



Sports For Life

Strengthening Grasroots Sports in India

PLAY TO
PROGRESS



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Who are we?

At Sports For Life (SFL), we're reimagining what it means to train, grow, and dream through sport.

Walk into any of our academies—from football fields to squash courts—and you'll see it right away: small groups, focused coaches, and young athletes who feel seen, supported, and inspired.



The SFL Mantra

We believe world-class training shouldn't be a privilege—it should be the standard. Whether you're five or fifteen, a beginner or already competing, SFL is where your journey gets the attention, structure, and care it deserves.



PLAY TO PROGRESS



India's 1st and only curriculum
based, tech enabled sports
learning platform



SFL Academies

At SFL, young athletes discover their passion across a range of sports—each backed by expert coaching, state-of-the-art infrastructure, and a nurturing environment.

Every academy is built for all levels that provides a high-quality and a holistic training experience.



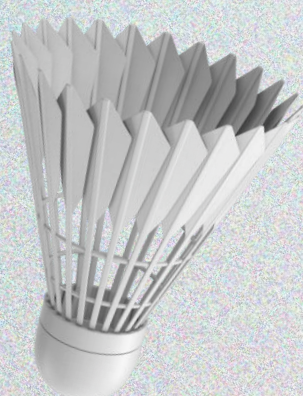
Football

At SFL Oranje Academy (10+ centers across Mumbai and Pune), your child trains under licensed coaches using a proven “total football” curriculum. Founded by FA (UK) certified coach Satyajeet Saini, the academy supports every level—from first-timers to players aiming for leagues like the I-League.



Tennis

At SFL Racquet Arena (10+ centers across Mumbai and Pune), your child gets focused attention from coaches led by Aditya Choughle, who brings 15+ years of experience with pro athletes. Programs are designed for both beginners and high performers—making tennis engaging, structured, and competitive.



Badminton

At SFL Badminton Academy, your child trains in a supportive and high-energy environment under the guidance of former India Number 1 in Men’s Doubles Deep Rambhiya. With centers across Mumbai and Pune, our program is built to develop every player—from beginners learning the basics to advanced athletes preparing for competitive play. Here, every session is a step forward—in skill, self-belief, and the joy of playing a sport they love.

Table Tennis



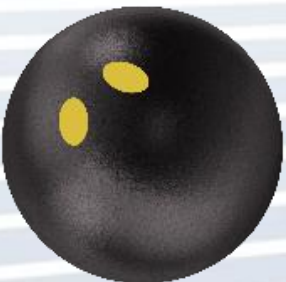
At SFL Table Tennis Academy, your child trains under the guidance of former national medalist Eric Fernandes across multiple centers in Mumbai. The program blends structured coaching with modern facilities and tech-enabled tools to create a focused and enjoyable learning environment. With regular match play, personalised feedback, and a strong peer group, players steadily build skill, confidence, and a love for the game.

Chess



SFL Chess Academy, led by Grandmaster Shyam Sundar, offers fully digital, live coaching your child can access from anywhere. With a structured curriculum and expert guidance, players build strategy, focus, and confidence—learning from coaches who've trained Grandmasters and national champions.

Squash



At SFL Khelmanch Squash Academy in Mumbai, your child trains in a structured, player-first environment led by Amit Gajria. Sessions focus on building strong fundamentals, game sense, and confidence through age-appropriate drills and match-based scenarios—all designed to help young players improve with purpose.

Basketball



At SFL Basketball Academy, your child trains under the guidance of Yadwinder Singh, former Indian national team player, bringing top-level experience and on-ground insight to every session. With a focus on strong fundamentals, teamwork, and game intelligence, our program is designed for all levels—whether your child is just picking up the ball or aiming to compete. Through structured drills, match exposure, and a supportive environment, players build skill, confidence, and a deep love for the game.

Our Programs

At SFL, we offer a complete range of sports programs tailored to every stage of a young athlete's journey—from first-time explorers to aspiring professionals.

With flexible scheduling and structured programs across multiple disciplines, families can choose a training path that fits their child's interest, level, and long-term goals.

Introductory Programs

Fun, beginner-level sessions that help young athletes explore the basics of sport in a safe and supportive setting.

Regular Coaching

Weekly sessions led by certified coaches, built around age-appropriate, structured training that helps young athletes progress steadily and confidently.

Elite Performance

Advanced programs for committed young athletes, with focused training, individual attention, and exposure to higher-level competition.

Camps and Workshops

Short-term, high-energy programs that focus on sharpening skills, improving fitness, and promoting all-round athletic development.

Leagues and Competitions

Structured, age-group match experiences that give young athletes regular, meaningful game time—whether they play for fun or strive for excellence.



The SFL Advantage

- **Consistency everywhere** - Standardized high-quality coaching at every SFL centre
- **Right training for the right age** - Kids learn what's suitable for their stage, without rushing or skipping basics.
- **Clear progress updates** - Regular updates on kid's progress.
- **SFL App** - Best in class app to mark attendance, track progress reports, reschedule classes and make your life hassle-free.
- **Trained and child -friendly coaches** — Coaches who understand how kids learn and grow.
- **Welcoming for all kids** — Whether beginners or advanced, every child gets attention and support.
- **Expert Guidance** — Program designed with inputs from top athletes and specialists.
- **Match play with purpose** — Regular games that help children gain confidence and real experience.
- **Opportunities for every child** — Equal chances to learn, play, and participate.



SFL League and Competitions

At SFL, we believe that regular match experience is essential to a young athlete's growth.

Our three-tiered competitive approach ensures every child gets meaningful exposure:



Internal Matches

We host regular in-house competitions so kids can play more matches, build confidence and learn in a familiar, supportive environment.



SFL League

Our annual flagship league brings all centres together and gives children a chance to experience high quality, well organized match play.



External Tournaments

From friendly inter-academy matches to state and national events, we guide and support children to take part in competitions outside the academy.

SFL Leagues

The annual SFL League brings together top talent in a well-organized, inclusive event held at premium venues.

With quality match play, excellent facilities, and thoughtful amenities, it offers a memorable tournament experience for both athletes and families.





Athlete Development at SFL

A pathway for every child

Every child grows at their own pace.

At SFL, we support all goals - fun, fitness, college sports or growing professional.

What we Focus On



Good Coaching and Guidance

Experienced coaches help children improve step-by-step and build confidence.



More Match and Talent Visibility

Children get plenty of chances to play, learn and be noticed - through internal matches, SFL leagues and external competitions.



Support for Higher Education in Sport

For children aiming for college sports, we guide them through the right pathways in India and abroad.



Clear Pathway for Serious Athletes

For those interested in high performance sport, we offer sport-specific training and opportunities to progress.



Well-Rounded Development

Fitness, recovery habits, mindset and basic nutrition are part of every child's learning.



Expert Inputs

Our programs are strengthened by national and international experts who add world-class knowledge to our system.



Technology

Your All-in-One Sports Companion

At Sports For Life (SFL), we use technology to personalize training, track progress, and simplify communication—making high-quality coaching accessible and effective, especially at the grassroots.



Smart Training, Smarter Coaching

We use AI and video analysis to monitor workload, minimize injury risk, and personalize development. With the SFL App, athletes and coaches can review techniques, track progress, and stay connected—even remotely.

The SFL App

Your Sports Hub

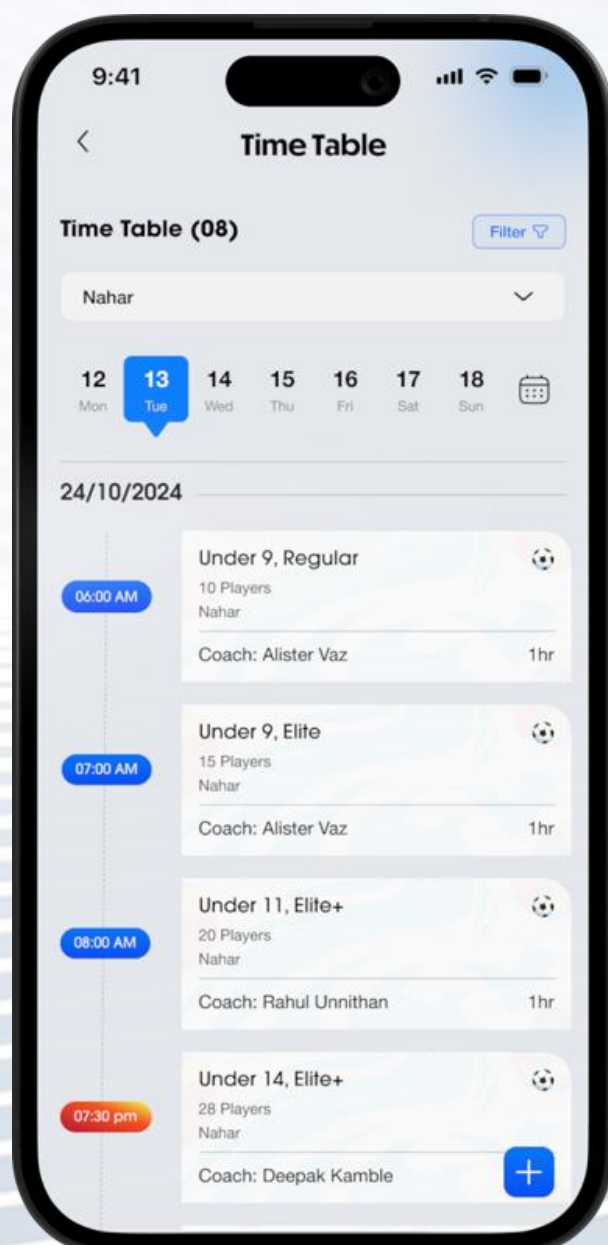
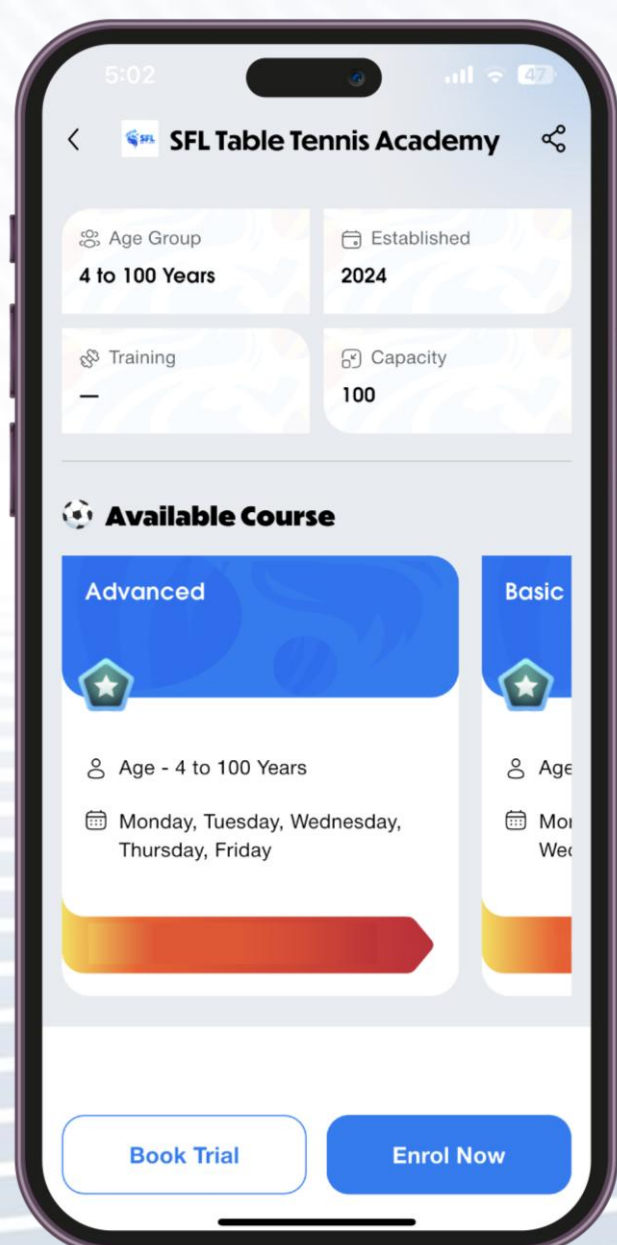
Our all-in-one platform gives families direct access to everything they need—discovery, enrollment, communication, and performance updates—without the need for back-and-forth coordination.



