

# ‘Chemplast Group guiding players well during lockdown’

Published: Jul 05,202007:30 AM by Shrivathsan S

The coronavirus-enforced hiatus in the cricket calendar has been a blessing in disguise for Tamil Nadu left-arm pacer Thangarasu Natarajan.



T Natarajan

Chennai:

The 29-year-old, away from competitive action for more than three months, is treating the long break as his off-season. Based at the Chinnappampatti village in Salem, fast bowler Natarajan is recovering from a tiring season while putting in the hard yards at his academy.

“I am eating healthy food and my practice sessions are going well. Also, I am able to spend quality time with my family. So, I am happy with the way things are panning out (for me personally),” Natarajan, spearhead of the state side, told DT Next. “During complete lockdown, I ran a bit and performed some exercises on the open terrace at my home. I did one-step bowling and catching as well,” he said. Now that certain restrictions have been eased in his district, Natarajan has been training at his coaching centre, which is situated about half-a-kilometre from his house. “I am performing ground and strength & conditioning exercises. I am also bowling on alternate days,” he added.

Natarajan, part of the Sunrisers Hyderabad set-up for the past three years, hailed Chemplast Sanmar Group for keeping him and his Jolly Rovers CC – TNCA First Division side – teammates engaged during these difficult times. Players of Alwarpet CC – another league outfit which the group owns – have also been joining in.

“Chemplast has been conducting three classes per week – two on strength & conditioning and one on yoga. The sessions have been very useful. All credit to (Sanmar Group chairman) Bharath Reddy sir. Physiotherapist Shyam, trainer Dhanasekar and yoga instructor Bala Barani are handling us,” he informed. Natarajan revealed that the league teams had conversations with India coaches Bharat Arun (bowling coach) and R Sridhar (fielding coach). “Even in this lockdown, Chemplast is guiding the players well. Apart from that, we have been in touch with our bowling coach Jaykumar sir,” said Natarajan.