

JAIVEER MOTWANI TELLS BINDU GOPAL RAO HOW HE JUGGLES SPORTS AND STUDIES AND MANAGES BOTH WITH A RARE PANACHE

Making Waves

At 13-years-old, most children live in their own happy go lucky world. However, there are others like Jaiveer Motwani, studying in the 9th grade at Arya Vidya Mandir, Bandra, who has been making waves in both the Junior and Sub Junior swimming arenas.

Jaiveer was just five when he joined swimming training at Khar Gymkhana and soon progressed to winning medals at competitions while also getting promoted to the advanced-coaching batch for competitive swimmers. Encouraged by his parents Vikas and Muskaan, he attends coaching from Monday through Saturday every evening for 2 hours and also trains thrice a week at a 50mtr pool at Tata colony in Chembur.

Currently training under Devadatta Lendhe and Ramesh Narayan, he also works with a fitness coach twice a week to strengthen his core and other muscles. "I follow a specific diet that contains a good balance of protein, carbohydrates, and fat, and avoid fried food and sweets," he shares.

Naturally the question of how he manages studies and sports

comes up and Jaiveer admits that support from his school helps. "It is a tough balance but my Principal is very supportive, encourages sports, and gives permission to all kids who are into sports to enter late and exit early from school so that we can attend training, take rest, and study."

Over the years Jaiveer has won quite a few medals at inter-school and inter-club competitions. In 2018, he won the inter-school district rounds, reached the State Level to swim for Mumbai in the 50mtr freestyle and 100mtr freestyle boys U/14 events held at Nagpur, and also qualified in the 50mtr freestyle boys U/14 category to swim at the 64th National School Games held in Delhi. This year, he participated in the GMAAA's 1st Junior and Sub Junior State Aquatic Championship held in May 2019 in Pune only to win gold in the 50mtr freestyle boys with a timing of 26.12 seconds and went on to represent Maharashtra at the upcoming SFI Nationals held in Rajkot in June 2019.

Olympian Michael Phelps is his inspiration and his quote "You can't put a limit on anything. The more you dream, the farther you get" is his mantra. Looking ahead, Jaiveer wants to study hard, get better grades, and at the same time wants to continue to train and focus on swimming to get better timings, and achieve his targets!

