

Leif Steinar Rolland

Bergen, Norway;

Olympics 1996, 2000 & 2004

Former World Record Holder Air-rifle (2 times)

Former National Coach Denmark, Norway (Junior, Senior & Para-team)

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To whomsoever it may concern

Pushan Jain is excellent at his sport. I met him first when he came for a three week training to Norway. He turned out to be the most dedicated learner I have come across. He has the fortitude to push himself a little beyond each time. He had come prepared for this by working with a sport therapist to strengthen his muscles and fix his body alignment. And this was good because we had training days that lasted up to 8 hours a day. He fought the unfamiliar, inhospitable temperature of minus 20 degrees. He changed his diet and sleep routine. With total dedication to the sport, he improved his scores tremendously. He managed to score 600 in 60 shots which was an outstanding score in such a short span. Through it all, he kept calm and trusted me to be his coach.

With my experience in having represented Norway in Olympic games multiple times, I now run training workshops around the world with Norway and Sweden as main countries for young and promising shooters from all over the globe. During the training camp, Pushan made friends quickly. He had a way of reaching out, communicating and working with students with whom he shared no common language and who came from cultures that were alien to him. He enthusiastically learned skills and tactics from other students and freely shared his knowledge of shooting. In just a few weeks, Pushan not only competed with students from different countries, he also commanded their respect with his quiet empathy and gratitude.

In the time he was in Norway, he worked with me and assisted Para shooters. At that time, I was the coach for the Norwegian Paralympic shooting team. He talked at length about challenges faced by the disabled sportsmen and wanted to change things back home for young Para athletes. Pushan, being a sensitive individual and natural leader, lived upto his promise and sent me a beautiful and well researched project proposal to start a Junior para shooting team in India and has made a formal presentation to the Indian sports authorities.

Shooting, like chess, is an internal sport. Unlike many sports, here, perfection is not elusive, it is, in fact, a requirement. Pushan has the potential to excel with a unique combination of grit in his character and calmness in his mind. I will not be surprised to see his name at the Olympics sometime in the future. I wish him all the best. It is my privilege to recommend him. I encourage you to give Pushan Jain a strong consideration. I know that he will be an outstanding asset and add value to your college.

I would be happy to answer any queries regarding Pushan at my email: sjakalen81@gmail.com

Yours sincerely,



Leif Steinar Rolland