# ATHLETICS Summer Coaching Camp-2024

DEPARTMENT OF PHYSICAL EDUCATION St. JOHN'S COLLEGE ANCHAL

DATE 01/04/24 ONWARDS

# **Beneficial for:**

- Physical Fitness
- Intercollegiate Tournaments like Athletics, Cross Country
- Physical Fitness for armed/ uniform services(Army,Navy Police, Forest, Excise etc).

Admission restricted to St. John's College students and those who are interested to take admission in college. TIME

6.30AM TO 8.00AM

COACH

MR. ABRAHAM MATHEW (INTERNATIONAL ATHLETE)

Hurry up! Call now 9747219010

**Coordinator: Dr George V Thomas** 

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	Age. 19
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DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S O SUMMER COACHING CAMP-2024	COLLEGE, ANCHAL
Name Ashok kuman	Age. 17
Address Mithralayan, Panachavila	
Contact No	0.4-2024
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DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S C SUMMER COACHING CAMP-2024	COLLEGE, ANCHAL
Name Althaf Shiju	Age 18
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DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S C SUMMER COACHING CAMP-2024	COLLEGE, ANCHAL
Name SivaPrasad . P	Age. 22
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Contact No. 9946089021 Joining Date 1-04-2024

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#### DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL SUMMER COACHING CAMP-2024

Name Vingesh S. Age 20 Address St. John's College Anchal II nd malufalum ..... Signature of Candidate f Coordinator 11 DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL SUMMER COACHING CAMP-2024 Name Ann Susan Samuel Age 18 Address Any bhave St John's Anchal 2nd Data ..... Contact No. \$590.827561 Joining Date 142024 Signature of Candidate Coordinator 12

## DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL SUMMER COACHING CAMP-2024

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Name IRINE SAJI	
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Contact No. 9895452914 Joining Date 01.04-2024	
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### DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL SUMMER COACHING CAMP-2024

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Name Monisha M.s. Age 19 Address St. Johns college Anchal TIT rd Bicom Contact No. 8943326980 Joining Date 142024 Signature of Candidate Coordinator DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL SUMMER COACHING CAMP-2024 Age.27..... Name Quada .S olege Anched. The B. Com Address ...... ROA Signature of Coordinator Signature of Candidate 18 DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL SUMMER COACHING CAMP-2024 Vanvashi. s. Age. 19 Name..... Address St. John's college Anche II Data -Contact No. 9846959801 Joining Date 03 4 2024 Signature of Candidate of Coordinator Signati

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Name. AJAY J.G.	Age1.7.
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	Name Alhul S	Age. 1.7
	Address Preetha vilasam, Thudayannoor	(P-O), Kadakkal
	Contact No. 75.588.447.4.1. Joining Date 7	15/24
	Signature of Candidate	Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL   Name   M. S. Sihari Age   Address Sai Gagathis, Pathinical, P.D. Pathanapusan   Contact No 97733555293   Joining Date 13-05-2024   Signature of Candidate Signature of Candidate   Jailari <th>SUMMER COACHING CAMP-2024 Name</th> <th></th>	SUMMER COACHING CAMP-2024 Name	
Name M. Sisihari Age. II.   Address Sail Gegalhis, Pathinical, P.O. Pathanapusan   Contact No. 177325 5292   Joining Date 13-05-2024   Signature of Candidate Signature of Candidate   Jailari Signature of Candidate	Name. M. Soihari	
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Contact No. +91 6238490245 Joining Date 30-04-2024	Contact No. +91 6238490245 Joining Date 30	-04-20:24
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### SUMMER ATHLETICS COACHING CAMP

The Physical Education Department of St. John's College organized a highly successful Summer Athletics Coaching Camp from April 1 to April 30, 2024. Designed to enhance the athletic skills and overall fitness of students, the camp was led by Abraham Mathew, an internationally renowned athlete and esteemed coach. His vast experience and motivational approach inspired the participants to push their limits and strive for excellence. The training sessions covered a wide range of athletic disciplines, including sprinting, long-distance running, jumps, and throws, with a focus on technique, endurance, and strategic planning. Each day was meticulously planned, combining rigorous physical training with guidance on mental preparation and sportsmanship.

The camp witnessed enthusiastic participation from students, who showed remarkable progress and determination throughout the month-long program. It served as a platform to identify and nurture budding talent, preparing them for higher levels of competition. The concluding ceremony highlighted the achievements of the participants, with Abraham Mathew commending their hard work and dedication. The event ended on a positive note, with a vote of thanks extended to the coach, the Physical Education Department, and all those who contributed to the camp's success, ensuring its lasting impact on the students' athletic journey.