



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

VEDA VAAGMI SINGH

TOTAL SCORE: 26/95

Sports Arena : DPS international

Grade : 3A

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 | Foundational Understanding | ★★ |

**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 on free style arm movement |

Proposed plan for the next three months:

Month 1:

- Focus on improving freestyle arm movement
- Work on developing a strong front crawl technique
- Practice backstroke to improve technique and efficiency
- Focus on treading water skills and aim for a rating of 2/5
- Work on diving technique and aim for a rating of 3/5
- Increase physical fitness level to a rating of 4/10
- Introduce game IQ concepts to improve strategic thinking in swimming
- Practice breathing techniques to achieve a rating of 2/5
- Enhance safety awareness in and around water to a rating of 3/10

Month 2:

- Continue to refine freestyle arm movement and aim for a rating of 4/10
- Work on perfecting front crawl technique and aim for a rating of 6/10
- Dedicate time to improving backstroke technique and aim for a rating of 4/10
- Focus on treading water skills and aim for a rating of 3/5
- Continue to practice diving technique and aim for a rating of 4/5
- Increase physical fitness level to a rating of 6/10
- Further develop game IQ by introducing more advanced strategies and tactics
- Work on breathing techniques and aim for a rating of 3/5
- Continue to enhance safety awareness in and around water to a rating of 4/10

Month 3:

Consolidate freestyle arm movement and aim for a rating of 6/10

Focus on maintaining a strong front crawl technique and aim for a rating of 8/10

Perfect backstroke technique and aim for a rating of 6/10

Master treading water skills and aim for a rating of 4/5

Refine diving technique and aim for a rating of 5/5

Increase physical fitness level to a rating of 8/10

Continue to develop game IQ through practice and strategic analysis

Improve breathing techniques and aim for a rating of 4/5

Ensure safety awareness is at a rating of 5/10