



HIGH PERFORMANCE RESIDENTIAL SWIMMING ACADEMY

Excellence in Every Stroke.



*JAIN Sports High Performance Academy, Kanakapura,
Bengaluru*

ABOUT JAIN SPORTS

Where sport meets structured excellence.

JAIN Sports is a visionary initiative under The JGI Group, one of India's most respected names in education and sports. Built on The JGI Group's 30-year legacy of sporting excellence, with 9 Olympians, 3 Paralympians, over 550 national and 250 international athletes, JAIN Sports carries forward this tradition of nurturing India's finest talent.

MISSION

To deliver holistic athlete development through world-class coaching, integrated academics, sports science, and global partnerships, building a sustainable sports ecosystem that nurtures talent from grassroots to elite levels and creates opportunities for every athlete to train, grow, and inspire.

VISION

To build India's most advanced and inclusive sports ecosystem, empowering athletes to achieve global excellence through world-class training, education, and opportunity.



CORE OFFERINGS

- ▶ High Performance Training Centers
- ▶ Athlete Management & Representation
- ▶ Sports Science & Research
- ▶ Grassroots Development
- ▶ Structured Academic Integration
- ▶ Brand & Strategic Partnerships
- ▶ Financial Support via JAIN Sports Foundation

VISION 2036

Vision 2036 reflects JAIN Sports' long-term mission to develop medal contenders and professional athletes for the 2036 Summer Olympics and Paralympics, and International professional leagues across multiple disciplines.

Through a structured, data-driven Long-Term Athlete Development (LTAD) model, JAIN Sports nurtures athletes from grassroots participation to elite international performance.

Our goal is to create India's most inclusive and sustainable sports ecosystem — integrating education, sports science, and mentorship to shape the champions of tomorrow.



OUR VALUES

- ▶ Excellence: We strive for higher standards on and off the field
- ▶ Passion: Our love for the game drives continuous innovation
- ▶ Perseverance: We grow the game at every level
- ▶ Community: We aim to inspire and uplift through football
- ▶ Integrity: Respect and fair play guide all we do

ABOUT THE ACADEMY

Where Passion Meets Precision



The JAIN Sports High Performance Residential Swimming Academy blends **elite coaching, sports science, and strong academics** to shape India's next generation of competitive swimmers.

Located in a secure, green, world-class campus, the academy offers a disciplined training environment with long-term athlete development.



GAGAN ULLALMATH

OLYMPIAN . NATIONAL RECORD HOLDER
PROGRAM DIRECTOR

An Olympian and multiple-time national champion, Gagan Ullalmath brings elite competitive experience and deep technical knowledge to the JAIN Sports High Performance Swimming Program. Having represented India at the London Olympics 2012 and major international championships, he leads the academy with a clear vision to build a sustainable pathway for Indian swimmers to excel at national and global levels. His coaching philosophy focuses on long-term athlete development through structured training, sports science integration, and strong character building. Emphasising discipline, resilience, and performance under pressure, he works closely with coaches and sports scientists to create an environment where swimmers are prepared not just to compete, but to succeed consistently.

COMPETITIVE ACHIEVEMENTS



Gold Medallist –
South Asian
Games 2010



Represented India
at the London
Olympics 2012



Multiple-time
National Swimming
Champion



Represented India at
Asian Championships &
World Championships

RECORDS & MILESTONES



National Record Holder
in elite swimming events



The only Indian swimmer at the 2012 summer Olympics, finishing 7th in Heat 1 of the 1500m freestyle.



Roped in six gold medals and two bronze medals at the National Games, held in Jharkhand in 2011



Secured silver medal at the Asian age-group Championship in 2011



Former Sports Authority of India (SAI) Coach



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*Swimming is a journey
shaped by consistency and
character. We aim to develop resilient
athletes who rise under pressure and race
for India with pride.*

TRAINING PHILOSOPHY

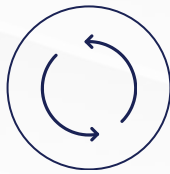
FROM POOL TO PODIUM

Our methodology focuses on **technique, endurance, speed, mental conditioning, and race preparation**, backed by systematic performance tracking and sports science support.

