In 2010, three men left behind their cushy jobs to brave a new world and set up a futsal facility of international standards in April 2013. Today, their services are wanted by every sport enthusiast and they thrive as the most reputed players in sports facilities and management. If you have a sporting problem, if no other company is good enough, and if you ask them, maybe you can hire... the A Team.

A Team Sports believes quality sports infrastructure and training is essential for any city. Realizing the lack of access to sports facilities that schools, corporates, and individuals have today, the A-Team aspires to turn every turf and facility they open into a play haven for corporates, institutions, groups and individuals alike.

Passionate about sports, A Team Sports wants to change the sports culture in the city. Using their experiences in this space over the last few years, they want to develop sports at the grass root level in the country, with a special focus on football.
"I love it when a business plan comes together"

- Akash Gambhir, Founder and CEO

In 2010, three lifelong friends were sent to their corporate prisons for a crime they didn’t commit. These men left behind their cushy jobs to brave a new world and set up a futsal facility in April 2013. Today, their services are wanted by every sport enthusiast and they thrive as one of the best players in sports facilities and management. If you have a sporting problem, if no other company is good enough and if you ask them, maybe you can hire... the A-Team.

"I Pity the School"

- Aniketh Nair, Co-Founder and COO

Realizing the lack of access to sports facilities that schools and corporates have today, the A-Team decided to step in and save the day once again. "With every turf and facility we open across the city, we aim to make it into a play haven for corporates, institutions, groups, and individuals alike."
“Rules are meant to be broken”
Abhay Singh, Co-Founder

Nobody told them they had to play within the lines. Coming across several avenues through which they could change the sports culture in the city, they jumped in head first into every one of them. "We don't disregard any need, no matter how small or big. We take everything as a challenge and come out on top." It is this passion for sports that has made them the go-to team across the sporting spectrum.

“We're on the jazz”

A Team Sports believes good quality sports infrastructure and training is the key for early development of kids in any sport and a must to realize their real potential. Through their passion for sports and their varied experiences, they wish to change sports as we know it in the country with a special focus on Football.
The A-Team was founded with an ambitious spirit and a lofty objective of providing the best Sports Infrastructure solutions in the country. By becoming a 360-degree Sports Management firm, we aim to scout and promote the best emerging talent, offer the most advanced coaching programs and associate with all major sporting events in India. We are also dedicated to developing the sport and culture of Football in the country.
"We want you to focus on what you do best. Leave the rest in our capable hands."

Sports management services include:
- Personal Brand Development
- Personal Technology Outfitting
- Contract Negotiation
- Financial Coordination
- Community Relations
- Public Relations
- Digital and New Media
- Financial Planning
- Legal Services
- Strategic Endorsement Assistance

"You're only as good as the sum of your parts. That is why we bring only the best to the table."

At A Team Sports, we believe that quality infrastructure can help promote the development of sporting culture in the country. To help you deliver the best to your customers, we partner up with you in setting up a facility that matches your requirements.
NAHAR GROUP
Successfully completed 3 setups for Nahar Group
One Multipurpose Field
One Futsal Field
One Tennis Court

SPORTS IT INFRASTRUCTURE
We create a customized point of sale and booking engines catering to any sport, be it a play or plug or membership model.
**RED BULL SOAP BOX**

In its second Indian edition, the Red Bull Soapbox Race got even crazier. The international sporting craze involves an outrageous downhill race in custom-built engine-less machines.

**Hiranandani Powai Run**

When the Rotary Club of Mumbai Lakers decided to make this year’s Powai Run bigger than its previous editions, they knew they could trust A Team Sports to get the job done.

**CORPORATE EVENTS**

All of our venues have become the go-to grounds for corporate tournaments and sports events.
Launched in April 2013, Kick Powai started a lifestyle revolution in the city. It provided a city lacking in sporting fields and facilities, a venue to realize its sporting dreams.

Our first project as A Team Sports, we set up India’s first-ever dedicated Outdoor Futsal facility as per UEFA and FIFA standards. The facility has two astro-turf pitches to cater to Mumbai’s most youthful suburb.

Apart from serving as the area’s favorite turf for football and cricket games, it has also become the most popular venue with corporates for team building activities. The 13000 sq ft space has also become popular with several schools who don’t have their own sporting facilities but require top class training set-ups.
Not satisfied with revolutionizing the consumption of sports in the city suburbs alone, we launched PDP Kick for the football enthusiasts of South Mumbai. The second arena under the Kick banner, PDP Kick aka Priyadarshini Park Kick, is a 5,200 sq ft rink designed as per international standards.