Scroll down to
read more about
our app's features

1

2



App Features

1

Discover & Enroll Effortlessly

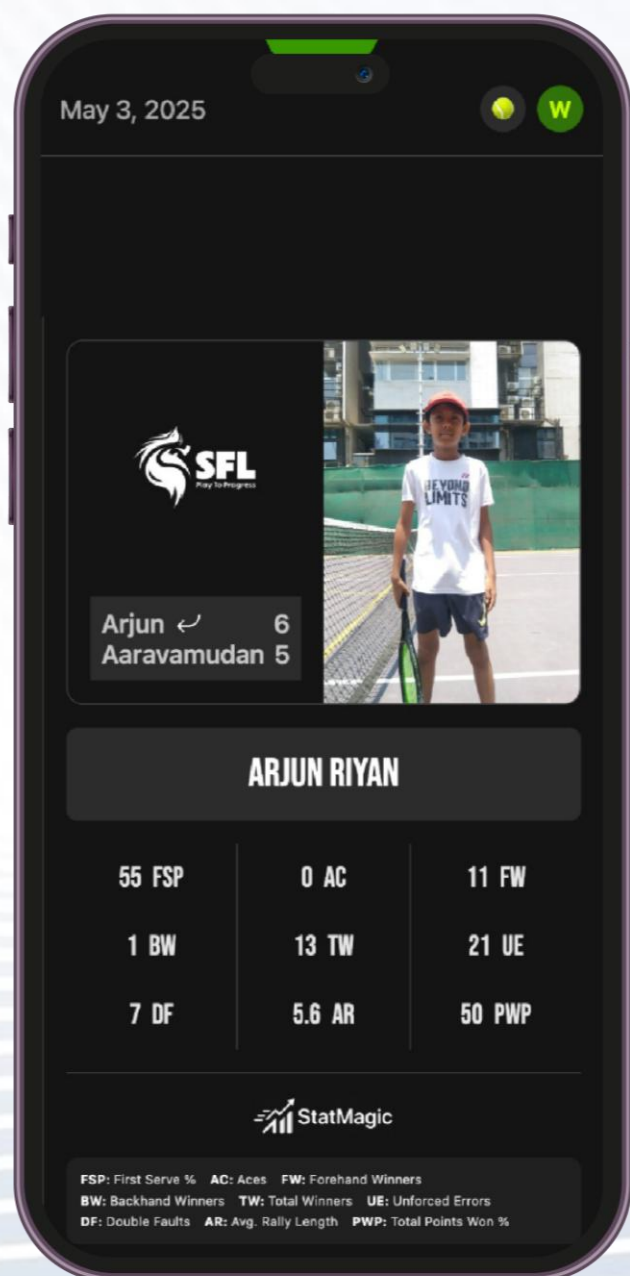
Find nearby centers, explore batches, book demos, and complete secure payments—all in just a few taps.

2

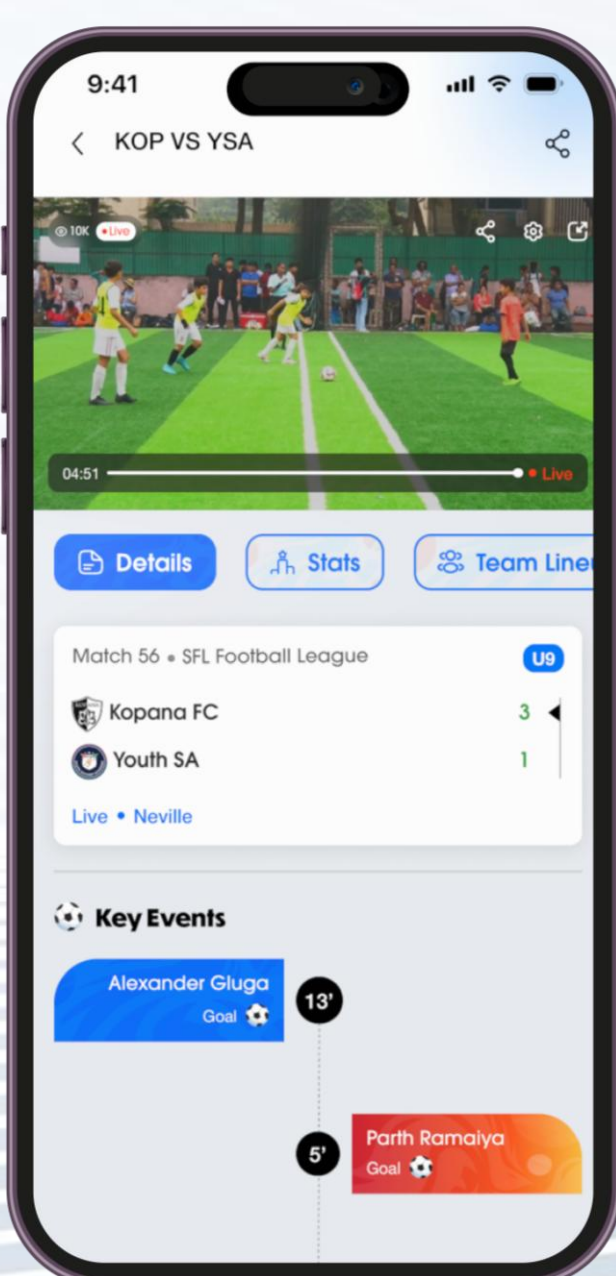
Stay Organized & Informed

View schedules, receive real-time updates, track attendance, and manage calendars—all in one place.

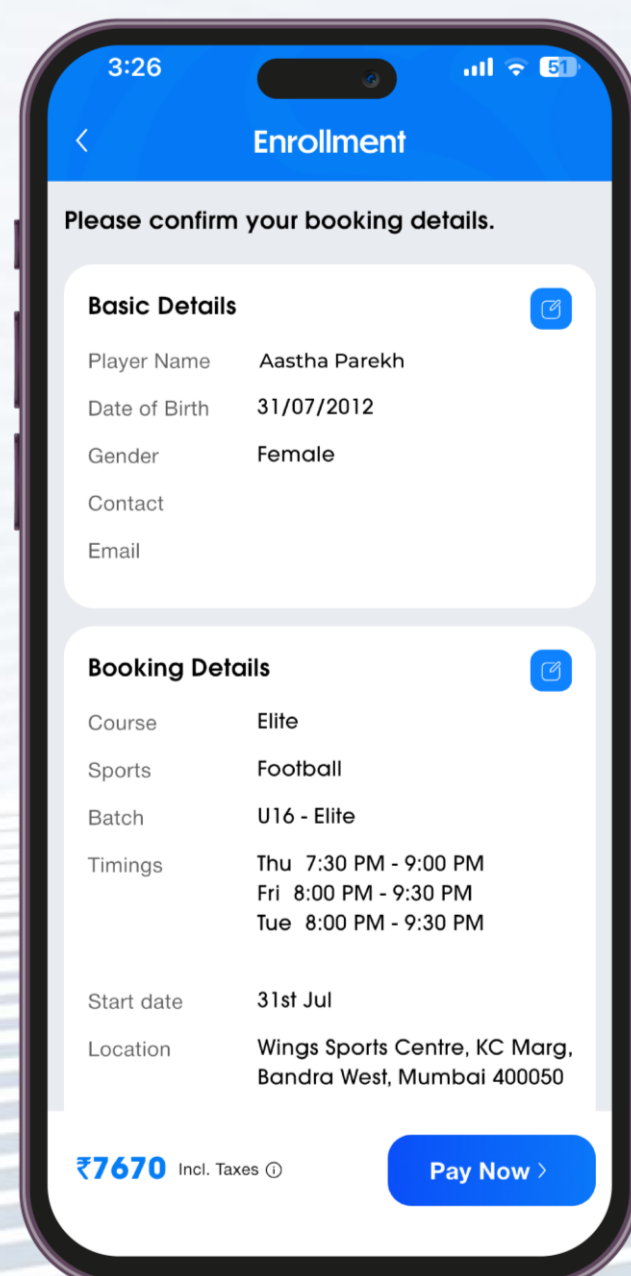
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3

Track Progress & Engage

Access coach feedback, monitor training milestones, and share your inputs—ensuring a continuous loop of improvement.

