



Yash Sukhwani

School : Aditya Birla World Academy
Age : 14 years
Class : VIII

ACHIEVEMENTS:

- Won 1st place for 600m Run in Inter-District Nationals 2013
- Won 1st place for 100m, 200m, 400m and 800m Run in YMCA State Level Meet 2013
- Won 1st place for 200m, 400m and 600m Run in DSO State Level Meet 2013
- Won 1st place for 200m, 400m and 800m Run in MSSA Annual Athletic Championship 2013

WHAT YASH SAYS

▶ Get enough sleep of around eight hours each night

▶ Eat a nutritional balanced diet

▶ Daily practice of 2 hours

▶ Believe in yourself and never give up

▶ Success rarely comes in the first instance and is even sweeter after tremendous perseverance

COACH GUIDE MARSHAL & VINIT

- 1 Passion and discipline towards sports determine success rate
- 2 Regular training is a must for any athlete to go ahead
- 3 Consuming a balanced diet, keeps you fit and remain agile

