



"We Dive To Revive"

Tucked into the heart of Mumbai, Tuck & Dive has spent 17 years turning first jumps into national podiums. From grassroots recreational batches to India's brightest competitive talent, we build divers who carry themselves with discipline, courage, and pride — in the water and beyond it.

17+

YEARS TRAINING

2

TRAINING CENTRES

30+

PODIUMS SINCE 2022

250+

CAMPERS SINCE 2017

Three coaches, three decades of combined diving experience — guiding every athlete from their first jump to the national podium.



TUSHAR GITAYE

HEAD COACH

A calm poolside leader with an international playing career and a long record of national excellence — Head Coach for 17 years.

- International diving player
- Shiv Chhatrapati Awardee
- 13-time national champion / medal-winning performer

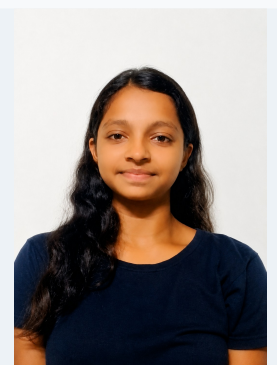


PARAS BENDRE

ASSISTANT COACH

A national-level player who brings patience, approachability, and athlete-first coaching to younger divers.

- National diving player
- Focused on confidence-building
- Supports beginner to competitive progression



NEHA PASTE

ASSISTANT COACH

A composed technical coach who supports athletes through disciplined basics, confidence, and event preparation.

- Junior national medalist
- Strong foundation and correction work
- Reliable support across training and competitions

"One team, one mission — raising the next generation of Indian divers."

OUR VISION

To be a leading diving academy in India, fostering a strong community of skilled, confident, and passionate divers who can represent the sport with pride.

OUR MISSION

To produce high-quality divers through structured coaching, expand the diving fraternity, and create opportunities from grassroots to competitive levels.

WHAT WE DO

- **Student to athlete** — body control, board confidence, water entry, safety, and discipline before advanced skills are layered in.
- **Fitness through diving** — mobility, core strength, courage, posture, focus, and explosive coordination.
- **Competitive pathway** — preparation for school meets, state meets, nationals, and international representation.



PRABODHANKAR THACKERAY KRIDA SANKUL

Our longest-running centre — partner since 2012. Supports foundational, recreational, intermediate, competitive, and advanced batches.

Shahaji Raje Marg, Vishnu Prasad Society, Navpada, Vile Parle East, Mumbai, Maharashtra 400057

Foundational

Recreational

Intermediate

Competitive

Advanced

GOREGAON SPORTS CLUB

Our founding partnership — partner since 2008. Key base for combined recreational and competitive diving training.

New Link Rd, Near Toyota showroom, Malad, Mind Space, Malad West, Mumbai, Maharashtra 400064