4

Experience Competitions Live

Watch live streams, check scores, follow leaderboards, and celebrate achievements with digital certificates and media galleries.

5

Manage Everything in One Place

Centralized communication, payment reminders, and secure transactions make the experience seamless for families.



SFL Oranje Academy

Where Ambition meets Opportunity

Imagine walking onto the pitch as the morning sun hits the grass. You join a small group—your coach knows your name, your strengths, and exactly what you need to work on. Today, you’ll focus on ball mastery, but by afternoon, you’ll be analyzing last week’s match feedback to identify your strengths and weaknesses and see where you can improve.

This is not just training. This is the SFL Oranje way: every session is a step on your personal pathway, designed for you to grow, compete, and dream bigger. And who knows—when you step onto the field, you might just be the next one to play in the I-League, ISL, or beyond. Every session is a chance to discover how far your journey can go.



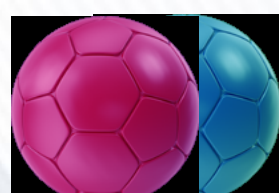
The SFL Difference : A Pathway like No Other



From playground to pro - Whether you’re five or fifteen, SFL Oranje’s ecosystem is built for every stage. Start with foundational skills and progress seamlessly to national leagues like I-League, RFDL, and AIFF Youth League—all within the same academy network.



The Dutch DNA - Our game model is inspired by the Dutch philosophy—think possession, creativity, and intelligent movement. It’s football that’s fun, fast, and future-ready.



For girls and boys - Our girls’ teams compete across various competitions, ensuring equal opportunities for every aspiring footballer.



AIFF 3 Star accreditation - We meet the highest national standards in coaching, infrastructure and competitive participation.

MH Oranje FC : Where Ambition finds a Pathway

For the most passionate and determined SFL Oranje players, the journey doesn’t stop at the academy gates—it leads straight onto the national stage. Maharashtra Oranje FC is where SFL’s promise of a true pathway comes alive. Here, you see academy graduates stepping up, wearing club colors, and competing in top leagues like I-League 2 - I-League 3—rubbing shoulders with some of the country’s best young talent.

The energy on match day is electric, the stakes higher, and the dream suddenly closer. This isn’t just a club; it’s a launchpad. With ambitions set firmly on reaching India’s top-tier league, Maharashtra Oranje FC gives every SFL player a visible, real-world goal to chase.



Moments that Matter: Real Competition. Real Growth.



SFL Football League

Our annual competition brings together the best talent under one roof. After two successful seasons — with over 2000 players across 150+ teams participating last year — we're making it even bigger and better this time around



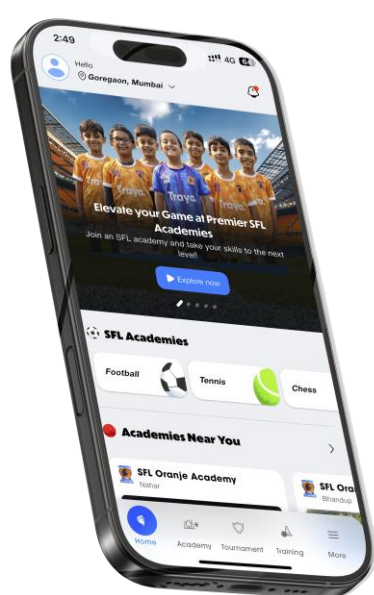
Tournaments across India

From city leagues like RFYS and DPDL to the national stage, SFL players are always in the game. You'll represent your academy in the Maharashtra State League, AIFF Youth Leagues, and more.



Quarterly Match Play

Every quarter, you'll test your skills in structured games—sometimes with older players, sometimes with your own group. This cross-age play helps you learn from others and become a better player.



Technology in Action : Your Progress Visualized

Regular Feedback: Every quarter, you'll receive a detailed progress report through the SFL app. Even if you're busy, you can easily track your child's growth, strengths, and areas to improve—right from your phone.

Meet the Mentors : World-Class Guidance

Global Expertise: Our partnership with Heimir Hallgrímsson, current manager of Republic of Ireland's national team, former Iceland and Jamaica national coach, brings European best practices to your training ground.

Coach Support: SFL Oranje coaches are more than instructors—they're mentors. They use data, video, and hands-on feedback to help you set and achieve your goals.



The SFL Oranje Family : Support Beyond the Pitch

Parents as Partners: We make sure families are kept in the loop — not just about tournaments, but also about training, workshops, progress, and long-term choices — so they can support their children every step of the way.

Wellness First: Fitness, recovery, and injury prevention are built into your weekly routine, ensuring you're healthy and ready for every challenge.



Your Next Step : Dream. Train. Achieve.

At SFL Oranje, each player has their own path. Some aim for professional football, while others build confidence, teamwork, and friendships. Everyone develops important skills and gains valuable experiences as part of our academy.



Academy Details

SFL Oranje Academy runs centers in Mumbai and Pune. Locations include Powai, Ghatkopar, and Wakad, with more centers being added so players can access training closer to home.

Nahar International School, Powai

Powai Vihar, MHADA Colony 20, Powai, Mumbai, Maharashtra 400076

Presentation School, Nerul

Presentation Convent School, Sector 27, Nerul, Navi Mumbai, Maharashtra 400706

Guardian School, Dombivli

Guardian School State Board, Desale Pada, Bhopar Rd, Nandivli, Dombivli East, Thane, Maharashtra 421204

Wings Sports Centre, Bandra

Wings Sports Centre, KC Marg, Bandra West, Mumbai 400050

Matchday Arena, Wakad

Matchday Arena, Wakad, Pune

Rolex Metal Industries Compound, Bhandup

Rolex Metal Industries Compound, Village Road, Lal Bahadur Shastri Rd, Bhandup West, Mumbai, Maharashtra 400078

St. Francis, Vasai (W)

St. Francis High School, 100 Feet Rd, Navghar, Vasai West 401202

Kickoff Arena, Vasai (W)

Kickoff Arena, Yashwant county road, behind Hotel Western Inn, Husaini Colony, Vasai West 401207

Jai Hanuman Turf, Virar (E)

Jai Human Turf, Manvel Pada - Kargil Nagar Rd, Ekvira Darshan, Virar East 401305

D Arena Sports, Powai

D Arena Sports, Rooftop, Hiranandani Knowledge Park, Powai 400076

Cooperage Football Ground

Maharshi Karve Rd, Dr Ambedkar Statue Chowk Area, Nariman Point, Mumbai, Maharashtra 400021



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Leadership

A Team of 30+ Coaches



Heimir Hallgrímsson

Football Mentor and Global Ambassador

Heimir Hallgrímsson, who famously led Iceland to a historic UEFA Euro 2016 quarterfinal finish and their first-ever FIFA World Cup appearance in 2018, is currently the head coach of the Irish National Football Team. He has now joined SFL – Sports For Life as Global Ambassador and Football Mentor. With his deep-rooted belief in grassroots development, Heimir will shape SFL's coaching curriculum, talent scouting, and international pathways, bringing global expertise to India's rapidly growing youth football ecosystem.



Satyajit Saaini

Founder & CEO, SFL Oranje Football Club

From a football enthusiast to a sports leader, Satyajit Saaini's journey has been all about building opportunities. An FA (UK) certified coach with a Master's in Sports Management (UK), he founded Oranje Academy in 2016 with just 23 players. Today, it's SFL Oranje, training 800+ young athletes and producing state and national-level players.

Academy Coaches

SFL Oranje Academy Coach



Clinton D'Souza

Head Coach

Clinton D'souza is an AFC A License head coach who brings a strong belief in player growth and mental fortitude to every squad he trains. His leadership has driven the U20 Maharashtra State Team, U15 Mumbai District Team and the U21 Reliance Foundation Development League to consistent success, including the WIFA Junior Boys Interdistrict Championship and multiple Mumbai league titles, built on optimism, discipline and empathy.

SFL Oranje Academy Coach



Aqeel Ansari

Head Coach

Aqeel Ansari is the kind of coach whose presence instantly raises the standards of a football field. After representing India internationally for nine years and winning the Santosh Trophy four times, he now brings that championship DNA into coaching. An AFC A License professional, he has led Maharashtra U21, the Santosh Trophy squad and national youth contingents, shaping disciplined, tactically sharp teams ready for higher levels of competition at SFL.

Academy Glimpses





SFL RACQUET ARENA



SFL

Racquet Arena

Where Every Stroke Counts

Step onto the court, racquet in hand, ready to learn something new. At SFL Tennis Academy, every session is about building your skills, one stroke at a time. Coaches work with small groups, making sure you get the attention you need—whether you're perfecting your serve, mastering your footwork, or learning how to rally with confidence.

Here, progress is personal. Each day is a chance to grow, challenge yourself, and discover just how far your love for tennis can take you.

The SFL Difference : Tennis Reimagined for India



A Curriculum for Champions - At SFL, your tennis journey is mapped out step by step. Beginners master the basics—grip, stance, and rallying—while advanced players dive into shot selection, match strategy, and mental resilience. The curriculum, shaped by Indian coaches and former national players, ensuring every stage supports your growth and development as you progress.



Small Groups, Big Impacts - With one of the lowest student-to-coach ratios, you get the attention you need to refine your technique and tactics. Coaches know your game, your goals, and your challenges—and help you grow, point by point.

