



DEVYANI JAIPURIA  
**SPORTS**  
*academy*



powered by  
**DAONE**  
**SPORTS**  
A Shikhar Dhawan Initiative

**AARIC PANDEY**

**TOTAL SCORE: 48/95**

**Sports Arena :** DPS international

**Grade :** 2B

**Sports :** Swimming

**01 PSYCHOLOGICAL FACTOR**

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



**02 Front Crawl**

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



**03 Backstroke**

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

**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	Competent	★★★
Flexibility	Shows ease in movements and reaches in the water	Foundational Understanding	★★

**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	Foundational Understanding	★ ★



## 09 Safety

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



<b>Level</b>	Beginner
<b>Coach Notes</b>	very good physical fitness, can do much better with more practice, has to work on dolphin kick

## Proposed plan for the next three months:

### Month 1:

- Focus on improving physical fitness
- Practice dolphin kick technique
- Work on Front Crawl technique and aim to improve it to 7/10
- Improve Backstroke technique to 6/10
- Work on treading water technique and aim to improve it to 2/5
- Focus on diving technique and aim to improve it to 2/5
- Increase overall safety awareness to 6/10

### Month 2:

- Continue improving physical fitness
- Practice dolphin kick regularly to enhance technique
- Work on Front Crawl and aim to improve it to 8/10
- Improve Backstroke technique to 7/10
- Focus on treading water and aim to improve it to 3/5
- Practice diving and aim to improve it to 3/5
- Increase safety awareness to 7/10

### Month 3:

- Continue maintaining physical fitness
- Master dolphin kick technique
- Focus on Front Crawl and aim to improve it to 9/10
- Improve Backstroke technique to 8/10
- Work on treading water and aim to improve it to 4/5
- Refine diving technique and aim to improve it to 4/5
- Increase safety awareness to 8/10