Combined Recreational & Competitive Batch



38TH NATIONAL GAMES 2025

Kshama Bangera 1m Springboard **Bronze**

Swaraj Lad 1m Springboard **7th**

Tushar Gitaye Platform **5th**

37TH NATIONAL GAMES 2023

Tushar Gitaye Platform **Bronze**

Kabir Rao 1m Springboard **7th**

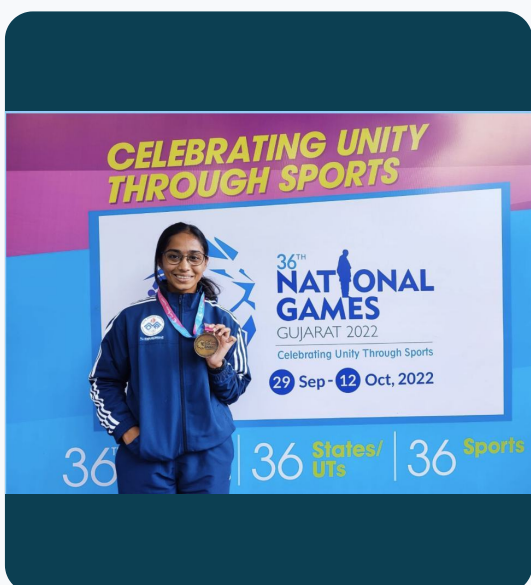
Keya Prabhu 1m Springboard **5th**

36TH NATIONAL GAMES 2022

Medhali Redkar 1m Springboard **Gold**

Kabir Rao 1m Springboard **4th**

Anuj Shah 1m Springboard **Bronze**





77TH SENIOR NATIONALS 2024

Swaraj Lad	1m / 3m Springboard	6th	12th
Keya Prabhu	Platform	Bronze	
Om Kadam	1m / 3m Springboard	17th	
Kshama Bangera	1m / 3m Springboard	5th	



76TH SENIOR NATIONALS 2023

Medhali Redkar	1m Springboard	Bronze	
Anuj Shah	1m Springboard	7th	
Tushar Gitaye	Platform	Bronze	
Kshama Bangera	1m Springboard	8th	
Keya Prabhu	3m Springboard	4th	



75TH SENIOR NATIONALS 2022

Medhali Redkar	1m / 3m Springboard	5th	Bronze
Anuj Shah	1m Springboard	Bronze	
Tushar Gitaye	Platform	5th	
Kabir Rao	1m Springboard	11th	

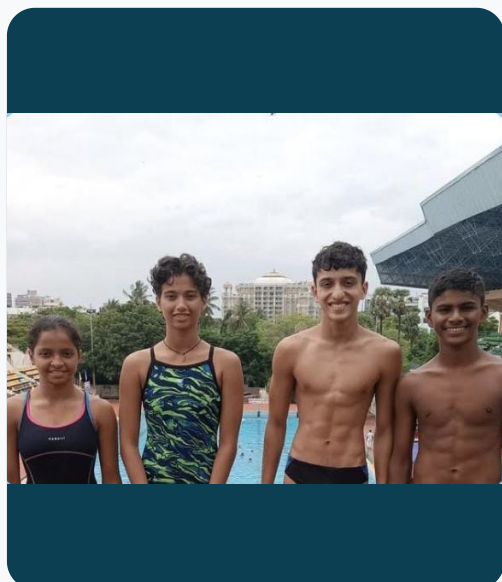
73RD SENIOR NATIONALS 2019

Tushar Gitaye	Highboard	Silver	
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50TH JUNIOR NATIONALS 2024

Swaraj Lad 1m / 3m / Platform	Silver	Gold	Gold
Keya Prabhu 1m / 3m / Platform	5th	Bronze	Bronze
Om Kadam 1m / Platform			12th
Kabir Rao 1m Springboard			4th
Neha Paste 1m / 3m / Platform	Silver	Bronze	4th
Ananya Tirlotkar 1m Springboard		Bronze	



49TH JUNIOR NATIONALS 2023

Swaraj Lad 1m / 3m Springboard	Silver	Gold
Keya Prabhu 1m / Platform	Bronze	Bronze
Kabir Rao 1m Springboard		Silver
Neha Paste 1m Springboard		Silver



48TH JUNIOR NATIONALS 2022

Kshama Bangera 1m / 3m Springboard	Gold	Gold
Keya Prabhu 1m / Platform	Silver	Bronze
Kabir Rao 3m Springboard		Bronze
Swaraj Lad 1m Springboard		Bronze

46TH JUNIOR NATIONALS 2019

Ashna Chevli 1m / 3m / Platform	Gold	Silver	Silver
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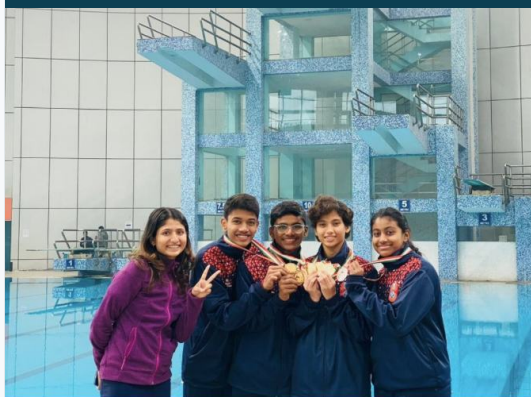


