



DEVYANI JAIPURIA

SPORTS

academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

KAUSHIKI DUBEY

TOTAL SCORE: 38/95

Sports Arena : DPS international

Grade : 1B

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Foundational Understanding	☆☆
Good decision making	Competent	☆☆☆
Focused	Competent	☆☆☆
Enthusiastic	Competent	☆☆☆
Committed	Foundational Understanding	☆☆
Disciplined	Foundational Understanding	☆☆



02 Front Crawl

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



03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Steady arm and leg movement	Foundational Understanding	☆☆
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	Emerging Awareness	☆

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	Competent	☆☆☆

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

Competent

☆☆☆

08 Breathing

Criteria	Benchmark	Remark	Rating
Technique	Attempts to breathe without swallowing water	Foundational Understanding	☆☆



09 Safety

Criteria	Benchmark	Remark	Rating
Floating	Demonstrates ability to float for 15 seconds	Foundational Understanding	☆☆
Emergency Response	Recognizes signs of someone in trouble in water	Foundational Understanding	☆☆



Level	beginner
Coach Notes	well disciplined, has to work more on stamina

Proposed plan for the next three months:

Month 1:

- Focus on Front Crawl technique, emphasizing proper arm movement and breathing.
- Integrate stamina-building exercises into the warm-up routine.
- Conduct drills to improve Backstroke form and streamline body position.
- Introduce safety protocols and ensure all swimmers are aware of pool rules.
- Implement diving practice sessions, emphasizing entry techniques and body control.
- Include treading water exercises to enhance endurance and leg strength.
- Integrate game scenarios to improve overall Game IQ during swim sessions.
- Conduct fitness assessments to identify areas for improvement.

Month 2:

- Devote sessions to building overall physical fitness through targeted exercises.
- Work on refining Front Crawl and Backstroke techniques with advanced drills.
- Incorporate breathing exercises into warm-ups to enhance respiratory endurance.
- Focus on improving diving skills, including entry angles and streamline position.
- Introduce game-specific drills to enhance Game IQ in various swim scenarios.
- Continue treading water exercises, gradually increasing difficulty and duration.
- Individualized coaching to address specific weaknesses in each swimmer.
- Conduct safety drills and reinforce water safety knowledge.

Month 3:

Implement high-intensity interval training for enhanced stamina and endurance.

Refine Front Crawl and Backstroke techniques with video analysis and feedback.

Focus on advanced diving techniques, including flips and twists for experienced swimmers.

Incorporate team-based drills to improve overall Game IQ and teamwork in the water.

Conduct simulated race scenarios to assess and improve swimmer performance.

Continue treading water exercises, emphasizing technique and efficiency.

Conduct regular fitness assessments to track individual progress.

Review and reinforce safety protocols, including emergency response procedures.