DEVELOPMENT PILLARS:



Stroke
technique &
efficiency



Turns &
Underwater
Work



Aerobic +
Anaerobic
Training



Race-pace
development



Psychological
conditioning



PROGRAMMES

INTERMEDIATE

(Ages 10–13)

The Intermediate Level program is designed for developing swimmers who are ready to move beyond basics and build strong technical and physical foundations. The focus is on refining stroke technique, improving endurance, and introducing structured training habits in a high-performance environment.



Key Training Areas

01. Stroke Technique & Efficiency

Focused correction and refinement of all strokes to improve efficiency, balance, and consistency in the water.

02. Turns, Dives & Underwater Skills

Introduction to competitive turns, starts, and underwater work to build race-ready fundamentals.

03. Endurance Development

Aerobic conditioning and stamina-building sessions to support longer training volumes and race distances.

04. Pace Clock & IM Fundamentals

Developing race awareness through pace clock reading and foundational Individual Medley training.

Training Load

Water Sessions

6 pool sessions per week

Strength & Conditioning

2 gym sessions per week

Recovery & Flexibility

Integrated recovery, mobility, and flexibility sessions as part of the weekly training plan

PROGRAMMES

ADVANCED (Ages 13+)

The Advanced Level program is a high-performance pathway for competitive swimmers targeting peak performance and success at state, national, and international levels. Training is intensive, structured, and focused on race preparation, performance optimisation, and mental resilience.

Key Training Areas

01. Race-Pace Development & Simulation

High-intensity, race-specific training designed to replicate competitive conditions and improve execution under pressure.

02. Strength, Speed & Agility

Advanced strength and conditioning programs to enhance power, speed, and movement efficiency.

03. Performance Psychology & Mental Conditioning

Mental skills training focused on focus, confidence, resilience, and competition mindset.

04. Technical Mastery & Stroke Efficiency

Ongoing refinement of stroke mechanics and underwater work using data and video feedback.

Training Load

Water Sessions

9–10 pool sessions per week

Strength & Conditioning

3 gym sessions per week

Recovery & Flexibility

Structured recovery protocols supported by sports science and physiotherapy





SPORTS SCIENCE & PERFORMANCE SUPPORT

Data-Driven Athlete Development



Physiological testing



Nutrition planning



*Biomechanics &
Technique
Analysis*



*Video
breakdown of
strokes*



*Mental
conditioning*

INFRASTRUCTURE & FACILITIES

AQUATIC FACILITIES:

- 50m Olympic pool (10 lanes)
- 25m warm-up pool (8 lanes)
- Diving pool

PERFORMANCE & RECOVERY:

- Fully equipped gym
- Strength & conditioning and recovery rooms
- State of the art sports science centre

ACADEMIC INTEGRATION:

- On-campus CBSE School
- Flexible Schedules
- Athlete-focused Meals
- Secure Residential Hostels



Opportunities for Rising Talent

JAIN Sports identifies promising swimmers through **nationwide scouting**, offering structured pathways to compete and progress.



DEVELOPMENT PILLARS:

1

2

FULL & PARTIAL
SCHOLARSHIPS

SEASONAL REVIEWS
& ATHLETE
DEVELOPMENT
PLANS

3

COMPETITION
EXPOSURE

WHY CHOOSE JAIN SPORTS?



Led by an Olympian coach



Sports science integrated training



World-class aquatic infrastructure



Balanced academics + athletics

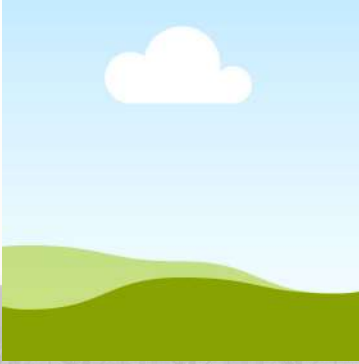


Safe residential environment



Mentorship and performance tracking

Swimmers Coached to Success



S. THANYA (Grade 11th)

From 2022–2025, Thanya consistently secured podium finishes at state, national, and international levels, winning multiple gold medals and Individual Champion titles. In 2025, she dominated major championships across Karnataka and national events, while also earning a silver medal at the Singapore National Age Group Championship—cementing her status as one of India’s top young swimmers.