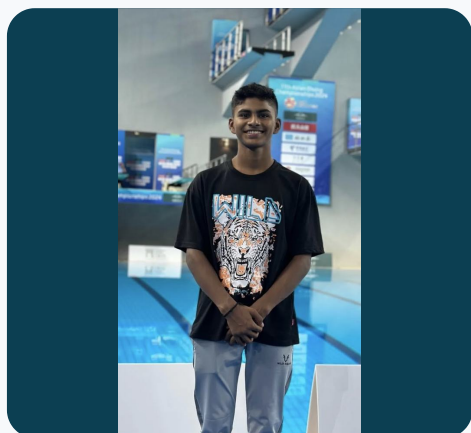
68TH SGFI NATIONALS 2024

Swaraj Lad 1m / 3m / Platform	Gold	Gold	Gold
Keya Prabhu 1m / 3m / Platform	Gold	Gold	Gold
Anvesh Harane 1m Springboard			Bronze
Neha Paste 1m Springboard			4th

67TH SGFI NATIONALS 2023

Swaraj Lad 1m / 3m / Platform	Gold	Gold	Gold
Keya Prabhu 1m / 3m / Platform	Gold	Gold	Gold
Anvesh Harane 1m Springboard			Gold
Alisha Takkar 1m Springboard			Silver
Kabir Rao 3m Springboard			Gold





11TH ASIAN CHAMPIONSHIP 2024

Swaraj Lad 1m / 3m Springboard

9th

ALL INDIA UNIVERSITIES 2024

Kshama Bangera 1m / 3m Springboard

Silver

Bronze

Paras Bendre 1m / 3m Springboard

10th

Om Kadam 1m / 3m Springboard

5th

Silver

Jiya Shah 1m / 3m Springboard

7th

ALL INDIA UNIVERSITIES 2023

Kshama Bangera 1m / 3m Springboard

Silver

4th

Om Kadam 1m / 3m Springboard

4th



ALL INDIA UNIVERSITIES 2019

Medhali Redkar 1m / 3m Springboard

Gold

Silver

10TH ASIAN AGE GROUP CHAMPIONSHIP 2019

Ashna Chevli 1m / Platform

8th

6th



65TH NATIONAL SCHOOL GAMES 2019

Ashna Chevli 1m / 3m / Platform

Silver

Silver

Bronze

Jiya Shah 1m Springboard

Silver



SUB JUNIOR NATIONAL AQUATIC CHAMPIONSHIP 2019

Jiya Shah 1m / 3m Springboard

Bronze

5th

Kshama Bangera 1m / 3m / Highboard

7th

5th

Bronze

Anuj Shah 3m Springboard / Platform

Bronze

4th



RYP INVITATIONAL NATIONALS 2017

Our first RYP national diving event was a resounding success, featuring top divers from across the nation competing for the championship title.



