


## SFA Training Club – E7 Fitness

### Coach details:

Photo	Name & Credentials
	<p><b><i>Mr. Edgar Mascarenhas</i></b></p> <p>International Hockey Player and Coach. Has played for India in more than 90 International matches including the World Cup and Champions Trophy.</p> <p>Has also been a part of the support coaching staff at the Junior India training camps in preparation of the Junior World Cup.</p> <p>Founder of Grassroots Initiative, a hockey training program for budding Mumbai U16/U18 players.</p> <p>With more than 15 years of experience coaching children, he now concentrates on coaching and creating fitness programs.</p> <p>Has a wealth of knowledge in fitness and has been through the grind himself.</p> <p>Has good people skills and though a tough coach and trainer, has a friendly and likable approach which kids adore.</p>