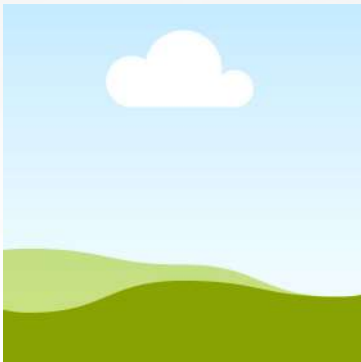
H AMITH PAVAN (Grade 9th)

H. Amith Pavan delivered strong results across state, national, and open-water events. In 2023, he won 1 Gold, 1 Silver, and 1 Bronze at the KSA State Sub-Junior Championship, followed by a Silver at the SFI Nationals, and multiple medals at CBSE Zonal and National Games. In 2024, he added a Gold in open-water sea swimming at Mangalore and secured 2 Gold and 1 Silver at the KSA State Mock Meet, highlighting his versatility across formats.



DAKSH PRASAD (Grade 10th)

Daksh Prasad has built a strong record across state, national, and open-water events. He began with medals at the BISC Stroke Technique Competition and multiple Silvers at KSA meets, followed by a Bronze at the 2020 SFI National Open Water Championship. In 2022, he earned a Bronze at the State Mini Olympic Games and four medals at CISCE Regionals and Nationals. In 2024, he added a Bronze in open-water sea swimming at Mangalore and a Silver at the KSA State Mock Meet, showcasing his versatility across formats.



JAIN Pathway TESTIMONIALS

Parent of Thanya S

We are proud to share the journey of our daughter, Thanya S, a dedicated Khelo India athlete who has been training in swimming at JAIN Sports Academy for the past 20 months. With world-class coaching, advanced sports science support, and excellent boarding and academics, the academy offers everything an aspiring athlete needs to excel.

Under the guidance of Coach Gagan Ullalmath and his committed team, Thanya's swimming has reached new heights. Their personalized training, encouragement, and dedication have greatly improved her performance and confidence. We are truly grateful to the JAIN Management and Coach Gagan Sir for providing such an empowering platform for young athletes.

— **Shadakshari SP**
Father of Thanya S

Parents of Dakshina Joshi

We would like to express our heartfelt gratitude for the exceptional support and world-class training provided to our daughter, Dakshina Joshi, at JAIN Sports. Dakshina has been training here for the past three to four months, and the progress she has made in this short time under the mentorship of Coach Gagan Ullalmath has been extraordinary. The level of skill development and competitive mindset she has gained here far exceeds what she achieved during her previous training elsewhere. We would also like to commend the excellent facilities — from boarding and nutritious meals to the supportive and cooperative wardens and administrative staff — all of which have made her stay comfortable and focused.

As a result of this holistic support, Dakshina recently achieved double gold at the national level and was honoured by the Honourable Chief Minister of Rajasthan. We strongly believe that JAIN Sports has played a pivotal role in her success, and we look forward to many more milestones together.

— **Naveen Sharma & Anjana Sharma**
Parents of Dakshina Joshi

Parents of Saanvi Raghavendra

Our daughter, Saanvi Raghavendra (11 years old), has been training in swimming at JAIN Sports for Excellence for the past two years. During this period, we have observed significant improvement in her swimming skills, technique, confidence, and overall discipline.

The coaching program is well-organized and professionally conducted. We would like to express our sincere appreciation to Coach Gagan Sir for his dedication, patience, and consistent guidance. His commitment to mentoring young swimmers has played a vital role in Saanvi's development. We are highly satisfied with the quality of coaching and the positive training environment at JAIN Sports.

— **Raghavendra & Pratibha Raghavendra**
Parents of Saanvi Raghavendra

JAIN Pathway TESTIMONIALS

Parent of Samrudh Anilkumar

My son Samrudh joined JAIN Sports in October 2024, and our experience has been very positive. The swimming coaching under Coach Gagan Ullalmath and his team has been excellent, and we have seen significant improvement in his progress, especially in technical skills.

The swimming pool facilities are well maintained, and the coaching approach is both professional and supportive. Additionally, the accommodation and food arrangements are well managed. Overall, we are very satisfied with both his education and swimming coaching at JAIN Sports.

