

KNOW YOUR COACH

Name: NEELKANTH TUKARAMAKHADE

Age: 35

Date of Birth: 09th January 1988

Place of Birth: Thane, Maharashtra

Educational Qualification:

- B. Tech CS (Degree in computer Engineering) in 2009
- Higher secondary Education from Maharashtra state board in 2005
- Secondary School Education from Maharashtra State board in 2003

Professional Qualification:

- Applied for American Swimming Coaches Association (ASCA) level 5 Seniors & Masters
- American Swimming Coaches Association (ASCA) level 5 International Age Group in 2020
- Australian Sports academy (ASA) Diploma in sports coaching in swimming in 2015
- NIS Diploma in Sports Coaching in Swimming in 2015
- Certification in AUSTSWIM Professional Development – "Correct teaching for success – swimming the Australian Way" conducted by Leigh Nugent in 2015

Coaching Experience:

- Appointed as a Head Coach of Maharashtra Aquatic Team by Maharashtra State Amateur Aquatic Association.
- Appointed as a Head Coach of Team Maharashtra for 37th National Games – 2023, held at GOA.
- Appointed as a Head Coach of Team Maharashtra for 39th Sub Junior & 49th Junior National Aquatic Championship – 2023.
- Appointed as a Head Coach of Team Maharashtra for 76th Senior National Aquatic Championship – 2023.
- Appointed as a Head Coach of Team Maharashtra for 36th National Games – 2022, held at Rajkot, Gujrat.
- Appointed as a Nodal Officer of Team Maharashtra for the camp of 36th National Games, Gujrat – 2022.
- Appointed as a Head Coach of Team Maharashtra for 75th Senior National Aquatic Championship – 2022, held at Guwahati, Assam
- Appointed as a Head Coach of Team Maharashtra Swimming (Girls) & Water polo (Girls) for 48th Junior National Aquatic Championship-2022, held at Bhubaneswar, Odisha.
- One Year Working as a Swimming Head Coach for PMHB, Mumbai.
- One Year Working as a Swimming Head Coach for MiniOrange Sports Academy, Pune.
- Six working as a Swimming Head Coach for Nilu Swim Team.
- Six years working as a Swimming Head Coach for Sagar Prashant Patil Swimming Pool, Kolhapur
- Currently working as a Swimming Head Coach for P M Swimming Centre, Bangalore.



- Two year as a Swimming Coach for SAINSA (Sports Authority of India National Swimming Academy) at Dr. SPM Swimming pool Complex, Delhi
- Two years working as a swimming coach at A.E.C.S. BARC, Mumbai
- Six year working as a Swimming coach at Thane District Amateur Aquatic Association, ARC of N Swimming club, Starfish Sports Foundation

Introduction to Swimming: at the age of 5 by My parents, just for safety purpose, then my Coach identified talent in me. This is how my Swimming carrier started.

First Coach: Late Shri. Raju Surve, then My Brother Mr. Kailash Akhade.

Your favorite Indian swimmer (if any & why): Virdhawal Khade, youngest swimmer from India to Qualify for Olympics & Arjun Awardee. Suyash Jadhav, Para Asian Game Medalist & Arjun Awardee.

Your favorite International swimmer (if any & why): Michael Phelps, highest number of medals winner in Olympics Games till date.

Turing Point in Life: ASCA Level 5 & Two Diplomas (SAI NSNIS & ASA) and Selected for Senior National & International.

Most Cherished moment is life: Training the upcoming Stars of Indian Swimming. Me & Swim Team Rescued more than 100 peoples during Kolhapur, Maharashtra Flood.

Major Achievements as a swimmer:

Sports Achievements

- Gold medal in Sri Lanka Water Polo Championship held at Sri Lanka in 2014
- Bronze Medal in 66th Senior National Aquatic Championship held at Pune, Maharashtra in 2012
- Participate in 67th Senior National Aquatic Championship held at Trivandrum, Kerala in 2014
- Participate in 65th Senior National Aquatic Championship held at Ranchi, Jharkhand in 2011
- Awarded as Best Goal keeper in GMAAA Water Polo league
- 4th Position in Water polo in Nasik Mayor Trophy In 2005
- 3rd Place in Sindhu Water polo Invitational League Aurangabad 2006
- 8th Place in 12th Kasa Karanja Open Water swimming race 2006
- Selected as water polo Goal Keeper in Thane District for Junior and Senior State aquatic Championship from 2005 to 2014
- Selected & attended National coaching camp for water polo for 33rd Junior National Aquatic Championship 2006
- 1st place 100m BR, 3rd place in 50m BR & 200m BR each Boys under 17 in District meet 2004 and selected for state meet
- 6th position in Mumbai University water polo from Ruparel College

Awarded Dronacharya Award/ Major Award/ Recognition in the year: NO

I give credit of my success to: My Hard work & Perseverance. My Family, Mr. Kailash Akhade (my brother, my coach, my mentor, my supporter), Mr. Rajendra Palkar, my mentor & Supporter and all My Coaches who trained & Supported me. Mrs. Manjushree Roy Madam

for her big support and Meenakshi Pahuja Madam who always guided me whenever needed. And highest credit to my supporters. Non other than Coach Rakesh Kumar Singh, from him I learned a lot, supported me in bad situations. Mr. Malay Mondal, Physiology Professor, Head of the Physiology Department, SAI NSNIS.

Why you decided to be a swimming coach: My passion pulled me to become a Swimming Coach. To help younger swimmer to achieve their high performance.

