

DIRECTORATE OF SPORTS & YOUTH SERVICES
AIZAWL : MIZORAM

PERSONAL BIO-DATA & PERFORMANCE

1. Name : Lalhmingliani Sailo
2. Father's Name : Saizika Sailo
3. Designation : Volleyball coach
4. Qualification : BA, Dip in Sports coaching Volleyball (Kolkotta)
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ACTIVITIES

Impart Volleyball inside Mizoram. Participated in the different National Championships, All India Rural Sports tournament & All India Women Sports Festival. The under mentioned are a few achievements in the National Championships during the year 2002 – 2021 as a Coach.

- 2006 - 3rd National Sports Festival for Women at Jammu & Kashmir during 2nd – 5th Dec 2006 - **Bronze medal.**
- 2007 - xxxvii All India Rural Sports Tournament (Gr-II) at Aizawl during 16th-19th Jan 2007 - **U-16 Girls - Gold Medal**
- 2009 - 35th National Sports Festival for Women at Margaon Goa during 11th - 14th Nov 2009 - **Quarter finalist**
- 2012 - 66th NE Games at Aizawl during 20th – 23rd March 2012 (women) – **Gold Medal**
- 2018 - 26th Mini National Volleyball Championship (Boys & Girls) during 24th – 28th April 2018 Boys – **Silver medal** Girls – **Bronze medal**

In addition to these, during the year 2011 – 2014 we conducted “Catch Them Young” policy mainly to train the young generations. More than 100 players were enrolled and greatly benefit from the initiative. More the 40 players were even able to achieve the peak performance.

We conducted trainers training programmes for the Senior Volleyball players at Aizawl during the year 2010 – 2021. We are able to impart an effective training to more than 60 trainers making them capable of training other players inside Mizoram.

During the year 2015 – 2017 we established SYS Volleyball Club (boys). We collected tall players among different districts. We trained and participated diligently throughout the year. We participated in the ADVA 1stDiv tournament in the year 2015 begged the 2nd position, with better training we were able to secure the first position in the same ADVA tournament for

the year 2016-2017 and even achieved Champions of the Champion. Many of our players earned recognition and 2 of our players were able to get employment in the Mizoram Police and many players played in the Pro Division Club, which is the highest Division tournament in Mizoram.

Apart from these, I looked after 1st Div Clubs, Pro Division Clubs (women team). I also coached for the college team both men and women for participating in the MZU Sports several times and also for different clubs inside Aizawl and in different Districts.

In addition several State level referees examination was conducted and many candidates have been qualified to State level referees. Better performances were observed and many referees were trained again and as a result a handful referees could qualify the National Level Referees examinations and earn their spot as National Referees.