



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

ADVIK AYAN

TOTAL SCORE: 44/110

Sports Arena : DPS international

Grade : MYP 1E

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

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



02 Front Crawl

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



03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Consistent arm rotation, straight leg kick	Emerging Awareness	★
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	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	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	Foundational Understanding	★★



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 good dedicated student. Can perform well with more practice, have to work on techniques and endurance

Proposed plan for the next three months:

Month 1:

Focus on improving techniques for all strokes (Front Crawl, Backstroke, Breaststroke, and Butterfly)

Increase practice sessions to improve endurance

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Work on treading water skills to achieve a rating of 4/5

Implement a strength and conditioning program to improve physical fitness (aim for a rating of 6/10)

Introduce basic game strategies to improve Game IQ (aim for a rating of 3/10)

Continue working on breathing techniques to achieve a rating of 3/5

Enhance safety and diving skills to achieve a rating of 3/10

Month 2:

Continue refining techniques for all strokes with a focus on Front Crawl and Butterfly

Increase practice intensity and duration to further improve endurance

Work on treading water skills to achieve a rating of 4.5/5

Implement a more advanced strength and conditioning program to improve physical fitness (aim for a rating of 7/10)

Introduce more complex game strategies to improve Game IQ (aim for a rating of 4/10)

Continue practicing breathing techniques to achieve a rating of 3.5/5

Enhance safety and diving skills to achieve a rating of 4/10

Month 3:

Continue refining techniques for all strokes with a focus on Front Crawl and Butterfly

Increase practice intensity and duration to maintain and further improve endurance

Work on treading water skills to achieve a rating of 5/5

Implement an advanced strength and conditioning program to improve physical fitness (aim for a rating of 8/10)

Develop advanced game strategies and situational awareness to improve Game IQ (aim for a rating of 5/10)

Refine breathing techniques to achieve a rating of 4/5

Enhance safety and diving skills to achieve a rating of 5/10