SFL Racquet Arena : Holistic Athlete, On & Off Court

Tennis at SFL isn't just about strokes and scores.

Physical conditioning is woven into every stage, building agility, endurance, and injury resistance. Each player gets a Tennis Player Pack—tournament planners, nutrition tips, and mental toughness exercises—so you're prepared for the demands of both competition and life.





Moments that Matter: Growth Beyond the Baseline



Match play, every quarter

Whether you dream of Wimbledon or just love the game, regular match play is at the heart of SFL Tennis. You'll test your skills against peers, learn to handle nerves, and celebrate the thrill of a well-earned point.



Competition Exposure

The SFL calendar is packed with opportunities — from our own SFL leagues and tournaments to state events, AITA Talent Series, championships, and national ranking tournaments. UTR events further help players get noticed by top Ivy League and other colleges, putting them firmly on the radar for future opportunities.



Personal progress digitized

You'll receive regular feedback from your coaches, along with a quarterly report to track your progress through the SFL app all at your fingertips, set new goals in your SFL Journal, and see your improvement in real time.



Elite Training for Juniors: Building Strong Players from the Start

The SFL Elite Program prepares committed juniors to compete at the highest level – focusing on advanced technique, tactical awareness, and physical conditioning. Players benefit from personalized training plans, match simulations, and expert guidance from coaches with national and international experience – all designed to help them perform their best and pursue their tennis dreams with confidence.

Mentorship and Mindset: Learning from the Best

Olympic Inspiration: Olympian and Davis Cupper Vishnu Vardhan brings a champion's insight to SFL Tennis, guiding players to set realistic goals, help plan the annual calendar, build mental strength, and approach every match with purpose.



The SFL Family : Your Support System

Parents as Partners: We help families navigate the junior tennis circuit, balancing academics with the demands of sport. From tournament planning training support, you're never alone on your journey.

Wellness at the Core : Every week, you'll work on agility, strength, and recovery—building the foundation for a healthy, sustainable tennis career.



Your Next Step : Serve with Purpose

At SFL, players progress at their own pace. Some aim to compete more seriously, while others simply enjoy learning and playing. Everyone leaves with better skills, a clearer understanding of the game, and positive experiences on the court.

Academy Details

Three well-maintained coaching centres at Chembur and Matunga with temperature checks, sanitization of entire premises, and high quality equipments and facilities.

Natraj Housing Society, Karve Nagar, Pune

Natraj Housing Society, Karve Nagar, Pune 411052

NCL Colony, Pashan, Pune

NCL Tennis Court, NCL Colony Parshan, Pune

The Acres Club, Chembur, Mumbai

The Acres Club, Natvar Parikh Chowk, Sindhi Society, Chembur 400071

Don Bosco School, Mumbai

Nathalal Parekh Marg, Matunga East, Mumbai, Maharashtra 400019

Sinhagad School, Pune

S. No. 44/1, Off, Sinhgad Rd, Vadgaon Budruk, Pune, Maharashtra 411041

Gurukul School, Pune

Gurkul School, Pune

CPR Club, Pashan, Pune

Centre for Police Research - CPR, Pashan, Pune

Ajmera, Wadala East, Mumbai

Ajmera i-Land, Wadala East, Mumbai 400037

ICC Towers, Springs, Dadar, Mumbai

Springs, Island City Center, Spring Mill Complex, Dadar 400014

Lodha World One, Worli, Mumbai

Lodha World One, off Senapati Bapat Marg, Worli 400013



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Leadership

A Team of 10+ Coaches



Aditya Chougule

Founder and CEO, Racquet Arena

With over eight years of coaching experience, **Aditya Chougule** has worked with India's best, including Ankita Raina (India No.1). A certified ITF Level 2 coach, he founded ACTA to build structured tennis training. Now, with SFL Racquet Arena, he aims to nurture future champions through elite coaching and strategic player development.

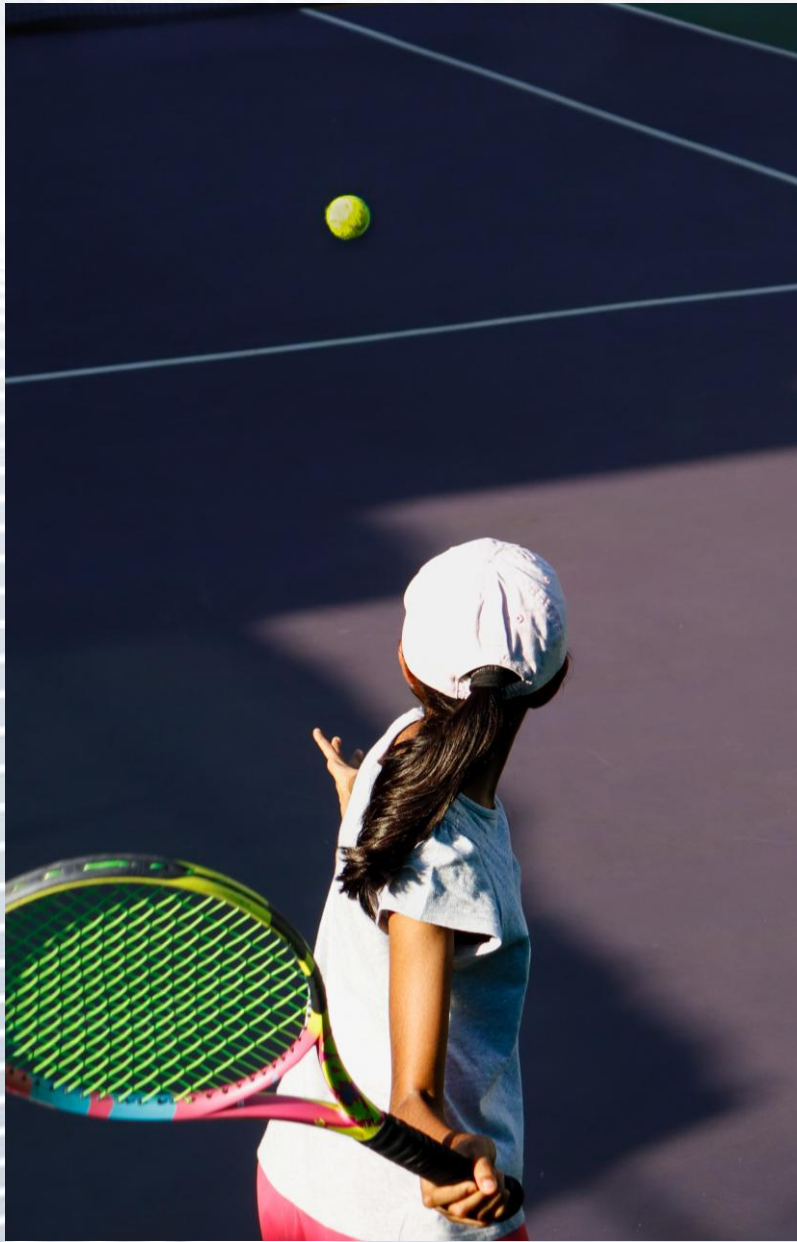


Aniket Wakankar

Head Coach

Aniket Wakankar is an ITF-certified tennis coach with Level 1 credentials earned in 2012 and Level 2 in 2019. Before stepping into coaching, he made his mark as Maharashtra's number one boys singles player in under 14 and under 16 categories, ranked among India's top five, and captured the Junior National Championship title. Now with SFL, he prepares our young players with strong fundamentals.

Academy Glimpses





Badminton Academy



SFL

Badminton Academy

Every Rally a Step Forward

When you walk into SFL Badminton Academy, you hear shuttlecocks flying and sneakers squeaking on the court.

Whether you're just beginning or already know some skills, our sessions are designed to meet you where you are. New players learn how to hold the racquet, move their feet, and hit the shuttle, while others build on what they know with fun games and activities. Coaches make sure everyone enjoys badminton and grows their skills, creating a welcoming space for all from day one.

Progression in motion - Learn. Improve. Excel.

As skills grow, so does the challenge. Players move from simple rallies to mastering net play, smashes, and drop shots. Coaches keep groups small, giving everyone a chance to ask questions, get feedback, and try new drills. Every few months, players are assessed—tracking their progress and setting new goals.

The focus isn't just on technique, but also on building speed, endurance, and the mental sharpness needed to read the game.



