

PAPER REGARDS WITH THE PREPRATION PROGRAM OF THE CWG

The **2010 Commonwealth Games** are scheduled to be held in New Delhi, between 3 October and 14 October 2010. This will be the largest multi-sport event conducted to date in Delhi. This is the first time the Commonwealth Games will be held in India, which will be the third developing country to host the event.

72 Nations would be participating in the CWG 2010 in various Sporting Categories.

Other than India, the prominent Tennis playing nations would be Australia, Great Britain, Canada, Cyprus, Malaysia, New Zealand and South Africa.

All these nations would be vying for 5 Gold, 5 Silver and 5 Bronze Medals up for grabs in the Tennis discipline. The venue for Tennis discipline would be the R.K Khanna Tennis Stadium

In the run up to the preparations' for the CWG and to optimize India's chances for maximizing the medals tally, A panel of best available coaches in the country was constituted to train the players and help them realize their potential. This panel is headed by Mr. Jaidip Mukerjea (Ex Davis Cup Player) himself, and he is assisted in this task by Mr. Nandan Bal, Mr. Enrico Piperno, Mr. Arun Kumar, Mr. Nitten Kirrtanne, all well known names, who have proved themselves on more than one occasions.

For the purpose of coming out with the best medal winning combination, our best available players were shortlisted in two categories.

- 1) The Elite Group - This group consisted of the highest performing players worldwide who have proved themselves time and again.
- 2) The Core Probable's - This group consisted of our young and upcoming players who are extremely high on commitment to their game. Top performing players from this group are to be selected to represent the Indian Team at the CWG.

Following is the List of Players who were shortlisted for the CWG keeping in mind their commitment level and recent performances, with an eye to help them raise their standard of game to International levels.

MEN'S

ELITE GROUP

1. LEANDER PAES
2. MAHESH BHUPATI
3. ROHAN BOPPANNA
4. SOMDEV DEVVARMAN

PROBABLES

1. YUKI BHAMBRI
2. VISHNU VARDHAN
3. ASHUTOSH SINGH
4. DIVIJ SHARAN
5. NAVDEEP SINGH
6. ROHAN GAJJAR
7. VIVEK SHOKEEN
8. ABHIJEET TIWARI
9. SRIRAM BALAJI NARAYANSWAMI
10. RANJEET VIRALI MURUGESAN
11. VIJAYANT MALIK
12. RONAK MANUJA
13. KAZA VINAYAK SHARMA
14. AKASH WAGH
15. KARAN RASTOGI
- 16.
- 17.

WOMEN'S

ELITE GROUP

1. SANIA MIRZA

PROBABLES

1. RUSHMI CHAKRAVARTHY
2. SANNA BHAMBRI
3. PARUL GOSWAMI
4. POOJASHREE VENKATESHA
5. SHIVIKA BURMAN
6. TRETA BHATTACHARYA
7. RISHIKA SUNKARA
8. TANVI SHAH
9. RASHMI TELTUMBDE
10. AISHWARYA AGRAWAL
11. ANKITA RAINA
12. SHWETA SOLANKI
13. SHWETA C RANA
14. SONIYA DAYAL
15. SHALINI SAHOO
16. RATNIKA BATRA
17. TARA IYER

Right at the inception of the Common Wealth Probable's short listing, a camp time table was charted out to regularly train the Probable's, to help them raise their standard of play so as to offer them a chance to attain a place for themselves in the CWG team.

The Camps for the probables have been organized at the R.K Khanna Tennis Stadium New Delhi, which is where the players have been hosted for the entire duration of the stay. Constant care has been taken to provide them with nutritious diet at the Sports Complex, which keeps them in shape and assists them in their on-court rigours of training.

Following is the pacing of the Training Camp from April 2009 – August 2009: MEN'S