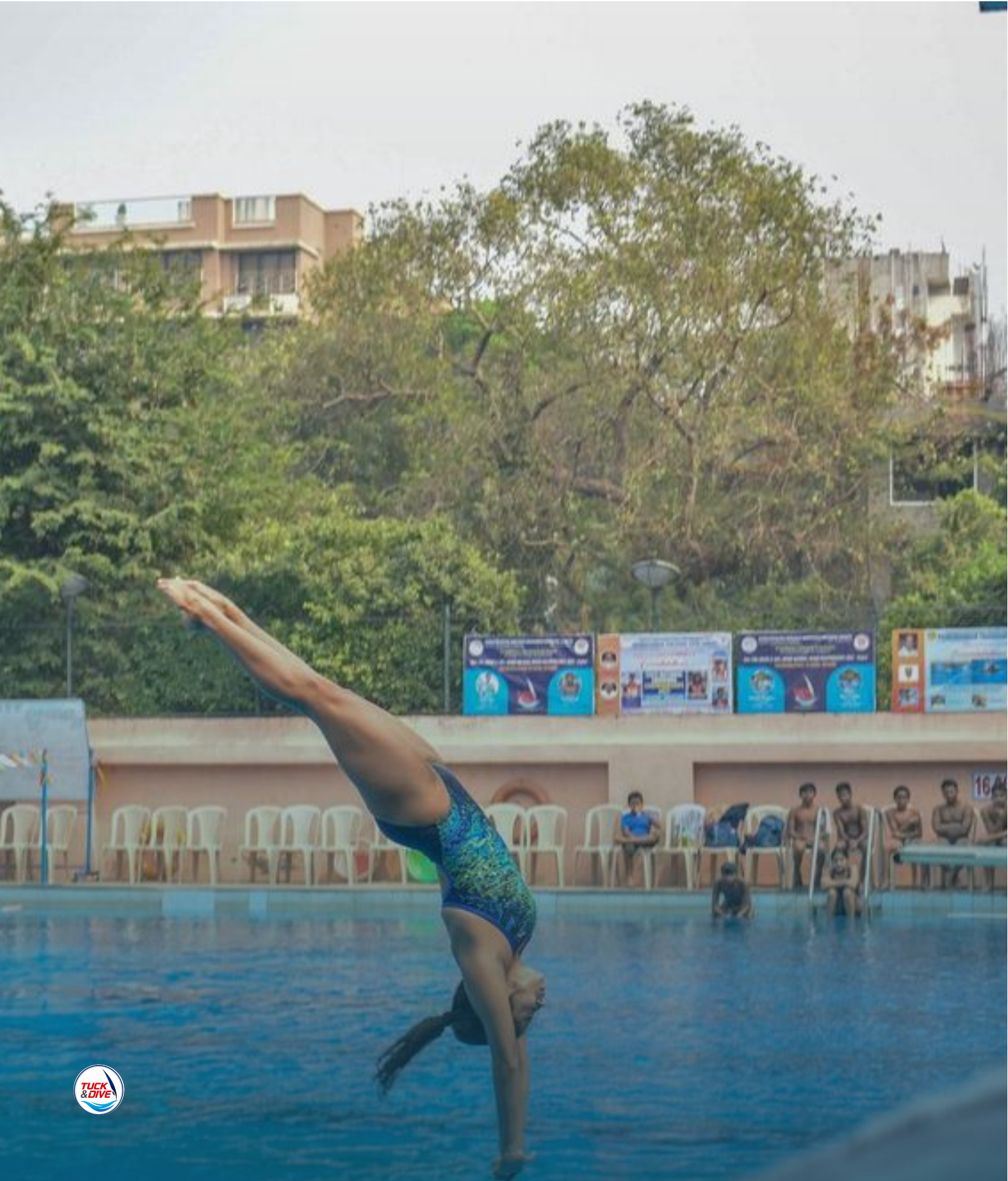
RYP INVITATIONAL NATIONALS 2018

The second edition introduced a new generation of divers, with more age groups making the event even more engaging.



RYP INVITATIONAL NATIONALS 2019

With divers eagerly waiting all year, the 3rd RYP Nationals were held with full passion and potential — a memorable event for everyone present.



RYP DISTRICTS 2023

Our first RYP District diving event had a twist — introducing groups who wanted to experience diving as they see it. Ranging from children to elderly participants, everyone had the opportunity to take part in their first diving event.



RYP DISTRICTS 2024

With higher participation and more people introduced to the sport, this year's event became a fun-filled day for our participants — and an ultimate success for everyone who joined Tuck & Dive.



DIVING DEMONSTRATIONS

Tuck & Dive promotes diving awareness through demonstrations featuring skilled divers — showcasing technique, educating audiences, and inspiring new divers.



DIVING CAMPS

Since 2017, over 250 participants aged 6 to 50 have joined our 5, 10, and 15-day summer and Diwali camps, plus 1-day workshops — a fun, structured introduction to diving.



STALLS AT SPORTS FAIRS

Interactive stalls where visitors learn about diving, training programs, events, and techniques — helping raise awareness and introduce more people to the sport.