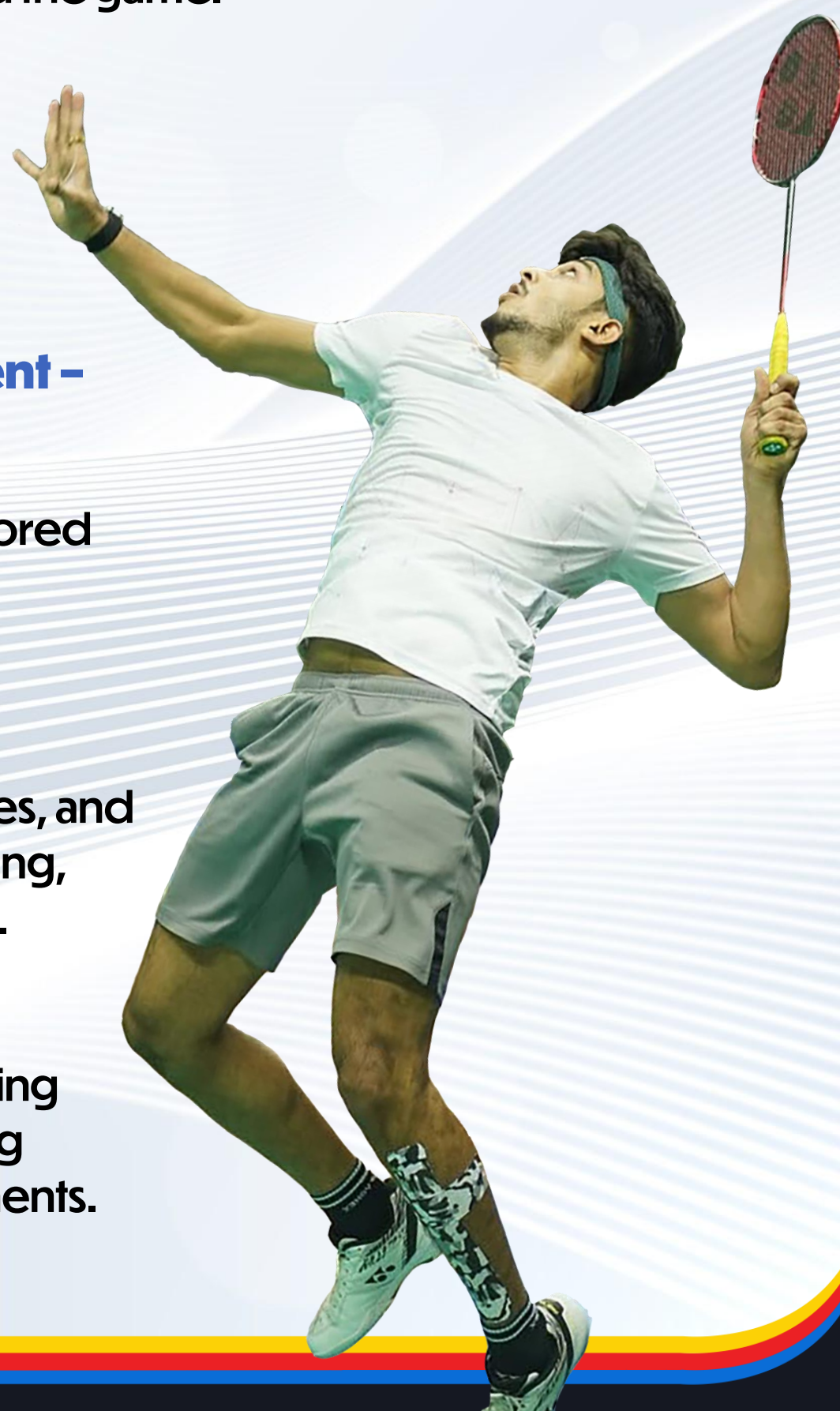
Training that moves with you

SFL's approach is all about movement – on court and in growth

Structured Programs : Each session is tailored to skill level, whether you're practicing footwork, reaction drills, or tactical shot selection.

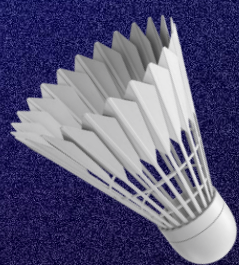
Fitness First : Running drills, reaction games, and fitness exercises are a regular part of training, helping players stay ready for every rally.

Match Simulations : Regular games and scenario-based play teach decision-making and help players handle pressure—turning practice into preparation for real tournaments.



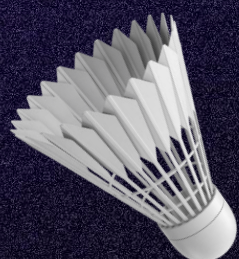


What Sets SFL Apart?



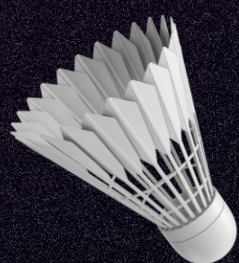
Love the Game for Life

Every stage, from beginner to elite, is designed to keep players engaged and excited about badminton.



Long Term Athlete Development

Our curriculum follows the scientific LTAD model, ensuring kids train at the right intensity for their age and stage.



Community & Support

Coaches, families, and teammates form a network of encouragement—celebrating every small win and supporting every big dream.

Competition: The Heartbeat of Growth

At SFL, competition is more than just winning and losing—it's about learning to handle nerves, celebrate progress, and bounce back from setbacks.



Quarterly Tournaments :

Keep players active, focused, and always improving.



Competition Exposure :

As skills sharpen, players enter the competition circuit from participating in competitive tournaments to playing sanctioned events and state-ranking tournaments, facing off against the best in the region and country.



For the Elite :

Top juniors get personalized plans, off-season technical tuning, and national competition opportunities, supported by fitness conditioning programs.



Your Next Step : Lift. Smash. Soar.

At SFL, badminton is more than a sport—it's a journey. Some will chase medals, others will discover confidence, discipline, and lifelong friendships. But all will leave with the skills, mindset, and memories of being part of India's most forward-thinking badminton academy.



Academy Details

State-of-the-art courts, well-maintained training spaces, and safety-first protocols create an ideal environment for consistent growth and performance.

Nahar International School, Powai

Nahar International School, Powai Vihar, MHADA Colony 20, Powai, Mumbai - 400076

The Acres Club, Chembur

The Acres Club, Natvar Parikh Chowk, Sindhi Society, Chembur 400071

Matunga Gymkhana, Matunga

Lakshami Nappu Rd, Matunga Railway Colony, Matunga East, Mumbai, Maharashtra 400019

S.P. College, Pune

S.P. College, Tilak Road, Pune.



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Leadership



Deep Rambhiya

Head, SFL Badminton Program

A former India Number One in men's doubles and current Number Two in mixed doubles, Deep Rambhiya holds medals from the National Games, Senior Nationals, and multiple international challenges. With experience across every shade of the competitive spectrum, he now leads the badminton program at Sports for Life. Deep mentors young talent, develops strategic training modules, and scouts rising stars, bringing his champion mindset and global exposure to shape the next generation of badminton players.



Vikram Devare

Technical Advisor

Vikram Devare is an expert at building ecosystems for nurturing high potential players. A former national-level badminton player, he spent years in corporate banking after earning his MBA from IIM Kozhikode. In 2016, he headed the Badminton Program with Sporthood, training over 5,000 athletes, including 1,000 young players. Now, at SFL, he's shaping the future of the professional badminton space within young minds.



Chanak Cheda

Coach

Coach at SFL Badminton Academy with over a decade of coaching experience in many top academics across Mumbai and Maharashtra.



Sanat Patwardhan

Coach

A badminton coach with 5+ years of coaching experience. He represented Maharashtra multiple times in national tournaments and is a regular face on the podium in badminton tournaments across India.

Academy Glimpses

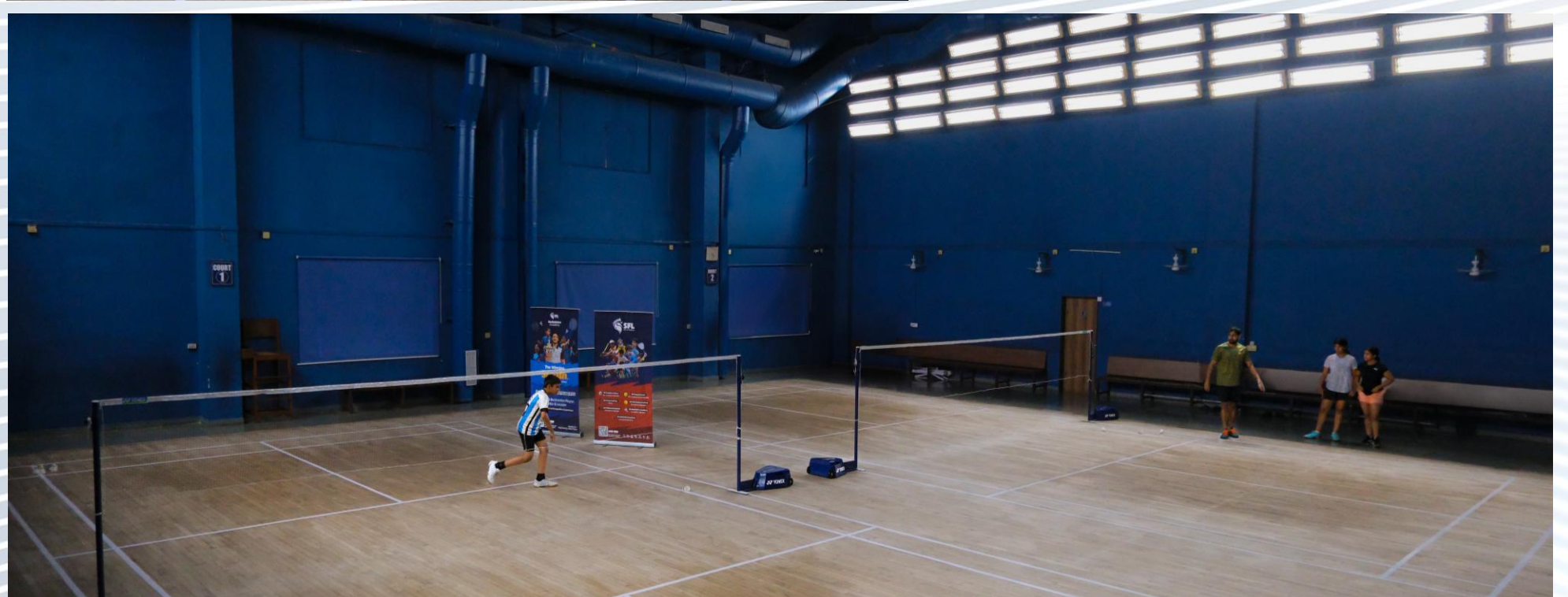
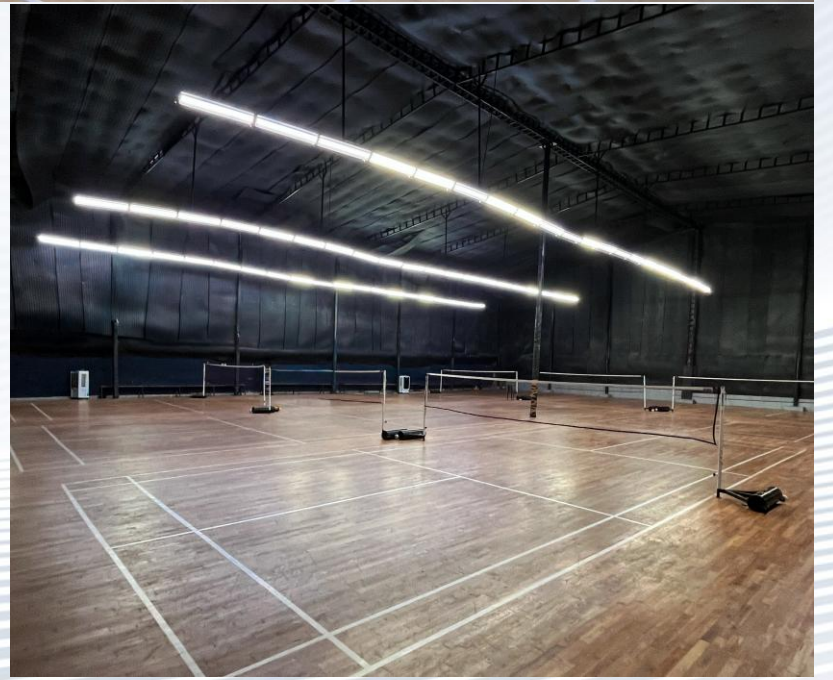
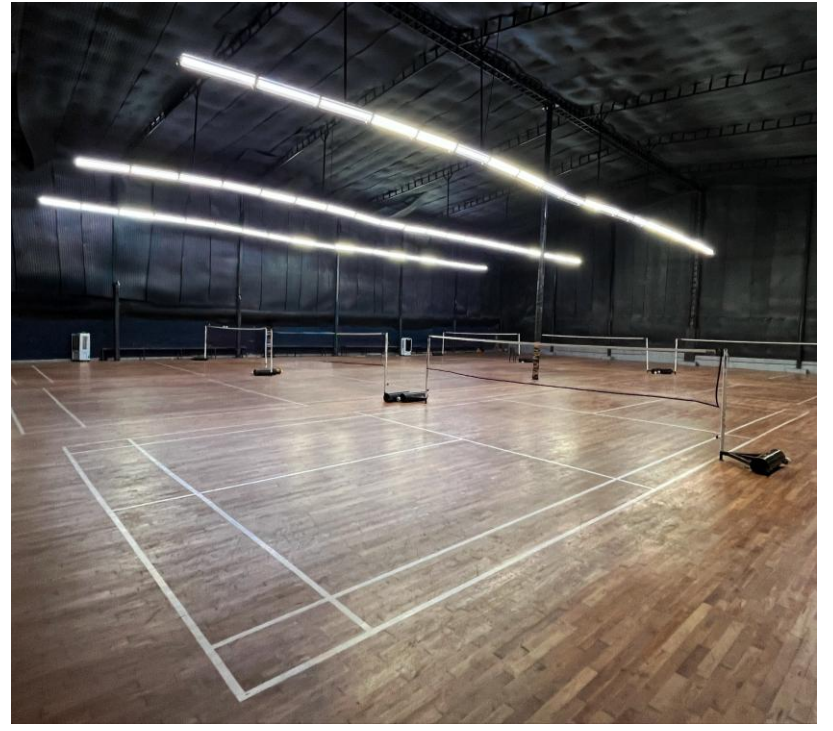




