

Press Release

Keeping it simple is KIYG star Jeremy's secret

Pune, January 11: Nonchalance is what comes to mind when you first meet Jeremy Lalrinnunga, the wonder kid from Aizawl, Mizoram, who has been making waves in weightlifting circles even before arriving at the Khelo India Youth Games 2019 here in Pune.

A gold medallist at the Youth Olympics in Argentina, winner of silver (youth) and bronze (junior) medals at the Asian Championships, Jeremy underlined his worth with a gold in the Youth (U-17) 67kg men's category here on Thursday.

Asked how he had prepared for Khelo India Youth Games, Jeremy said, "I gave emphasis mainly on the psychological aspects rather than the physical side. I tried to remain calm and believe in myself that I can achieve my target."

"Not getting nervous and concentrating on my strengths was what I had in my mind."

Participating for the first time in the 67kg category, it was a daunting task for the 16-year-old, who also tested himself in the junior (U-21) category. To his delight Jeremy expectedly won gold in the younger event and bagged silver in the junior class.

"I always like to stretch myself. That's how it will help in improving my game," he said when asked about the double entry.

KIYG 2019 squared Jeremy off against competitors like Zakhuma, Jacob Vanlalhtluanga and Gulam Navi who not only are good friends but equally talented lifters who can make him sweat for success.

"We have a very good comradeship amongst us and keep motivating each other in competitions. There's a healthy tussle which takes place between us which actually works wonders for us" he quipped.

The self-confidence Jeremy displays is a striking feature for a lad of his age. Post KIYG 2019, his eyes are set on the senior Asian Weightlifting Championship in China which will be a qualifying round for the Olympics.

"I want to see myself hold the yellow metal at the Olympics, which is my ultimate dream," Jeremy said, signing off.