

RAPID SPORT FITNESS

MAY 2025

RAPID CHRONICLE

8 Years of RSF

*Celebrating a legacy of movement,
community, and performance with
RSF Community Week & Next Gen Day.*

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RAPID CHRONICLE

Monthly Newsletter

	May 2025	
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Founder's Note

As RSF completes 8 years, we marked the occasion with two vibrant events - RSF Next Gen and Community Sports Day at our new Jayamahal centre.

The day was filled with training, learning, community bonding, and stories of resilience and growth.

Thank you to everyone who made it special, this is just the beginning of a bigger journey ahead!

Educative Sessions for Parents

The Role of Genetics in Sport

- Genetics influence muscle fiber type, limb length, and VO_2 max — but do not solely determine athletic success.
- No athlete is born with all ideal genes — consistent training and the right environment unlock potential.
- Examples: Usain Bolt's structured development, Serena and Venus Williams' family support, and coaching impact.



Myths Around Strength Training in Youth

- Strength training, when supervised correctly, does not stunt growth; it enhances bone health.

- Young athletes can become stronger before puberty through neuromuscular improvements.
- Examples: Cristiano Ronaldo's teenage transformation, Virat Kohli's strength-based evolution.



Careers in and Beyond Sport

- Fewer than 1% of youth athletes become professionals — but sports build life skills for every path.
- Career options: Coaching, physiotherapy, sports science, nutrition, media, business.
- Examples: PV Sindhu's education alongside sport, Serena Williams' business ventures, Virat Kohli's entrepreneurship.

Parent–Child Fun Workout & Breakfast



After the talks, parents and young athletes joined for a parent-child fun workout session on the field, followed by a relaxed community breakfast under the trees at the RSF centre.

Pro Athlete Interaction Panel – Insights and Inspiration

Aishwarya Pissay

Asia's first woman to win 3 world titles in 2W motorsports

Motoracing isn't about gender — it's about crossing the finish line. Passion and family support matter, but ultimate success comes from full commitment and daily discipline.



Rashmi Cherian

High-Performance Sports Nutritionist

Hydration is crucial. Even a 2% drop in hydration can lead to a 13–14% dip in performance. Plan your hydration and recovery strategies seriously.

Niki Poonacha

Indian Davis Cup Tennis Player

Motivation in an individual sport comes from within. You must have strong goals and discipline off-court — nutrition, routine, and mental reset are key.

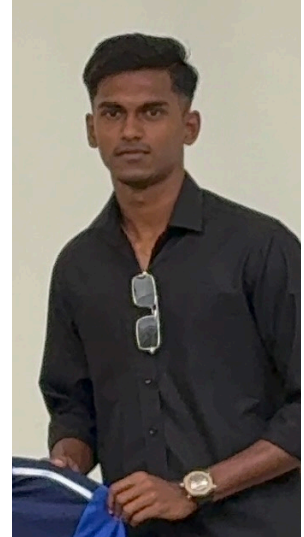


Pro Athlete Interaction Panel – Insights and Inspiration

Vinith Venkatesh

Bengaluru FC Footballer

Playing in front of 60,000 fans reminds you why you train — for those moments to showcase your talent.



Adhoksh Hegde

KSCA Cricket and Sports Psychologist

Education builds security and confidence beyond sport. Discipline is critical to balance distractions and long-term goals.

Q&A Highlights with the Crowd

- **On hydration:** Look for signs like dry mouth, darker urine, headaches, or quicker fatigue.
- **On sleep before big matches:** Perfect sleep isn't always possible. Build disciplined routines — but learn to perform even on imperfect nights.
- **On focus and distractions:** Children need emotional safety. Let them enjoy sport, embrace failure, and balance life with healthy learning experiences.
- **On choosing sports:** Let children experience a bouquet of sports before specializing.
- **On recovery post a tough performance:** Build moment-to-moment focus. Bad days happen — learn, reset, and move forward.

RSF Community Sports Day



After the panel and breakfast, RSF clients, athletes, and families came together for a multi-sport community event with games, friendly competition, and lots of laughter on the Depot 18 field.

It was a perfect celebration of community, movement, and the RSF spirit!

Closing Remarks

Special Thanks

A big thank you to our partners who helped make the day special:



Your support made this milestone event possible.

Closing Note from Chelston

“

8 years ago, RSF was just a dream. Today, seeing athletes across generations — from Little Champs to Senior Stars — training side-by-side with parents, professionals, and friends reminds me why we started.

We have a long way to go, but I'm grateful for the journey, the trust, and the opportunity to grow stronger together with all of you. Here's to continuing to build something special.

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ATHLETE PERFORMANCE



**YOUTH ATHLETE
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