Major Achievements as a Coach:

Master Shlok Rahul Pandav

- Youngest Swimmer (8yrs old) to won Gold Medal for 1km race in Oceanman Krabi Asian Championship -2022, Krabi, Thailand and Qualify for Oceanman World Championship.
- Youngest Swimmer to Swim 30km Open Water Swimming Race in Arabian Sea at the age of 8yrs within 9hrs

Yashwardhan Mohite

- Bronze Medal for 5km race in Oceanman Krabi Asian Championship - 2022, Krabi, Thailand and Qualify for Oceanman World Championship.

Nganba Methei

- Bronze Medal in 37th National Games, Goa in Triathlon

Shivtej Pawar

- Gold Medal in 37th National Games, Goa in Modern Pentathlon
- Bronze Medal in UIPM Asia Cup – 2019, Kazakhstan.



Afrid Attar

- 1 Silver & 3 Bronze Medals in IWAS World Para Games, Swimming Championship Sharjah – 2019

Laikhuram Biten Singh

- Overall Second in Goa 70.3 Ironman

Saikhom Bishworjit Singh

- Overall Third in Goa 70.3 Ironman

Varun Patel

- 3 Gold, 1 Silver & 1 Bronze Medals in South Asian Aquatic Championship – 2016, Colombo, Sri Lanka.
- Participation in ISF – Gymnasiade 2016 "World School Swimming Championship", Trabzon, Turkey.
- Participation in 5th Asian School Swimming Championship – 2016, Indonesia

Bastab Tapan Bordoloi

- 5 Gold & 1 Silver Medals in South Asian Aquatic Championship – 2016, Colombo, Sri Lanka.
- Participation in 5th Asian School Swimming Championship – 2016, Indonesia
- 8th Asian Age Group Championship – 2015, Bangkok

Nanak Moolchandani

- 1 Gold, 1 Silver & 1 Bronze Medals in South Asian Aquatic Championship – 2016, Colombo, Sri Lanka.
- Participation Asian Pacific School Games – 2015, Adelaide, Australia



Swadesh Mondal

- Best National Swimmer Award Trophy along 3 Gold Medals with all 3 New National Record in 33rd Sub Junior National Aquatic Championship – 2016, Bangalore.

Uttara Gogoi

- 1 Gold Medal with New National Record in 33rd Sub Junior National Aquatic Championship – 2016, Bangalore.

Guruprasad Vinod More

- Perfect Book of World Record as first Youngest Indian Swimmer to Swim around 97km Solo Swimming.

Adding on this

- Created more than 20 International Swimmers including medallist.
- Created more than 40 National Swimmers including medallist.
- Created more than 100 state Swimmers including medallist.
- Created more than 10 International Triathletes including medallist.
- Created more than 25 National Triathletes including medallist.
- Created more than 40 state Triathletes including medallist.
- Created more than 40 Ironman including medallist.
- Created more than 60 Open water swimmers including medallist.
- Created more than 10 International Modern Penthaletes including medallist.
- Created more than 30 National Modern Penthaletes including medallist.

What are the challenges (if any) involved in coaching elite swimmers: Good Infrastructure as compare to International Swimmers, need good back up supports (Physiotherapy, Psychology etc.). Lack of Funds and availability of dedicated resources.

What is your advice to elite swimmers: Just Follow 5 D's (Discipline, Dedication, Determination, Devotion, Desired Targets). Practice Hard but also ensure that the body gets sufficient time to recover. Do cool down and go for good stretching.

What are the challenges you faced if any training the differently abled swimmers: There is no challenge to train Differently abled Swimmers just Need to handle them carefully, need to plan separate training as compare to regular swimmers, need to develop exercise as per their ability for their strength & Conditioning.

How can Indian Swimming Progress: By conducting Coaches Clinic, More Nationals Championships. Culture exchange program with International clubs.

What all has changed for good in Indian swimming since you started coaching: Unnecessary Involvements of Parents. lots of changes are able to seen as compare to previous. Now our swimmers are qualifying Olympics as per the Olympic A Qualification Standards. The Swimming Federation of India are conducting Coaches clinics, Introducing Foreign Coaches. Conducting Coaching camps for each state in the field of Aquatics. Developing Centre like international standards.

How are you contributing currently to Indian Swimming: All the time learning higher level of coaching to develop the Indian Swimming. Introducing new training workouts for upcoming swimmers. I strive hard to keep my knowledge updated. My Goal is that my trainees should not only win medals, they should improve their performance day by day. My



Goal is to make Champions instead of only Winners. Developing new equipments which will add on to improve Swimmers Performance.

How you see yourself five years from now: I would like to continue developing my skills and Knowledge in order to take on more responsibility. I am also looking forward to taking on more leadership and Mentorship role. Wish to become a part of Indian Aquatics Team as a Coach. I am aiming to see my trainees win medals for our country in Asian Games, Commonwealth Games, and Olympics.

Message: I would like to send out few messages to all Swimmers & Coaches

- For myself, losing is not coming second. it's getting out of the water knowing you could have done better. For myself, I have won every race I have been in.
- Confidence Comes From What You Do In Practice Every Single Day.
- There is no failure in sports. You know there is good days, bad days, some days. Some days you are able to be successful, Some days you are not. Somedays is your turn, Some days not your turn. And that's what sports about. You don't always win, some other people's gonna win, and this year somebody else gonna win. Simple as that, you are gonna come back next year, try to be better, try to built good habits, try to play better.

MEENAKSHI PAHUJA