



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

JORDAN A HUGHE

TOTAL SCORE: 47/110

Sports Arena : DPS international

Grade : MYP 1B

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Competent	★ ★ ★
Good decision making	Proficient	★ ★ ★ ★ ★
Focused	Competent	★ ★ ★
Enthusiastic	Proficient	★ ★ ★ ★ ★
Committed	Competent	★ ★ ★
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	Foundational Understanding	★★
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	Competent	★★★



07 Physical Fitness

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



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	Has good potential, has to work more on fitness and endurance

Proposed plan for the next three months:

Month 1:

Focus on improving fitness and endurance through regular cardio exercises

Work on improving Front Crawl technique and aim to achieve a 6/10 rating

Month 2:

Continue building endurance through challenging cardio exercises

Work on Front Crawl technique and aim to achieve a 7/10 rating

Work on improving Front Crawl techniques and aim to achieve a 5/10 rating

Dedicate time to improving Backstroke technique and aim to achieve a 4/10 rating

Work on Breaststroke technique and aim to achieve a 4/10 rating

Introduce Butterfly stroke and focus on building the basics, aiming for a 3/10 rating

Devote time to practicing treading water to improve the skill, aiming for a 4/5 rating

Continue working on physical fitness, aiming to improve it to a 6/10 rating

Introduce basic game IQ concepts and strategies to enhance understanding

Focus on proper breathing techniques during swimming

Introduce basic safety and diving protocols

Work on Front Crawl techniques and aim to achieve a 7/10 rating

Dedicate time to improving Backstroke technique and aim to achieve a 5/10 rating

Focus on refining Breaststroke technique and aim to achieve a 5/10 rating

Continue practicing and refining Butterfly stroke with the goal of reaching a 4/10 rating

Further enhance treading water skills to achieve a 5/5 rating

Continue improving physical fitness, aiming for a 7/10 rating

Build on game IQ concepts and introduce more advanced strategies

Pay attention to breathing techniques and ensure proper execution during swimming

Progress with safety and diving skills, aiming for a 4/10 rating

Month 3:

Maintain and enhance endurance through advanced cardio exercises

Work on Front Crawl technique and aim to achieve an 8/10 rating

Dedicate time to improving Backstroke technique and aim to achieve a 6/10 rating

Focus on refining Breaststroke technique and aim to achieve a 6/10 rating

Continue practicing and refining Butterfly stroke with the goal of reaching a 5/10 rating

Master treading water and aim for a 5/5 rating

Further improve physical fitness, aiming for an 8/10 rating

Continue advancing game IQ and implementing complex strategies

Consistently apply correct breathing techniques during swimming

Enhance safety and diving skills to achieve a 6/10 rating