Table Tennis Academy



SFL

Table Tennis Academy

Where Every Rally Matters

You walk into the hall and feel the cool air from the air conditioning - no sweating before you even start. The sound of ping pong balls bouncing fills the room. Your coach is ready, and so is the robot that shoots balls your way, helping you practice again and again. Today, you're working on your backhand, and every time you hit the ball, your coach gives you tips to get better.

At SFL, you're not just another player – you're part of a small group where your progress is noticed and every new skill is built upon.



The SFL Difference : A Spin Serve like No Other

Feature : Tech meets tradition - Forget old-school drills on repeat. Here, you'll train with robot machines that fire rapid sequences, building your reflexes and control. Every quarter, you'll receive a detailed progress report through the SFL app. Even if you're busy, you can easily track your child's growth, strengths, and areas to improve – right from your phone.

Quick rally : What makes SFL different -

Small Groups, Big Gains: 1:3 coach ratio means you get real feedback, every session.

Kid-First Equipment: Lighter paddles and slower balls help you build confidence before you chase speed.

India-Wide Exposure: Train with new faces, new styles—learn to adapt, not just repeat

Game day : Where lessons come alive - Every quarter, the stakes rise. Maybe it's a friendly round-robin, maybe it's your first inter-academy match. The nerves are real, but so is the excitement. You learn to handle pressure, to bounce back from a tough point, and to celebrate every hard-fought win. **And when you're ready, SFL opens the door to TTFI tournaments—district, state, and national. Every match is a new test, every opponent a new lesson.**

The SFL family : Your support system - We help families navigate the junior tennis circuit, balancing academics with the demands of sport. From tournament planning training support, you're never alone on your journey. Every week, you'll work on agility, strength, and recovery—building the foundation for a healthy, sustainable tennis career.

The Next Spin: Your Table Tennis Journey Starts Here

At SFL, table tennis is more than a sport—it's a space to grow, to compete, and to discover what you're capable of. Ready to serve up your next challenge?

Academy Details

A carefully designed curriculum enhances technique, agility, and decision-making paired with best-in-class table tennis infrastructure provides a clear path for players to progress and achieve professional levels.

Nahar International School, Powai

GM Colony, Chandivali, Powai, Mumbai 400072

Balkan – ji – Bari

All India Balkan-Ji-Bari, Juhu Tara Rd, GOI Staff Colony, Santacruz (W) 400054

Shree Ram Welfare School, Andheri

Shree Ram Welfare Society High School, Juhu Lane, Shree Ram Nagar, Andheri (W) 400047



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Leadership



Eric Fernandes

Head, SFL Table Tennis Program

A former India No.2 (U-17) and Maharashtra State Champion (Men's, 2007), Eric Fernandes knows what it takes to win. Having played for Western Railway and the Income Tax Department, he now channels his expertise into coaching. As an ITTF-PTT Level 1 coach, he leads SFL Table Tennis to provide young talents with the necessary training and exposure.

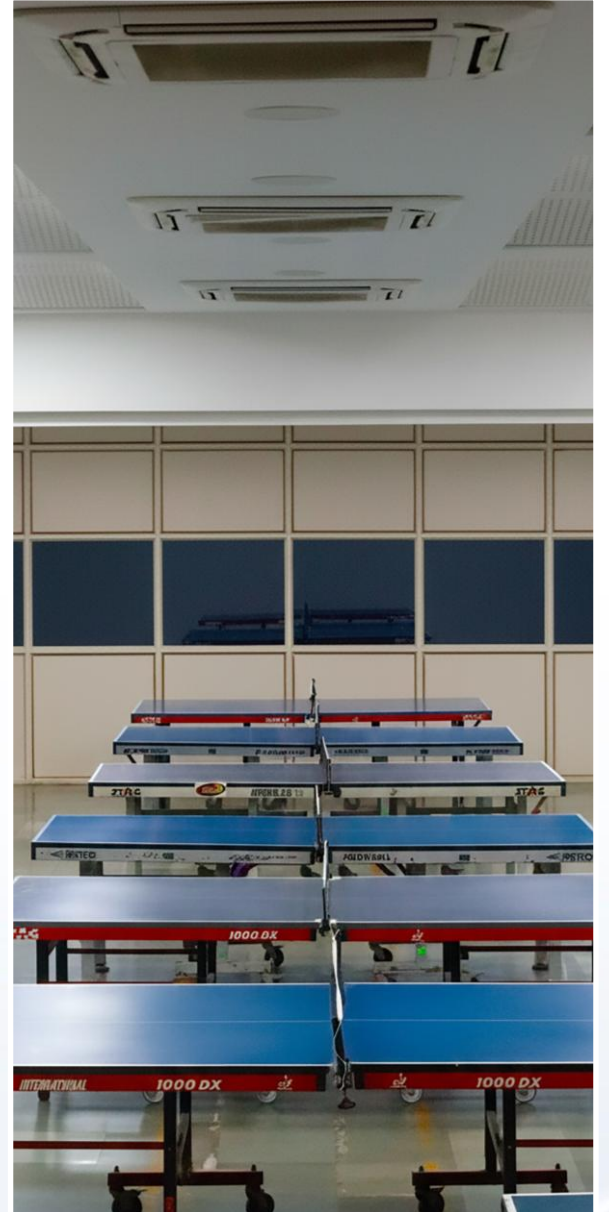
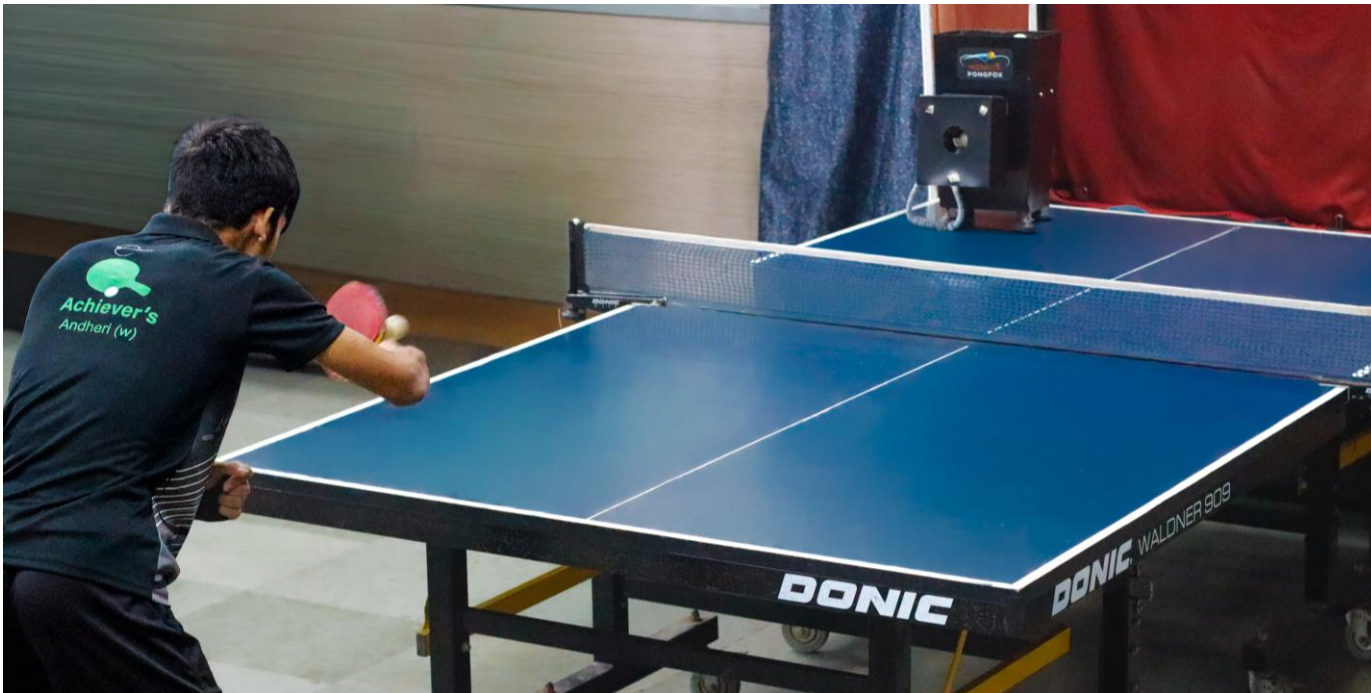


