



## Weightlifter Sathish Kumar defends his Commonwealth Games title

*On the picture (L to R) Varun Shetty (strength and conditioning coach at Invictus Performance Lab), Sathish Kumar, and Deepthi Bopaiah (Executive Director at GoSports Foundation)*



Indian weightlifter S. Sathish Kumar, supported by GoSports Foundation, arrived into the Commonwealth Games in Gold Coast, Australia, as one of the medal favourites. He completely lived up to the expectations by lifting a total weight of 317 kg (144 kg snatch and 173 kg clean & jerk) to win his second gold medal at a Commonwealth Games and defend his title that he claimed at the 2014 edition in Glasgow, Scotland.

Due to Sathish's recurring injuries, GoSports Foundation facilitated on-ground training sessions for him in Australia with Varun Shetty, his strength and conditioning coach from Invictus Performance Lab. Despite of these sessions, Sathish was experiencing discomfort ahead of his event for which additional help was also sought from badminton team physiotherapist Kiran Challagundla.

The 2014 Commonwealth champion put all concerns behind him to take the top spot and we, at ASM Technologies Limited, are delighted to play a part in enabling his preparations and achievements by

partnering with GoSports Foundation through their Rahul Dravid Athlete Mentorship Programme.

Although he failed to replicate his personal best lift in Gold Coast, it was a gold medal achieved tactfully through seamless coordination, cooperation and team work among his coach Vijay Sharma, support staff including his physiotherapist, the Federation, and the GoSports team and its team of sports science experts.



## **N SATHISH KUMAR**

### **WEIGHTLIFTING - 77KG**

**Personal Best: Rio Olympic Qualification - 336kg Total**

Commonwealth Games 2014 - Gold: 328; Silver: 317; Bronze: 314

Asian Games 2014- Gold: 375; Silver: 363; Bronze: 353

Rio Olympics 2016- Gold: 379; Silver: 379; Bronze: 361

### **BASIC DETAILS**

**Date of Birth - 23.06.1992**

**Hometown - Vellore, TN**

**Training Base - NSNIS,  
Patiala**

#### **Sporting Background**

Sathish took up weightlifting because of his family members, who were all weightlifters, including his father.

#### **Personal Background**

His father was with the army and now works as a security guard at VIT University while his mother is a housewife. Has a younger brother who is a mechanical engineer.

### **Achievements**

- 2012 | Commonwealth Championship - Gold
- 2013 | Commonwealth Championship - Gold
- 2014 | Commonwealth Games - Gold (CWR)
- 2015 | Commonwealth Championship - Gold (NR)
- 2016 | Rio Olympics - 11<sup>th</sup> Position

**ADITYA BIRLA**



**FINANCIAL SERVICES**

**RAHUL DRAVID**  
ATHLETE MENTORSHIPS

WITH **GoSports**  
FOUNDATION



**ASM Technologies Limited**