The venue, like Kick Powai, also features a café which is ideal for catering and extra seating during events.
After the resounding success of Kick Powai and PDP Kick, on November 1st, 2016 we launched the expansive multi-sport arena at Kick Nahar. The 25,000 sq. ft. arena is set up for multiple sports including football, cricket, tennis and basketball. It even features a running track, making it ideal for Sports Day events hosted by schools. Along with the sports infrastructure, we have also set up an online booking system for the venue.
The ground at Kick is surrounded by beautiful art, which makes it suitable for a football field. The grass is soft and comfortable, providing a great playing surface. The location of the field is perfect for any football enthusiast, as it is surrounded by trees and nature, offering a peaceful environment. Participants can enjoy the outdoors while playing football and spending time with friends and family. The field is equipped with all the necessary facilities, including changing rooms and showers, ensuring a comfortable experience for everyone. Overall, Kick offers a unique and enjoyable football experience in a beautiful setting.
EXPANDING YOUR HORIZONS

COLLEGES ARE HOLDING AWARENESS PROGRAMMES AND OFFERING INCENTIVES TO ENCOURAGE WOMEN TO PARTICIPATE IN SPORTS TOURNAMENTS

Game on

With sports and fitness becoming a high-priority aspect, we want to see developed facilities and more venues for sports participation in colleges. Existing spaces at colleges need to be better utilised for sports. Students should be allowed to use sports credits for the subjects they are weak in.

L18 FLAVOURS

Have you booked your turf?

Lions' footballers to play against Dhanbad's in a friendly match.
The fitness warmers

DOING WARM UP BEFORE YOUR WORKOUT IS IMPORTANT IN MANY WAYS. SPEND MORE TIME WARMING UP BEFORE ANY KIND OF CARDIO, WEIGHTS OR STRENGTH TRAINING.

By RAGENDRA SINGH

Before starting any physical activity, it is important to warm up properly in order to avoid injuries. A good warm-up should involve stretching, light jogging, and exercises that prepare the body for the task ahead. Whether it's a game that you are gearing up for or a regular exercise routine, a good warm-up is essential. Here are a few warm-up exercises to help you:

1. Quadriceps:
   - This helps you to loosen up the quadriceps muscles to avoid any muscle strain while starting. Take your right leg back till it touches your hips and hold for six seconds. Lower your leg and repeat for 15 seconds. Repeat the same with each leg. Do it three times every day. When this thigh-strengthening exercise is easy, you can add a light weight to your ankle.

2. Toe touch:
   - Bring your toes to your calf muscles. Sit on the mat and straighten your legs, keeping your knees straight. Breathe in and touch your toes; breathe out and return to starting position. Repeat five times on one side and then切换 to the other side.

3. Quad stretch:
   - Stand with your feet hip-width apart. Raise your right leg; keep it raised and touch your right leg with your left hand. Come back to starting position. Repeat with the other leg.

4. Cross thigh hug:
   - Sit on the floor with both legs fully extended in front of you. Lift your right leg, bend your knee, and cross it over your left leg. Place your right hand on your chest and your left hand on your right knee. Hold for 10 seconds, and then switch legs.

5. Knee stretch:
   - Sit on the floor with both legs extended in front of you. Cross your legs and straighten your legs. Hold this position for 10 seconds, then switch sides.

6. Calf stretch:
   - Stand with your feet hip-width apart. Raise your right leg and bend your left leg. Hold your heel as you stretch your calf muscle. Hold for 10 seconds, then repeat with the other leg.

7. Hip flexor stretch:
   - Lie on your back with your knees bent and your feet flat on the ground. Pull your right knee towards your chest, hold for 10 seconds, and then repeat with the other leg.

By including these warm-up exercises in your routine, you can ensure that your body is ready for any physical activity.
**Futsal calling**

7AM TO 1PM This futsal venue believes that women will change the football scenario in the country and hence, to encourage more women, they have kept all slots for the day free. So bend it like Beckham or better, as the posts wait for you.

ON Today AT Kick, Supreme Business park, Hiranandani gardens, Powai and Priyadarshini Futsal Kick, Priyadarshini Park, Napeanse Road.
CALL 9870590285

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**Kickstart**

WHILE the world might focus on the ongoing US Open, owners and employees of some of the city’s most promising startups like Handyhome, Doormint, Bungalow, Credi, Tiqyowl, Helachef, Latalhu, Taskbob and Plyrobe among others are busy playing an inter-startup Football League that will go on till September 27 (2 pm to 7 pm everyday) at Kick in Powai. Conceptualised by Kick and Sushil Reddy (who devises solar energy solutions with a startup at IIT-M), the tournament hopes to motivate employees as a startup life can get tough. We’d like to say, “Good luck boys, Good for it!”

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**Ball Hop in the Park**

Priyadarshini Futsal Kick organised their first ever Christmas party for over 50 children from various NGOs across Mumbai over the weekend. The event, held at Priyadarshini Park, saw boys and girls enjoy a game of football, followed by Christmas celebrations. PIC/SURESH KX
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