



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

AISHAANYA HAMRAPURKAR

TOTAL SCORE: 23/95

Sports Arena : DPS international

Grade : 3C

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Foundational Understanding	★★
Good decision making	Emerging Awareness	★
Focused	Emerging Awareness	★
Enthusiastic	Emerging Awareness	★
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	need to work on free style arm action and breathing practice

Proposed plan for the next three months:

Month 1:

- Focus on improving freestyle arm action
- Practice breathing techniques in freestyle
- Work on backstroke technique, aiming for a 2/10 rating
- Enhance treading water skills to reach a 1/5 rating
- Improve diving technique to achieve a 2/5 rating
- Increase physical fitness level to a 3/10
- Introduce basic game IQ concepts, targeting a 3/10 rating
- Enhance breathing ability during swimming
- Enhance safety awareness during swimming activities

Month 2:

- Continue working on freestyle arm action and breathing techniques
- Focus on improving backstroke technique, aiming for a 4/10 rating
- Enhance treading water skills to reach a 2/5 rating
- Refine diving technique to achieve a 3/5 rating
- Increase physical fitness level to a 4/10
- Build game IQ by introducing more advanced concepts, targeting a 4/10 rating
- Continue improving breathing ability during swimming
- Strengthen safety awareness during swimming activities

Month 3:

Consolidate freestyle arm action and breathing techniques

Focus on refining backstroke technique, aiming for a 6/10 rating

Enhance treading water skills to reach a 3/5 rating

Improve diving technique to achieve a 4/5 rating

Increase physical fitness level to a 6/10

Develop advanced game IQ concepts, targeting a 6/10 rating

Further improve breathing ability during swimming

Reinforce safety measures during swimming activities