Serve to Win*, he describes using mindfulness daily—training his mind to accept mistakes and to return to the present moment. Djokovic's journey is a powerful reminder to every aspiring athlete that greatness is not just about triumphs, it is about evolving - consistently and purposefully across all seasons of life and sport.



Athlete's Bucket List: The World's Greatest Sports Arenas - Part 2

In our last issue, we explored five iconic sporting arenas—from the Olympics to Wimbledon and the Cricket World Cup—where Indian athletes aspire to leave their mark. These are more than just sporting venues/events; they are symbols of ambition and greatness.

In this edition, we bring you Part 2 of Athlete's Bucket List with five more legendary stages that define sporting excellence. From football's grandest spectacle to the world's toughest endurance test, these global arenas are where dreams are chased, and boundaries are broken.

Come, continue the journey with us.

1. The Asian Games

Background: The Asian Games, also known as Asiad, is the largest multi-sport event in the world after the Olympics. First held in 1951 in New Delhi, India, the Games were established to strengthen unity and cooperation among Asian nations through sport. The Asian Games are organised by the Olympic Council of Asia (OCA) and feature the continent's finest athletes competing across 40+ sports, many of which are Olympic disciplines.

Frequency and Venue: The Asian Games are held once every four



years, in the even year between two Olympic cycles. Host cities rotate across Asia and are selected through a formal bidding process.

Sports and Format: The Games feature a wide spectrum of events (about 40–42 disciplines, including athletics, swimming, cricket, kabaddi, etc.). Competitions follow an Olympic-style format with heats, qualification rounds, and

finals, awarding gold, silver, and bronze medals.

Stature: For Indian athletes, the Asian Games hold special significance. Winning a medal at the Asian Games is a matter of immense pride, often serving as a stepping stone toward Olympic success. For young Indian athletes, representing the nation at the Asiad—and standing on its podium—is both an honour and a defining milestone in their sporting journey.



THE ATHLETES OF THE
15TH ASIAN GAMES



2. FIFA World Cup

Background: The FIFA World Cup is the most prestigious international football tournament and the most-watched sporting event on the planet. First held in 1930 in Uruguay, this football World Cup is organized by FIFA (Fédération Internationale de Football Association) every four years, bringing together the best national football teams from around the world competing for the iconic gold trophy.

Frequency and Venue: The World Cup is held every four years, with hosting rights awarded to countries selected by FIFA's bidding process. Since 2002, it has alternated continents, with the 2026 edition set to be co-hosted by the USA, Canada, and Mexico – the first 48-team World Cup.

Each edition features cutting-edge stadium development and global footballing spectacle.

Format: The tournament features 48 teams (starting 2026), competing through group stages followed by knockout rounds—Round of 32, Round of 16, quarter-finals, semi-finals, and the grand final.

Stature – The Indian Context: For any footballer, playing in a World Cup – let alone scoring or winning one – is the absolute pinnacle. India's football journey is still growing on the global stage, but the dream remains alive. Footballers across India—from academies to grassroots—dream of donning the national jersey at the World Cup. It symbolizes global recognition, national pride, and the ultimate honour for any footballer.



3. Tour de France



Background: Launched in 1903 by French newspaper L'Auto to boost sales, the Tour de France is the oldest and most prestigious of cycling's three Grand Tours. Covering roughly 3,500 km in 21 stages over three weeks, it is the ultimate test of endurance, tactics, climbing, and sprinting.

Frequency and Venue: The Tour de France is held annually in July. The route changes every year but almost always includes flat stages, mountain stages in the Alps and Pyrenees, individual time trials, and finishes on the Champs-Élysées in Paris. The yellow jersey (maillot jaune) is the most coveted prize in cycling.

Sport and Format: Road cycling. Riders compete individually and in teams. Classifications: General (yellow), Points (green), Mountains (polka-dot), Young rider (white), and team competition.

Stature: Standing on the podium in Paris wearing yellow, or even winning a single stage and wearing the jersey for a day, is every road cyclist's ultimate dream. For the rare few who win the whole Tour, it is sporting immortality. No Indian has yet raced it, making it the most aspirational and distant bucket-list item for Indian cyclists.



4. The World Athletics Championships



Background: Organised by World Athletics (formerly IAAF), the World Athletics Championships is the premier global track-and-field competition aside from the Olympics. First held in 1983 in Helsinki, it has become the defining platform for runners, jumpers, throwers, and multi-event athletes.

Frequency and Venues: These games are held every two years (biennially) in odd-numbered years. Venues rotate worldwide. They showcase cutting-edge stadiums and world-class athletic tracks.

Format: Features events across sprints, middle- and long-distance races, relays, jumps, throws, hurdles, and combined events like the decathlon and heptathlon.



Stature – The Indian Context:

Winning a global gold medal in your event – especially in the 100m final under stadium lights – is the ultimate validation. Neeraj Chopra's javelin success and India's rising relay teams have reignited dreams of global athletics glory. For Indian track-and-field athletes, the World Championships represent a platform to compete against and defeat the best in the world.



5. The IRONMAN WORLD CHAMPIONSHIP

Background: The Ironman Championships have quite an interesting start. It was born in 1978 in Hawaii, following a debate among a group of athletes about which sport was toughest. The Ironman combines a 3.8 km ocean swim, 180 km bike ride, and a full 42.2 km marathon – all raced back-to-back without breaks. It is the original and still the most revered race in triathlon.

Frequency and Venue: Held annually every October in Kailua-Kona, Big Island, Hawaii. The course is legendary: swimming in Kailua Bay, cycling along the scorching lava fields of the Queen Ka’uhahai Highway with fierce crosswinds, and running along Ali’i Drive under the Hawaiian sun.

Format: Athletes must qualify through regional Ironman triathlons globally. Only the best endurance athletes make it to Kona, where they compete in a Triathlon (swim-bike-run). It is a single-day mass-start race for age-groupers and a separate elite race.

Stature – The Indian Context: The triathlon culture in India is rapidly growing. Kona represents the ultimate test—finishing here is a lifetime achievement for Indian endurance athletes and ranks among the most inspiring achievements in sport.

Conclusion: From legendary football stadiums to the world’s toughest endurance race, these arenas represent excellence, courage, and the spirit of sport. They remind athletes—whether they train on India’s fields, courts, tracks, or roads—that dreams know no boundaries.



FUN ZONE



Sports Quiz: Do you have the answers to the following? (Don't Google it yet.)

Q1. What sport is considered the most popular in the world?

Football

Tennis

Golf

Basketball

Q2. What year is officially recognized as the beginning of the modern Olympic Games?

1886

1896

1906

1916

Q3. What material is used for weights in most bicycle races?

Lead

Glass

Aluminium

Concrete

Q4. What kind of sport is connected with the term "ring"?

Figure skating

Boxing

Water polo

Struggle

Q5. Which athlete won the largest number of gold medals at the Olympic Games?

Michael Phelps

Usain Bolt

Maria Sharapova

Yusuf Bolt

Solution to our previous issue's 'Guess the Sports Team/Events' Quiz

1. **Chennai Super Kings** (Chennai-based Franchise Cricket Team)
2. **Tour de France** (Multi-stage Bicycle Race held in France)
3. **Chicago Bulls** (American professional basketball team)
4. **Dallas Cowboys** (American professional football team)
5. **Arsenal Football Club** (English Professional Football Club)
6. **Indian Premier League (IPL)** (Professional T-20 Cricket League in India)



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