— Harshita Anilkumar

Mother of Samrudh Anilkumar

Parent of Pradnya

I would like to share my experience after enrolling my daughter, Pradnya, in the JAIN Sports swimming program. When we joined in April, I hoped to see her improve her timings and move closer to her goals. Today, I am happy and satisfied that those hopes have been fulfilled.

Special thanks to Coach Gagan Sir for standing by the swimmers through every high and low, and for constantly supporting and motivating them. I truly hope to see all the children reach greater heights under his guidance.

— Shrikant

Father of Pradnya

Parent of Daksh Prasad

Daksh began his journey at JAIN Sports in 2023 as Coach Gagan Sir's first registered swimming student on campus. As a young child, the initial months were challenging as he adjusted to a new environment away from home. What started with just a few swimmers has now grown into a strong and thriving group.

With Coach Gagan Sir's guidance and JAIN Sports' holistic approach, Daksh has shown remarkable progress both in and out of the pool. His technique has improved significantly, earning him multiple state and national medals. He has also grown in discipline, confidence, and life skills, while continuing to excel academically with the support of the school staff.

Overall, JAIN Sports is a wonderful place for nurturing talent and excelling in both sports and education.

— Prasad R S

Father of Daksh Prasad

OUR CAMPUS

A strong academic ecosystem - Jain Public School



Set inside JAIN's 350-acre Global Campus, the Manchester City Football School operates within a secure, professionally managed environment designed around education, football, and wellbeing.

SWIMMING FACILITIES DESIGNED FOR DEVELOPMENT



- ▶ Olympic-Standard Pool
- ▶ Supported by a dedicated warm-up and diving pool
- ▶ Strength & conditioning facility built for youth swimming
- ▶ Advanced sports science support (assessments, load monitoring, recovery protocols)
- ▶ Recovery & mobility sessions for injury prevention
- ▶ Spaces for theory, video analysis & tactical learning
- ▶ AIFF accredited academy & campus

A STRONG ACADEMIC ECOSYSTEM - JAIN PUBLIC



- ▶ Purpose-built classrooms with CBSE curriculum
- ▶ Experienced & supportive teaching faculty
- ▶ Daily academic timetable aligned with training load
- ▶ Supervised evening study hall with mentoring support
- ▶ Continuous academic tracking & monthly updates
- ▶ Focus on balancing performance, learning & well-being

SAFE, STRUCTURED RESIDENTIAL ENVIRONMENT



- ▶ Separate, secure accommodation blocks for students
- ▶ Trained wardens & pastoral staff on every floor
- ▶ Daily routines that build discipline, hygiene & responsibility
- ▶ Structured lights-out, study & meal schedules
- ▶ Emotional and social development supported through mentoring
- ▶ 24x7 safety monitoring across residential zones

HEALTH, NUTRITION & WELLBEING



- ▶ Athlete-focused dining with balanced, nutritious meals
- ▶ On-campus medical center for regular care
- ▶ Physiotherapy & sports science assistance
- ▶ Clean, safe & closely monitored living environments
- ▶ Strong emphasis on sleep, recovery and holistic wellness

STUDENT LIFE

A Balanced Daily Rhythm for Young Athletes

Life at the program is designed to help young student-athletes grow comfortably in a safe, organised residential environment. Every day blends academics, football, nutrition, recovery, study, & rest - ensuring stability and healthy routines.

DAILY ROUTINE

- 6:30AM : Wake Up & Morning Preparation
Calm, supervised morning routine.
- 6:30 AM-7:30 AM : Personal Preparation Time
Stretching, mobility or light warm-ups.
- 7:30 AM-8:30 AM : Breakfast Time
Athlete-focused meal plan.
- 8:30 AM-9:00 AM : Getting Ready for School
Uniform, equipment & schedule check.
- 9:00 AM-12:30 PM : Morning Academic Session
(JAIN Public School)
Structured academics in dedicated school blocks.
- 12:30 PM-1:30 PM : Lunch Time
Balanced nutrition supporting energy needs.
- 1:30 PM-3:15 PM : Afternoon Academic Session
(JAIN Public School)
Focused classroom learning & academic continuity.
- 3:20 PM-4:00 PM : Pre-Training Snacks & Getting Ready for Session
Energy boost, hydration & kit-up for training.
- 4:00 PM-6:00 PM : On-Field Training Session
Technical + tactical development following City methodology.
- 6:00 PM-7:00 PM : Hydration, Shower & Relax
Cool-down, stretching, hydration.
- 7:00 PM-8:00 PM : Prep Time
(Homework & Revision)
Homework, revisions, academic mentoring.
- 8:00 PM-8:30 PM : Dinner Time
Wholesome, athlete-friendly meals.
- 8:30 PM-9:30 PM : Supervised Wind-Down Time
Rest, hygiene routines, room supervision.
- 9:45 PM : Lights Out
Rest, recovery & sleep discipline.