Sarosh Shroff

Head Coach

To train under Sarosh Shroff is to be guided by experience and purpose. His 30+ years in coaching have shaped countless players, supported by a career that includes four State Ranking Titles in 2023 in 59+ category, a team triumph at the IMPTA Veterans National Championship, and an individual PTKS 2024 Gold. He is a steady presence who helps athletes grow on and off the table.

Academy Glimpses





Chess Academy



SFL

Chess Academy

Think Ahead : Where Every Move Matters

SFL Chess is India's first digital-only academy – learn from anywhere, whether you're at home or on the go. The board appears on your screen, your coach greets you by name, and small group sessions make sure every question gets answered. Today's lesson might be a deep-dive into the Sicilian Defense, or a quick puzzle rush to keep your mind sharp.

The atmosphere is friendly, welcoming, and all about helping you learn at your own pace.

Why SFL Chess Feels Different



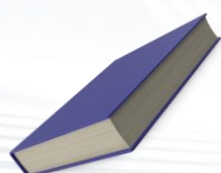
Digital-first & always accessible - Live classes, structured curriculum and feedback—train anywhere, anytime.



Personal progress - Small groups mean your growth is noticed. Coaches use the SFL app to track your development, set new goals, and deliver lessons that fit your level.



Grandmaster designed curriculum - Our learning path is crafted with Indian players in mind, blending global best practices with local insight.



Practice beyond class - Every player gets the SFL Chess Practice Book, packed with puzzles and annotated games for self-study.



Premium tools - Your subscription unlocks top chess platforms, so you can analyze, play, and improve even when class is over.

SFL Chess Academy : Learning Layer by Layer

At SFL, you start with the basics: how each piece moves, how to control the center, and how to spot a simple checkmate. As you grow, lessons become more challenging—tactics, strategy, endgames, and time management. Interactive play and timed exercises keep things lively, while your coach helps you break down games and learn from every win (and loss).



Competition : The Real Test

**Chess at SFL isn't just about theory—
it's about playing.**

You'll join online tournaments, inter-academy leagues, and AICF-recognized events, facing off against players from across India. Whether it's a rapid blitz or a slow, thoughtful match, every game builds your focus, adaptability, and confidence.

Elite Chess : For the Ambitious

If you're ready for the next level, the SFL Elite program pairs you with coaches who've developed grandmasters and national champions. Here, group sessions mix with one-on-one coaching, diving deep into advanced tactics, decision-making under pressure, and the mental side of the game.

Workshops with specialists in openings, endgames, and psychology ensure you're ready for the highest levels of competition.



The SFL Chess Community : More than a Game



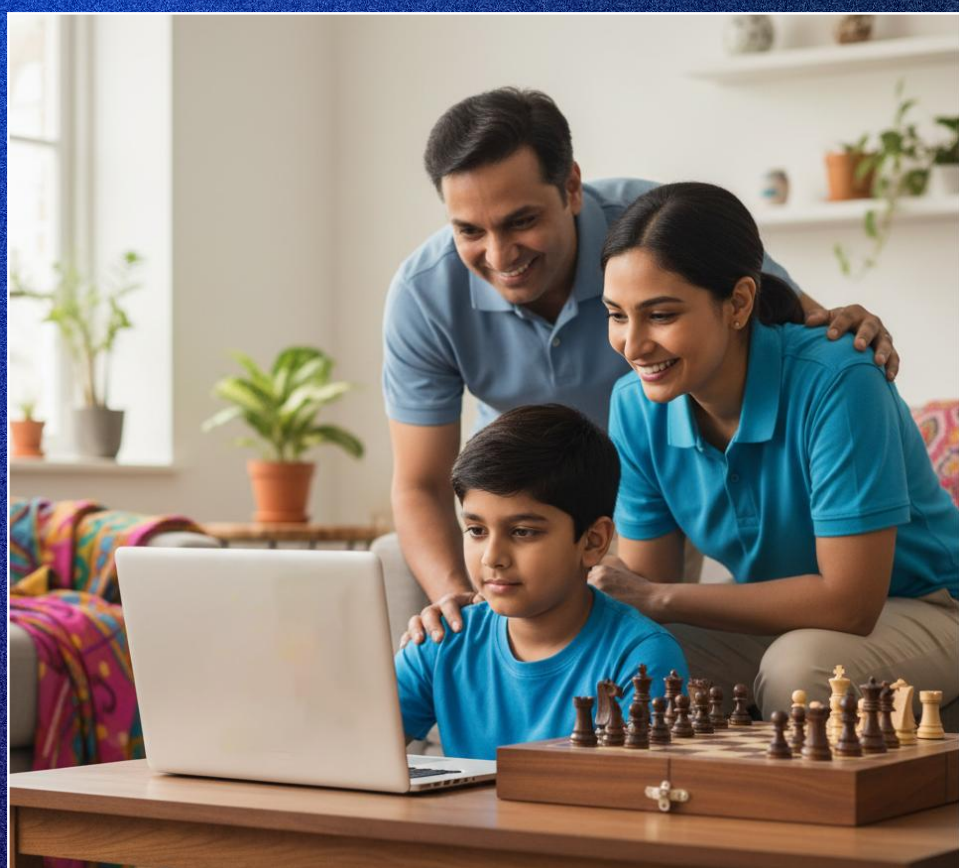
Parents are part of the journey, too—receiving updates, support, and guidance as their children grow. Workshops with mental trainers and strategy experts build resilience and broaden horizons.

At SFL, chess is more than a board and pieces. It's a journey of curiosity, discipline, and self-discovery—where every move shapes not just your game, but your mind.

SFL Chess Academy : Ready to Make Your Next Move?

With SFL Chess Academies, the board is always set. Your journey—whether for fun, growth, or glory—starts here.





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Leadership



Shyam Sundar

Indian Grandmaster and Mentor

Grandmaster Shyam Sundar is a respected chess coach with 10+ years of experience, training stars like Pranav V, the 2025 Junior World Champion. A former top player with Asian titles and a Commonwealth silver, he has also guided Team India at the Olympiad and Asian Games. Known for his calm mentoring and deep student insights, he's a respected figure in the chess world.



Prachura Padakannaya

Technical Advisor

A former International Chess player, Prachura Padakannaya has competed, promoted, and shaped the sport in India. As co-owner of American Gambits (Global Chess League) and a trusted consultant for top brands like HDFC Bank, Xiaomi, and Sony Setvi, his expertise spans business, strategy, and sports development. His role at SFL ensures the right mix of planning, execution, and growth for several operations.

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SFL

Khelmanch Squash Academy

Squash Designed for You

Step onto the court, racquet in hand, and feel the energy bounce off the walls. At SFL Khelmanch Squash Academy, every session is about quick movement, sharp focus, and building your skills one rally at a time. Coaches keep groups small, so whether you're just learning to hit your first drive or working on advanced tactics, you get the feedback and support you need to improve with confidence.

Here, progress is personal. Each day is a chance to test your reactions, learn new strategies, and discover just how far your passion for squash can take you

The SFL Difference : Squash Designed for You

A Pathway for Every Player - SFL's squash program is structured in layers—beginners start with the basics: grip, stance, and movement. As you grow, you'll master shot selection, court coverage, and tactical play, all guided by experienced coaches who know how to nurture talent at every level.

Small Groups, Big Progress - With a low student-to-coach ratio, you get real attention and personalized tips every session. Coaches use fun, modern training methods—like games-based drills and ghosting exercises—to keep you engaged and motivated.

Holistic Athlete Development - Squash at SFL isn't just about hitting the ball. Each week includes fitness activities to build agility, speed, and endurance, as well as mental training to help you stay focused and resilient on court.

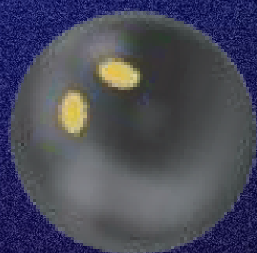


SFL Khelmanch Squash Community: Support at Every Step

Parents, coaches, and teammates form a close-knit community, cheering each other on and sharing every milestone.

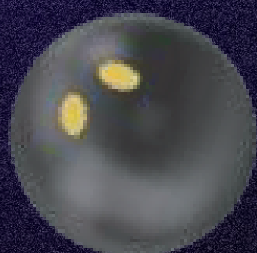
Whether you're here to compete, get fit, or just have fun, you'll find encouragement and friendship on and off the court.

