

Rapid Chronicle

//MAY 2024



In this segment, "Rapid Chronicle", we present the latest developments, insights, and highlights from the dynamic realm of Rapid Sport Fitness. Where Training Meets Performance!

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ATHLETES SHOWCASE

ATHLETE SPOTLIGHT



SEJAL GULIA

TRAINED BY COACH IYAPAN

Sejal Gulia is a rapidly rising talent in the Indian fencing scene. At just 15 years old, she has already carved a name for herself with impressive performances at national, Asian, and Commonwealth championships. Sejal Gulia is a name to watch in the world of fencing. This talented 15-year-old from Karnataka, has been making waves at the national and international level with her exceptional skills in the Epee event. Her dedication, focus, and strategic mind have propelled her to success in a short span of time.

She has won two silver medals under Cadet & Junior at the Khelo India Women's Fencing League in Chennai on Mar 23. In the current year, she continued the good performance, winning Bronze in the 18th Cadet National & 31st Junior Nationals and ensuring a silver medal for the Karnataka team in Dec23 & Jan24 respectively.

Her crowning achievement thus far came in 2022 when she qualified for the prestigious Commonwealth Fencing Championship held in London. She was the youngest ever athlete with an age of 13 years and won a team Bronze under Cadet category.

Sejal's competitive spirit wasn't limited to the Commonwealth stage. She participated in the Asian Cadet & Junior Championship on 16-24 Feb 24, showcasing her talent against fencers from across Asia. Her determination and strategic fencing earned her a commendable 15th place overall (Best place among the entire contingent). She has also represented India at the Asia Cup in Jordan & UAE in the 2023-24 year, where she finished overall 9th position.

Her training has been complemented by the Strength and Conditioning sessions at Rapid Fitness under the guidance of Coach Iyappan.

Sejal's goal is to win a medal at the next Asian Championship and to win medals at World Championships in the coming years.

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KARTHIK NAIDU

TRAINED BY COACH JOSHUA

2024, MRF rally of Chickmangalore finished first.

2024, MRF Rally de Bangalore finished second.

"Since joining RSF, my fitness journey has taken a remarkable turn, particularly in terms of bolstering my shoulders and core strength and helping me recover from my year-old injury. RSF Not only has this transformation elevated my overall fitness levels, but it has also notably enhanced my performance on the track. I'm thrilled to see the tangible benefits of my commitment to RSF reflected in my athletic endeavors!"

- Karthik Naidu

SPORTIVE REFLECTIONS

- CHELSTON PINTO



Hey RSF Fam,

Excitement fills the air as we gather once again for another edition of the Rapid Chronicle. With the summer heat in full trottle, let's remind ourselves to keep hydrated with water, electrolytes, and indulge in nutritious foods to maintain our health.

First up, let's celebrate a little victory dance as Sporting Club Bengaluru, a team we've been supporting in terms of performance, clinched the I-League 2 Championship! This achievement secures their qualification for the I-League next season. It's a proud moment for us as partners from the club's inception, witnessing their successive title wins and swift rise to the I-League within just two years. What's even more remarkable is that not a single player missed a game due to injury all season—an unprecedented feat in Indian football. No substitutions were needed due to cramping even in the peak summer heat across India, showcasing the players' exceptional physical conditioning.

Let's take a quick trip down memory lane:

- Season 22-23: Bengaluru Super Division Champions
- Season 23-24: I-League 3 Champions, I-League 2 Champions

And now, for the grand finale of this newsletter! **We have a major announcement to make.** It gives us immense joy to share with you, our beloved family, that RSF will be opening its second center in Jayamahal very soon. This wouldn't have been possible without your support and motivation, and we can't wait to embark on this new journey with you.

Stay tuned for more updates, and let's continue to grow and thrive together.



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