



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

KEERTI SHARMA

TOTAL SCORE: 25/95

Sports Arena : DPS international

Grade : 2C

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Foundational Understanding	★★
Good decision making	Emerging Awareness	★
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)	Emerging Awareness	★
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	have to work more on free style breathing

Proposed plan for the next three months:

Month 1:

- Focus on improving freestyle breathing technique
- Work on enhancing Front Crawl stroke (2/10)
- Practice Backstroke technique (2/10)
- Develop treading water skills (1/5)
- Improve diving technique (2/5)
- Enhance physical fitness level (2/10)
- Strengthen game IQ (2/10)
- Emphasize breathing techniques for safety (1/5)
- Enhance safety awareness (2/10)

Month 2:

- Continue working on freestyle breathing technique
- Focus on improving Front Crawl stroke (2/10)
- Refine Backstroke technique (2/10)
- Further develop treading water skills (1/5)
- Advance diving technique (2/5)
- Increase physical fitness level (2/10)
- Enhance game IQ (2/10)
- Improve breathing techniques for safety (1/5)
- Strengthen safety awareness (2/10)

Month 3:

- Master freestyle breathing technique
- Focus on perfecting Front Crawl stroke (2/10)
- Refine Backstroke technique (2/10)
- Master treading water skills (1/5)
- Perfect diving technique (2/5)
- Achieve higher physical fitness level (2/10)
- Enhance game IQ (2/10)
- Ensure flawless breathing techniques for safety (1/5)
- Instill strong safety awareness (2/10)

