



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

NAISHA BHAMBRI

TOTAL SCORE: 46/110

Sports Arena : DPS international

Grade : 4B

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Proficient	★★★★
Good decision making	Competent	★★★
Focused	Mastery	★★★★★
Enthusiastic	Proficient	★★★★
Committed	Proficient	★★★★
Disciplined	Competent	★★★



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Efficient arm pull, rhythmic kick	Competent	★★★
Speed	50 meters in under 40 seconds	Emerging Awareness	★



03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Consistent arm rotation, straight leg kick	Foundational Understanding	★★
Speed	50 meters in under 45 seconds	Emerging Awareness	★



04 Breaststroke

Criteria	Benchmark	Remark	Rating
Technique	Proper glide, kick and pull coordination	Emerging Awareness	★
Speed	50 meters in under 55 seconds	Emerging Awareness	★



05 Butterfly

Criteria	Benchmark	Remark	Rating
Technique	Synchronized arm movement, dolphin kick	Emerging Awareness	★
Speed	50 meters in under 50 seconds	Emerging Awareness	★



06 Treading Water

Criteria	Benchmark	Remark	Rating
Duration	Can tread water for at least 1 minute	Emerging Awareness	★



07 Physical Fitness

Criteria	Benchmark	Remark	Rating
Stamina	Can swim continuously for 20 minutes	Foundational Understanding	★★
Flexibility	Performs streamline position with ease	Foundational Understanding	★★



08 Game IQ

Criteria	Benchmark	Remark	Rating
Starts and Turns	Executes efficient wall turns for all strokes	Emerging Awareness	★
Relay Exchanges	Demonstrates understanding of relay exchange rules	Emerging Awareness	★



09 Breathing

Criteria	Benchmark	Remark	Rating
Efficiency	Breathes bilaterally in front crawl without disruption	Foundational Understanding	★★



10 Safety & Diving

Criteria	Benchmark	Remark	Rating
Dive from Block	Demonstrates a safe and efficient dive from block	Foundational Understanding	★★
Open Turn	Performs open turn with precision	Emerging Awareness	★



Level	Beginner
Coach Notes	has good potential , can participate in future tournaments, need to work more on back stroke arm action

Proposed plan for the next three months:

Month 1:

Focus on improving backstroke arm action

Work on increasing Front Crawl proficiency from 4/10 to 6/10

Month 2:

Continue refining backstroke arm action

Focus on further improving Front Crawl technique from 6/10 to 8/10

Work on increasing front crawl proficiency from 4/10 to 5/10

Introduce drills to enhance Breaststroke technique from 2/10 to 4/10

Implement Butterfly drills to improve proficiency from 2/10 to 4/10

Concentrate on developing treading water skills from 1/5 to 3/5

Incorporate conditioning exercises to enhance physical fitness from 4/10 to 6/10

Begin introducing game situations to improve Game IQ from 2/10 to 4/10

Provide guidance on breathing techniques to enhance efficiency from 2/5 to 3/5

Start introducing safety and diving skills to raise proficiency from 3/10 to 5/10

Focus on further improving front crawl technique from 5/10 to 6/10

Increase Breaststroke proficiency from 4/10 to 6/10 through targeted drills

Implement advanced Butterfly drills to enhance proficiency from 4/10 to 6/10

Emphasize treading water skills to reach a proficiency of 4/5

Intensify conditioning exercises to improve physical fitness from 6/10 to 7/10

Provide more game situations to enhance Game IQ from 4/10 to 5/10

Continuously reinforce proper breathing techniques to maintain efficiency at 3/5

Advance safety and diving skills to raise proficiency from 5/10 to 6/10

Month 3:

Continuously refine backstroke arm action

Work on achieving a Front Crawl proficiency of 9/10

Focus on perfecting Breaststroke technique to reach a proficiency of 8/10

Implement advanced drills for Butterfly to enhance proficiency from 6/10 to 7/10

Master treading water skills to achieve a proficiency of 5/5

Further improve physical fitness from 7/10 to 8/10 through challenging exercises

Provide more complex game situations to enhance Game IQ from 5/10 to 6/10

Continuously reinforce proper breathing techniques to maintain efficiency at 3/5

Advance safety and diving skills to reach a proficiency of 7/10