Moments that Matter: Growth Beyond the Wall



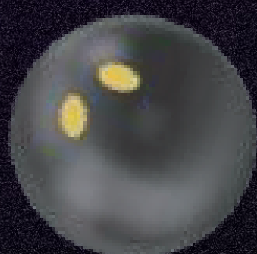
Regular Match Play

Every quarter brings new matchups—sometimes friendly, sometimes competitive—so you learn to handle pressure, adapt your tactics, and celebrate every hard-fought point.



Tournament Exposure

The talented SFL players get opportunities to compete in local, state, and national events, gaining experience and confidence against new opponents. For those aiming higher, there's a pathway to elite junior tournaments.



Learning from the Best

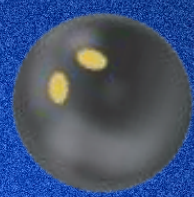
Guest sessions with top players and coaches mean you pick up tips from those who've competed at the highest levels, inspiring you to dream bigger.



Your Next Step: Rally, Compete, Achieve.

At SFL, squash is more than a sport—it's a journey of speed, strategy, and self-discovery.

Every session is a new opportunity to grow, compete, and see just how far your ambition can take you.



Academy Details

A value-driven coaching atmosphere focused on consistency, discipline, and sportsmanship turning young learners into confident competitors on and off the court.

Goregaon Sports Club. Goregaon

Goregaon Sports Club, Malad West, Mumbai, Maharashtra 400064

Kandivali Recreation Club, Kandivali

Kandivili recreation club, Bhagat Colony, Kandivali West, Mumbai, Maharashtra 400067

Mandpeshwar Civic Federation, Borivali

Mandpeshwar Civic Federation gymkhana, Borivali West, Mumbai, Maharashtra 400092

The Club, Andheri

The Club Mumbai, D.N.Nagar, Andheri West, Mumbai, Maharashtra 400058

Oberoi International School

Oberoi International School, Goregaon Campus

Kalpatru

Kalpataru Towers, Kandivali East, Mumbai, Maharashtra 400101

Elanza

Rustumjee Elanza, Malad, Ram Nagar, Malad West, Mumbai, Maharashtra 400064

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Leadership



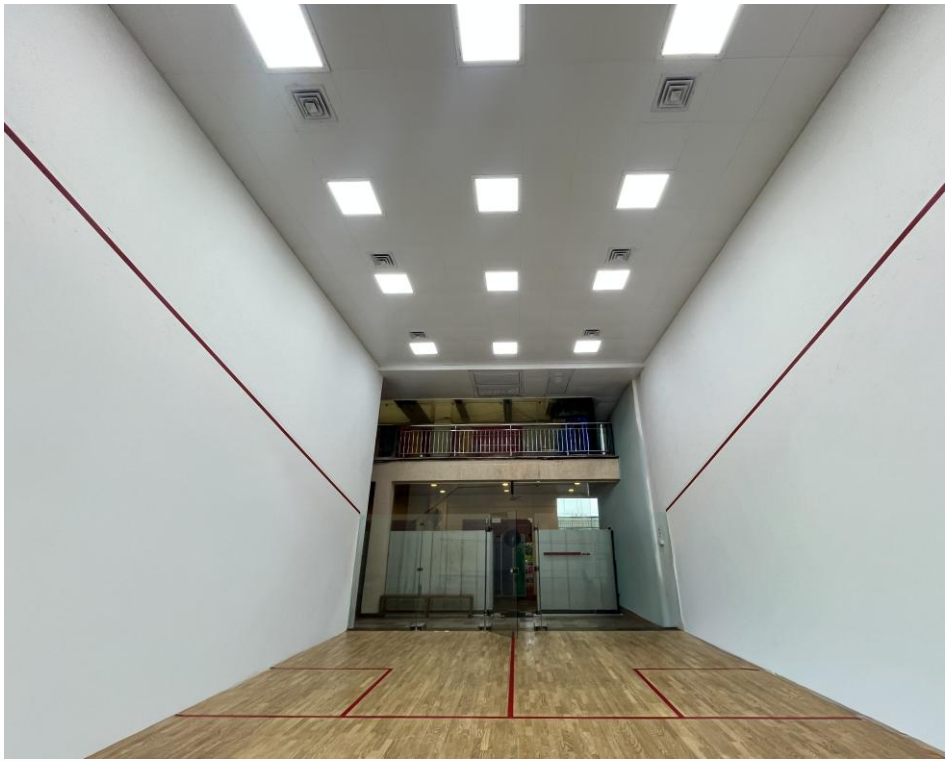
Amit Gajria

Founder and CEO, SFL Khelmanch Squash Academy

Amit Gajria is a World Squash Federation and WSC-certified coach with national-level playing roots and a deep investment in long-term athlete growth. He leads SFL Khelmanch Squash Academy across five centers, training 100+ students monthly (including top junior like Navmi Sharma). Amit's approach is part sport, part self-mastery. He creates training environments where players learn to read the game, trust their instincts, and turn personal discipline into lasting performance.



Academy Glimpses





Basketball Academy



SFL

Basketball Academy

Where Every Dribble Matters

Step onto the court and feel the game come alive with every dribble and shot.

At SFL Basketball Academy, every session is designed to sharpen your skills, boost your game sense, and grow your confidence—whether you're learning your first lay-up or mastering advanced plays.

The SFL Difference : Basketball reinvented for India

Expert-Led, Player-First Coaching -

Guided by Yadwinder Singh—former Indian national team player and seasoned coach—every practice features small groups, personalized feedback, and drills designed to fast-track your growth.



Structured Skill Pathway -

- **Foundation Fundamentals:** Grip, footwork, and ball handling.
- **Core Competencies:** Shooting mechanics, passing accuracy, and defensive stance.
- **Advanced Concepts:** Pick-and-roll execution, zone defense rotations, and off-ball movement.

SFL Basketball Academy : Fitness and Conditioning

Every session includes drills to build strength, agility, and stamina, helping players perform better and stay game-ready.

Moments that Matter:



Quarterly Match Play

Test your progress in intra-academy tournaments, learning to adapt under real-game pressure.



SFL Basketball League

Our annual flagship league brings together top talent across Mumbai and Pune—high-stakes competition with live streaming, analytics, and post-game film sessions.



External Tournaments

Represent SFL at city, state, and national-level events, earning exposure and building a competitive résumé.

The SFL Family : Your Support System

Parents as Partners : Regular feedback sessions, open-house workshops, and transparent communication keep families engaged in every step of the journey.

Wellness First : Nutrition guidance, recovery protocols, and mental-wellbeing workshops ensure sustainable growth and peak performance.

Your Next Step : Dream. Train. Achieve.

Whether you envision collegiate scholarship, national-team selection, or simply the thrill of competitive play, SFL Basketball Academy provides the pathway, expertise, and unwavering support to turn aspiration into achievement.



Academy Details

Indoor and outdoor courts, strength & conditioning zones, and a safe training environment designed for consistent player development.

Nahar International School, Powai

Nahar International School, Powai Vihar, MHADA Colony 20,
Powai, Mumbai - 400076



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Leadership



Yadwinder Singh

Asst Head Coach Indian Team, Mentor Coach

Yadwinder Singh has worn the Indian jersey across continents and courts, from FIBA Asia to the Commonwealth Games. With 13 international tournaments and years as a starting five regular, his journey reflects both loyalty to the game and tenacity as a person. A former captain, he remains active in the pro league, carrying his experience into every game. While accolades mark his journey, it's the sense of possibility he sparks in emerging athletes that leaves a deeper imprint.



Adnan Makarna

Coach

Adnan Makrani carries the energy of elite competition into his coaching. Shaped by performances at the Khelo India University Games and the All India Inter University Championship, and by representing Maharashtra at the U23 Nationals, his journey speaks of consistent excellence. With a West Zone Inter University gold medal and a Maharashtra Olympic Games silver, Adnan inspires athletes through confidence and experience earned at the highest levels.

Academy Glimpses



SFL Leadership



Sourjyendu Medda

Co-Founder & CEO

As a father, he believes in the power of sports and life skills sports can teach children. He is passionate about building a strong sports ecosystem at the grassroots level that will propel Indian children to win in coming years in international sports arenas. Previously, he has co-founded Dealshare.

Armaan Tandon

Co-Founder & COO

Armaan is an experienced strategy consultant. He has worked in Sports Media and Analytics. He is ready to use his experience and passion to build SFL into a beacon for youth sports in India.



Gautam Ahuja

Technical Advisor, SFL Curriculum Development

Gautam Ahuja, founder of GameCrafters, has over a decade's worth of experience in the sports industry, working with both government and private organizations. He leads a sports consultancy that helps athletes and businesses grow with smart strategies and guidance to diverse clientele. He is now majorly involved in planning the curriculum at SFL, making sure sports education and training are well-structured and effective.



Venkatesh Srinivasan

Technical Advisor, SFL Content Development

Venkatesh Srinivasan, fondly known as Venky, is a well-known quizmaster, sports presenter, an IIM Bangalore alum, and the co-founder of Nexus Consulting. Garnering over two decades of experience, he's hosted 500+ quizzes and anchored sports shows in Tamil and English. From classrooms to corporate stages, his sharp sports sense and stage presence make him a favourite with audiences everywhere.



Abhishek Jain

Head of Engineering

Abhishek has over 7 years of experience in building large scale consumer tech products. He holds an MBA from HEC Paris and a Computer Science degree from NIT Durgapur. At SFL, he leads engineering team to create innovative and scalable solutions.



Edwina Lobo

Head of Safeguarding and Wellness

Edwina holds a Masters in Psychology from TISS-Mumbai, an International Certificate in Early Childhood Education, and specialized training in Finnish ECEC, along with an FA Football License.



Sports For Life (SFL) is an academy first brand with a strong emphasis on sports learning experiences for children, with tournaments and technology integration as its vital parts.

We are an international school of sports thought that aims at giving the best learning experiences for children.

 www.sportsforlife.in

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Get the SFL App



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Email: contact@sportsforlife.in

SFL App: Raise queries and share feedback directly

Working Hours: Monday to Friday | 10:30 AM – 7:30 PM