TUCK AND DIVE PRESENTS WEBINAR WITH INDIAN POLICE DIVING OFFICIALS

MR. B. S. RAVISEKHAR

MR. GOPI RAMCHANDRA MALPEDDI

MR. HIMANSHU SHARMA

**SATURDAY
AUGUST 8
4PM**



2020 · ENGAGEMENT DURING THE PANDEMIC

WEBINAR WITH INDIAN POLICE DIVING OFFICIALS

A session with Indian Police diving officials Mr. B.S. Ravisekhar, Mr. Gopi Ramchandra Malpeddi, and Mr. Himanshu Sharma.



TUCK AND DIVE PRESENTS WEBINAR WITH DIVING JUDGES

MRS. BHUMIKA VYAS SINGH

MR. RISHIKESH GULLAPALLI

MR. NISHIT DIXIT

**SATURDAY
JULY 18
4PM**



2020 · ENGAGEMENT DURING THE PANDEMIC

WEBINAR WITH DIVING JUDGES

Diving judges Mrs. Bhumika Vyas Singh, Mr. Rishikesh Gullapalli, and Mr. Nishit Dixit discussed judging standards.

1st Webinar collaboration with ROHAN SAMBRANI



Tuck & Dive presents

**When :
Saturday,
6th June**

2020 · ENGAGEMENT DURING THE PANDEMIC

WEBINAR WITH SENIOR PLAYERS

Our first collaboration webinar featured senior international diver Rohan Sambrani.





ON INTERNATIONAL HANDSTAND DAY

TUCK AND DIVE PRESENTS HANDSTAND WORKSHOP GET READY TO LEARN HANDSTAND

ON ZOOM APP
DATE : 27/6/2020
TIME : 5:40 PM

WORKSHOP INCLUDES:

2020 · ENGAGEMENT DURING THE PANDEMIC

1. BASIC STEPS OF HANDSTAND WORKSHOP

On International Handstand Day, a workshop covering the basic steps of the handstand and its role in diving.

2. HOW IT WORKS

Tuck & Dive



2020 · ENGAGEMENT DURING THE PANDEMIC

WEBINAR WITH COACHES

Sessions with diving coaches including Mr. Samir Saha, sharing technique and training insight over Zoom.

BEST DIVING PHOTOGRAPH & VIDEO CONTESTS

Community contests celebrating the artistry of diving through photography and footage submitted by our divers.

INTERNATIONAL WEBINAR

A 3-day international webinar on "Science of Diving and its Competitive Development in India," presented with the Swimming Federation of India.

Diving is often mistaken for a sport with a narrow entry window. In practice, the pool welcomes a five-year-old and a fifty-year-old on the same evening — just on different boards, at different paces.

Is diving safe for children?

Every child is coached individually and only moves to the next skill once a coach is satisfied they're ready — nothing is rushed or attempted alone.

Is diving really for any age?

Yes. We've trained first-time divers well into their thirties and forties alongside children as young as five, each at their own pace.

Why is it a low-impact, healthy sport?

Water absorbs landing impact, so divers build strength, core control, and fitness without the joint wear of running or court sports.

Can this really lead to the Olympics?

The pathway is real: school and district meets lead to SGFI, Nationals, and international competition — the same route our Head Coach came up through.

I have a full-time desk job — is this realistic?

It's one of the better fits: a fixed hour, low-impact, screen-free reset. Most adult beginners join purely for fitness — competing is never required.

Which of the two centres should I choose?

Both run full training under the same coaching team, so pick whichever is easier to get to consistently — consistency matters most.

For admissions, training batches, school partnerships, demonstrations, and athlete pathways, reach out to the academy team.

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PHONE

+91 99873 34146

GOREGAON SPORTS CLUB

New Link Rd, Near Toyota
showroom, Malad, Mind
Space, Malad West, Mumbai,
Maharashtra 400064

PRABODHANKAR CENTRE

Shahaji Raje Marg, Vishnu Prasad
Society, Navpada, Vile Parle East,
Mumbai, Maharashtra 400057

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