

RAPID CHRONICLE

RSF isn't just a gym—it's a second home.

Aloka shares how S&C helped her recover from an ACL & Meniscus injury and stay in the game. Plus, we dive into genetics in sports performance and the remarkable comebacks of Ashique Kuruniyan & Deepak Tangri.



WELCOME TO OUR Monthly Newsletter

RAPID CHRONICLE

MARCH 2025

Founder's Note



As we step into March, 2025 has already brought exciting developments at Rapid Sport Fitness

Here's what's new:

- **New Openings:** Our Jayamahala center has opened its doors, joining our thriving Koramangala location.
- **Masterclass Event:** We invite you to a two-day masterclass on speed, agility, and plyometrics training, complete with theoretical insights and practical demonstrations.
- **International Collaboration:** This summer, in partnership with BFC Soccer Schools we're organizing an international exposure camp at Maraleina Sports Resort in Koh Samui, Thailand.
- **Annual Event:** April 1 marks the launch of our largest annual off-season camp for footballers.
- **Educational Workshop:** In April, we'll host an ACL rehab workshop, tailored for physios, coaches, and athletes.
- **Extended Partnership:** We're pleased to continue our apparel partnership with MS Sportswear for another year, stay tuned for exclusive merchandise for our clients.
- **Coming Soon:** Anticipate the opening of another new RSF center soon.

Add to your calendar:

22nd & 23rd March

Speed, Agility & Plyometric Masterclass

1st April

Annual Football Off-Season

Thank you all for your support. Let's continue to grow together in 2025.

WWW.RAPIDSPORTFITNESS.COM



ATHLETE SPOTLIGHT

RSF, in the last (more than) 3 years, has become an integral part of my lifestyle.

2-3 days a week of S&C is a compulsion for me, to be able to sustain playing the sports I love so much.

Beginning at RSF with an ACL and Meniscus injury that needed surgery, getting through that and playing again, RSF has played the key role.

Everybody working at RSF and my group buddies are what keeps me going back. RSF has built a strong environment of mutual care and concern, where each person is well looked after, individually.

RSF feels like a second family for me, that I can't do without.



ATHLETE SPOTLIGHT

THE REMARKABLE COMEBACK OF ASHIQUE KURUNIYAN & DEEPAK TANGRI

Ashique Kuruniyan and Deepak Tangri, hail from Kerala and Punjab, respectively—each embodying the essence of their state's footballing identity. While Ashique is a smooth mover with scintillating pace and versatility across multiple positions, Deepak is the engine of his team, a robust midfielder willing to cover every blade of grass while dictating the tempo of the game.

This season, the duo lifted the Indian Super League (ISL) Shield with Mohun Bagan Super Giants. Just a year ago, both suffered unfortunate ACL injuries, sidelining them from the game. However, through relentless hard work and seven months of rehabilitation at RSF, they returned stronger than ever, proving that perseverance leads to performance and results.

THE REMARKABLE COMEBACK OF ASHIQUE KURUNIYAN & DEEPAK TANGRI

Deepak's comeback was nothing short of exceptional. Within eight months, he returned to the pitch, representing the Indian Men's National Team against Australia in the Asia Cup in Qatar, covering 12 km in the match and demonstrating his trademark commitment and work ethic. His performance was a standout, keeping India in the game until the very end.

Ashique, on the other hand, has made impactful appearances in the current ISL season as he continues his journey back to peak form. His determination to reclaim his spot in the Blue Tigers' squad is just a matter of time, especially after his unfortunate injury against Malaysia last year.

With the ISL Shield secured, we wish this dynamic duo the very best as they now set their sights on becoming the ISL Champions! Their story is a true example of the highs and lows that sport brings—not just for players, but also for fans, families, and the entire footballing ecosystem.



Genes in Action: How Genetics Shapes Athletic Performance and Injury Risk

Why do some athletes seem born for speed, while others excel in endurance or strength? Genetics plays a key role in determining an individual's potential for athletic performance and susceptibility to injuries.

Does “practice make perfect,” or is there more to excelling in a sport? Can someone be “born good”?

In recent years, DNA testing has become increasingly popular among sports teams, coaches, and athletes. While it's a topic of debate, the potential to use genetic information to predict athletic ability presents fascinating possibilities for the future of sports science.

Our unique and unchangeable DNA shapes many aspects of who we are, from our ability to excel in running to how our bodies tolerate certain foods or alcohol. However, possessing advantageous genetic traits isn't enough on its own. Top athletes achieve success by understanding their genetic predispositions and tailoring their training to harness these strengths effectively.

But what if genetic testing isn't an option for you?

A more accessible way to enhance your athletic performance is to adapt your training to your current physical attributes, also known as your somatotype.

A somatotype refers to an individual's body type, categorized into three main groups based on the Heath-Carter formula: ectomorph, endomorph, and mesomorph. While these classifications provide a framework, most people are a blend of the three, and with targeted training, it's possible to shift between types.





Ectomorph: Characterized by a slim frame, low body fat, and a fast metabolism. Ectomorphs often struggle to gain muscle, leading to lighter muscle definition and smaller chests.

Endomorph: Typically more rounded or stocky, this type gains both fat and muscle easily but has a harder time losing fat due to a slower metabolism.

Mesomorph: The muscular type with a triangular physique, mesomorphs have a fast metabolism and highly responsive muscles, allowing for quick and defined muscle growth.

Understanding your somatotype is crucial because different body types respond uniquely to training and diet. Tailoring your approach to your specific body type can maximize results, while a mismatched strategy might lead to wasted effort and limited progress.

Certain genes influence traits like muscle composition, oxygen utilization, and recovery. For example:

ACTN3: Known as the “speed gene,” it is linked to explosive power and sprinting ability. Athletes like Usain Bolt might owe part of their success to variations in this gene.

ACE: This gene is associated with endurance. Elite marathoners often carry variants of this that enhance cardiovascular efficiency.

However, genetics isn’t destiny. Training, diet, and mindset still play critical roles in unlocking potential.

Genes also affect injury risk by influencing tissue strength and recovery. For instance:



COL1A1 and COL5A1: Variations in these genes are linked to the strength of tendons and ligaments, which could explain why some athletes are more prone to ACL injuries or tendinopathy.

GDF5: This gene is associated with joint health and may impact susceptibility to osteoarthritis, particularly in high-impact sports.

Understanding genetic predispositions can guide personalized training and injury prevention strategies. For example, an athlete with a higher risk of tendon injuries could benefit from tailored strength and conditioning programs to protect vulnerable tissues or those with endurance-oriented genetic profiles might focus more on aerobic training while avoiding overtraining in power-based activities.

Genetics provides a blueprint, but it's the combination of nature and nurture that shapes an athlete. Think of it like a car: genetics determines the engine type, but the driver (training) decides how far and fast it can go. By considering genetic insights alongside training, athletes can optimize performance while minimizing injury risks.

Dr. Shruti Nair
Physiotherapist

SERVICES



ATHLETE PERFORMANCE



**YOUTH ATHLETE
PERFORMANCE**



ICE BATH RECOVERY



PHYSIOTHERAPY

CONTACT US

+91-63622-70715
info@rapidsportfitness.com

ADDRESSES

Rapid Sport Fitness
Kormangala, Bangalore - 560095

Depot 18 - Sports, Chamundi Hotel
Compound, Jayamahal Main Rd.