



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

DIVIJA KAMBOJ

TOTAL SCORE: 26/95

Sports Arena : DPS international

Grade : 1A

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Emerging Awareness	★
Good decision making	Foundational Understanding	★★
Focused	Foundational Understanding	★★
Enthusiastic	Foundational Understanding	★★
Committed	Foundational Understanding	★★
Disciplined	Foundational Understanding	★★



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Consistent arm movement, rhythmic kick	Emerging Awareness	★
Distance	Can swim 10 meters without stopping	Emerging Awareness	★



03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Steady arm and leg movement	Emerging Awareness	★
Distance	Can swim 10 meters without stopping	Emerging Awareness	★

**04 Treading Water**

Criteria	Benchmark	Remark	Rating
Duration	Can tread water for at least 15 seconds	Emerging Awareness	★

**05 Diving**

Criteria	Benchmark	Remark	Rating
Entry into Water	Enters water without fear	Foundational Understanding	★★

**06 Physical Fitness**

Criteria	Benchmark	Remark	Rating
Stamina	Can swim for 5 continuous minutes	Emerging Awareness	★
Flexibility	Shows ease in movements and reaches in the water	Emerging Awareness	★

**07 Game IQ**

Criteria	Benchmark	Remark	Rating
Pool Safety Awareness	Recognizes basic pool rules (like no running)	Foundational Understanding	★★
Basic Race Strategy	Understands basic lane discipline and start procedure	Emerging Awareness	★



08 Breathing

Criteria	Benchmark	Remark	Rating
Technique	Attempts to breathe without swallowing water	Emerging Awareness	★



09 Safety

Criteria	Benchmark	Remark	Rating
Floating	Demonstrates ability to float for 15 seconds	Emerging Awareness	★
Emergency Response	Recognizes signs of someone in trouble in water	Emerging Awareness	★



Level	beginner
Coach Notes	need to work more on breathing practice and work on free style arm action

Proposed plan for the next three months:

Month 1:

- Focus on breathing practice
- Improve free style arm action
- Work on Front Crawl (2/10)
- Work on Backstroke (2/10)
- Improve treading water (1/5)
- Enhance diving technique (2/5)
- Develop physical fitness (2/10)
- Enhance game IQ (3/10)
- Increase breathing proficiency (1/5)

Month 2:

- Continue focusing on breathing practice
- Refine free style arm action
- Improve Front Crawl (4/10)
- Work on Backstroke (3/10)
- Enhance treading water skills (2/5)
- Improve diving technique (3/5)
- Increase physical fitness level (4/10)
- Enhance game IQ (4/10)
- Improve breathing technique (2/5)

Month 3:

- Continuously practice breathing techniques
- Master free style arm action
- Refine Front Crawl (6/10)
- Improve Backstroke (4/10)
- Master treading water (3/5)
- Refine diving technique (4/5)
- Build higher physical fitness level (6/10)
- Enhance game IQ (5/10)
- Perfect breathing technique (3/5)

Address safety concerns (2/10)

Address safety concerns (3/10)

Address safety concerns (4/10)