RESIDENTIAL LIFE

A safe, nurturing environment managed by trained wardens and pastoral staff.

- ▶ Clean, well-supervised rooms
- ▶ Age-appropriate routines
- ▶ Daily attendance, check-ins, & room monitoring
- ▶ Laundry and hygiene oversight
- ▶ Rules promoting discipline and independence



STUDENT ACTIVITIES

- ▶ Interactive classroom learning and academic enrichment
- ▶ Life skills workshops (decision-making, financial literacy, time management etc.)
- ▶ Leadership, values, and character development sessions
- ▶ Team-building & collaborative learning activities
- ▶ Recovery, wellness, & healthy lifestyle education
- ▶ Educational excursions and supervised outings
- ▶ Personal mentoring and guidance from experienced staff

WELLBEING & SAFETY

- ▶ 24x7 campus security and controlled entry
- ▶ Pastoral care for emotional and social wellbeing
- ▶ Regular health checks
- ▶ Physiotherapy support
- ▶ Balanced schedules that prevent overload

ADMISSION & FEES

Your Journey to Joining the Program

Competition plays a central role in developing intelligent, confident footballers.

At the Swimming School at JAIN Sports, players follow a season-long competitive program designed to challenge them at the right moments and ensure they gain the experience needed to progress through national pathways.

ADMISSIONS PROCESS

A simple 5-step journey from inquiry to enrollment.



ANNUAL FEE STRUCTURE (ALL-INCLUSIVE)

CBSE Schooling + Full Residential Boarding	Get in touch
Swimming Training Program	Included
Coaching, Matches & Festivals	Included
Daily Strength, Conditioning & Recovery	Included
Access to pitches, gym & training facilities	Included
Competition participation (as applicable)	Included
Match analysis & Individual Development Plans	Included
Athlete-focused dining & nutrition plans	Included
Monthly academic tracking & teacher support	Included
Travel for tournaments/exposure trips	Additional
Personal gear purchases (boots, shin guards, training apparel)	Additional

No hidden charges. Clear inclusions. Premium value.

MERIT-BASED SCHOLARSHIPS

A limited number of scholarships (up to 50-100%) may be awarded each year to:

- ▶ Exceptional footballing talent
- ▶ Students demonstrating outstanding commitment
- ▶ Players showing significant in-year improvement

Scholarships are reviewed annually, giving every student-athlete the opportunity to earn one based on performance, discipline, and development.

THE JAIN GROUP LEGACY

Where sport meets structured excellence.



ABOUT

JAIN Group is a premier education provider, entrepreneurial hub, and sports powerhouse in India, committed to innovation and excellence. Its educational institutions offer cutting-edge curricula and world-class infrastructure. Alongside nurturing budding entrepreneurs with incubation support, JAIN Group fosters athletic talent, thus making a mark in both the sports and business world.

In 2023, JAIN University was honoured with the Rashtriya Khel Protsahan Puruskar by the Ministry of Youth Affairs and Sports, Government of India, for its outstanding efforts in identifying and nurturing budding sports talent.

HISTORY IN SPORTS

3

Paralympians

9

Olympians

15

Cricketers
Represented
India

250

International
Athletes

550

National
Athletes

NOTABLE ALUMNI & CURRENT STARS



PANKAJ ADVANI
Snooker



REHAN PONCHA
Swimming



ROHAN BOPANNA
Tennis



KL RAHUL
Cricket



ANUP SRIDHAR
Badminton



ROBIN UTHAPPA
Cricket



ADITI ASHOK
Golf



SRIHARI NATARAJ
Swimming

GET IN TOUCH



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