



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

ARYAMAN TIZARIA

TOTAL SCORE: 57/110

Sports Arena : DPS international

Grade : MYP 1A

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

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



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Efficient arm pull, rhythmic kick	Proficient	★★★★★
Speed	50 meters in under 40 seconds	Foundational Understanding	★★☆☆☆



03 Backstroke

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

**04 Breaststroke**

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

**05 Butterfly**

Criteria	Benchmark	Remark	Rating
Technique	Synchronized arm movement, dolphin kick	Foundational Understanding	★ ★
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	Competent	★ ★ ★

**07 Physical Fitness**

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



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	Competent	★★★



10 **Safety & Diving**

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



Level	Beginner
Coach Notes	He is a very good dedicated swimmer, has good potential. Has to work little more on endurance.

Proposed plan for the next three months:

Month 1:

Focus on improving endurance through longer swimming sessions

Work on improving Front Crawl technique, aiming for a 7/10 rating

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Allocate more time for practicing Backstroke to improve it to a 5/10 rating

Dedicate specific sessions to enhance Breaststroke technique, targeting a 5/10 rating

Introduce more Butterfly drills to develop Butterfly stroke to a 4/10 rating

Include treading water exercises to improve rating to a 4/5

Focus on building physical fitness through dryland workouts, aiming for an 8/10 rating

Introduce basic game scenarios to improve Game IQ to a 3/10 rating

Allocate time for breathing exercises to enhance rating to a 4/5

Begin introducing basic safety and diving techniques to improve rating to a 3/10

Month 2:

Continue improving endurance through progressive swim sets and longer distances

Focus on refining Front Crawl technique to achieve an 8/10 rating

Allocate more time for Backstroke drills and practice to reach a 6/10 rating

Dedicate specific sessions to enhance Breaststroke technique, targeting a 6/10 rating

Increase Butterfly training intensity to improve stroke to a 5/10 rating

Include advanced treading water exercises to improve rating to a 4.5/5

Continue building physical fitness through more challenging dryland workouts, aiming for a 9/10 rating

Introduce more complex game scenarios to enhance Game IQ to a 5/10 rating

Allocate additional time for breathing exercises to improve rating to a 4.5/5

Progressively introduce advanced safety and diving techniques to improve rating to a 4/10

Month 3:

Maintain and further develop endurance through varied swim sets

Continuously refine Front Crawl technique, aiming for a 9/10 rating

Focus on Backstroke drills and practice to achieve a 7/10 rating

Dedicate specific sessions to enhance Breaststroke technique, targeting a 7/10 rating

Intensify Butterfly training to improve stroke to a 6/10 rating

Master advanced treading water exercises to achieve a 5/5 rating

Continue building physical fitness through advanced dryland workouts, aiming for a 10/10 rating

Introduce more complex game scenarios to enhance Game IQ to a 7/10 rating

Allocate extra time for breathing exercises to improve rating to a 5/5

Focus on mastering advanced safety and diving techniques to achieve a 6/10 rating