Training / Tournament Schedule April – Sep '09 , Men		
1. Yuki Bhambri 2. Divij Sharan 3. Vivek Shokeen 4. Vishnu Vardhan 5. V M Ranjeet 6. Sri Ram Balaji		
7. Navdeep Singh 8. Rohan Gajjar 9. Vijayant Malik 10. Abhijeet Tiwari 11. Karan Rastogi 12. Ashutosh Singh 13. Ronak Manuja		
Month	Week	Training / Tournament
April	6 / 4 / 09	Training Camp in Delhi
	13 / 4 / 09	Training Camp in Delhi
	20 / 4 / 09	ITF Futures – Delhi ,15 K + Training Camp
	27 / 4 / 09	ITF Futures – Delhi ,15 K + Training Camp
May	4 / 5 / 09	Davis Cup – India vs. Australia / Players return on 9th for the camp.
	11 / 5 / 09	Training Camp in Delhi
	18 / 5 / 09	ITF Futures – Kuwait ,15 K
	25 / 5 / 09	ITF Futures – Kuwait ,15 K
June	1 / 6 / 09	Training Camp in Delhi
	8 / 6 / 09	Training Camp in Delhi
	15 / 6 / 09	ITF Futures – Malaysia , 10 K
	22 / 6 / 09	ITF Futures – Malaysia , 10 K
	29 / 6 / 09	ITF Futures – Delhi , 15 K + Training Camp
July	6 / 7 / 09	ITF Futures – Delhi , 15 K + Training Camp
	13 / 7 / 09	Week Off
	20 / 7 / 09	Training Camp in Delhi
	27 / 7 / 09	Training Camp in Delhi
August	3 / 8 / 09	ITF Futures – Iran 15 K
	10 / 8 / 09	Week Off / ITF Futures – 15 K – Iran
	17 / 8 / 09	ITF Futures – India , 10 K + Training Camp
	24 / 8 / 09	ITF Futures – India , 10 K + Training Camp
	31 / 8 / 09	ITF Futures – India , 10 K + Training Camp
September	7 / 9 / 09	Week Off
	14 / 9 / 09	Training Camp in Delhi / Davis Cup
	21 / 9 / 09	Training Camp in Delhi
	28 / 9 / 09	ITF Futures – India , 15 K + Training Camp

Following is the pacing of the Training Camp from April 2009 – August 2009: WOMEN'S

Training / Tournament Schedule April – September 2009, Women		
1. Rushmi Chakravarthy 2. Isha Lakhani 3. Ankita Bhambri 4. Sanna Bhambri 5. Parul Goswami 6. V. Poojashree 7. Shivika Burman 8. Shalini Sahoo 9. Shweta K. Solanki 10. Tara Iyer 11. Tanvi Shah 12. Soniyaa Dayal		
Month	Week	Training / Tournament
April	6 / 4 / 09	Week Off
	13 / 4 / 09	Week Off
	20 / 4 / 09	Week Off
	27 / 4 / 09	Week Off
May	4 / 5 / 09	Training Camp in Delhi
	11 / 5 / 09	Training Camp in Delhi
	18 / 5 / 09	ITF Women's 10 K – Mumbai
	25 / 5 / 09	ITF Women's 10 K –Delhi + Training Camp
June	1 / 6 / 09	ITF Women's 10 K –Delhi + Training Camp
	8 / 6 / 09	ITF Women's 10 K – Thailand
	15 / 6 / 09	ITF Women's 10 K – Thailand
	22 / 6 / 09	ITF Women's 10 K – Thailand
	29 / 6 / 09	Week Off
July	6 / 7 / 09	Training Camp in Delhi
	13 / 7 / 09	Training Camp in Delhi
	20 / 7 / 09	Training Camp in Delhi
	27 / 7 / 09	Week Off
August	3 / 8 / 09	ITF Women's 10 K – Delhi + Training Camp
	10 / 8 / 09	ITF Women's 10 K – Delhi + Training Camp
	17 / 8 / 09	Week Off
	24 / 8 / 09	Training Camp in Delhi
	31 / 8 / 09	Training Camp in Delhi
September	7 / 9 / 09	ITF Women's 10 K – India
	14 / 9 / 09	ITF Women's 10 K – India
	21 / 9 / 09	ITF Women's 10 K – India
	28 / 9 / 09	Week Off

Apart from the above, care has been taken right through, to provide every possible assistance to the player's in regards with Gymnasium facilities at the Tennis Stadium to help raise their fitness and strength levels keeping in mind the International Standards of play around the world.

It was realized very early on, that one of the areas Indian players were bereft of, were opportunities in regards with tournament play. Apart from the training, the Probable's needed to compete in matches and many of them were hard pressed for finances, which is why more stress was laden to bring the Futures level tournaments to the country rather than these players spending money on travelling and lodging.

- Following is a comparative of some of the players year start rankings compared to their present standings in the month of August:

<u>PLAYERS NAME</u>	<u>YEAR START RANKING</u>	<u>CURRENT RANKING</u>
YUKI BHAMBRI	1164	499
VISHNU VARDHAN	888	455
V . M RANJEET	910	582
ROHAN GAJJAR	810	601
VIJAYANT MALIK	1870	928
RONAK MANUJA	1752	1183
POOJASHREE VENKATESH	943	416

Poojashree Venkatesha has recently jumped 50 WTA Rankings to consolidate her Ranking at 416 while Isha Lakhani has started climbing back the rankings at 477. Although there are not many prominent changes in the women ranking structures, but many of the Girls are performing exceedingly well in the Juniors.

While the above mentioned Training Camps and Tournaments organized in conjunction have gone a long way in improving the rankings of the Indian players, it has largely helped the Junior players to get an international ranking for themselves.

Noted amongst the Women's players who have raised their rankings from the Juniors are:

Treta Bhattacharya: 1024,

Rashmi Teltumbde: 1017,

Shivika Burman: 897,

