



DEVYANI JAIPURIA  
SPORTS  
academy



powered by  
**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

**KRISHEEN GUPTA**

**TOTAL SCORE: 43/110**

**Sports Arena :** DPS international

**Grade :** MYP 1E

**Sports :** Swimming

**01 PSYCHOLOGICAL FACTOR**

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



**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	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	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	★



<b>Level</b>	Beginner
<b>Coach Notes</b>	Has to be enthusiastic, have to work on endurance.

Proposed plan for the next three months:

Month 1:

Focus on improving endurance through longer distance swims

Work on front crawl technique to improve rating (3/10)

Month 2:

Continue working on endurance through longer distance swims

Focus on improving front crawl technique to increase rating (4/10)

Work on front crawl technique to improve rating (3/10)

Introduce drills to improve backstroke technique (3/10)

Begin breaststroke drills to enhance technique (2/10)

Introduce basic butterfly technique and drills (2/10)

Work on treading water skills and aim to improve rating (3/5)

Incorporate cardio and strength exercises to improve physical fitness (5/10)

Teach basic safety and diving techniques (2/10)

Focus on improving front crawl technique to increase rating (4/10)

Increase intensity of backstroke drills to enhance technique (4/10)

Introduce advanced breaststroke drills to improve technique (3/10)

Dedicate more time to butterfly technique and drills (3/10)

Further enhance treading water skills to improve rating (4/5)

Increase intensity of cardio and strength exercises for improved physical fitness (6/10)

Continue teaching safety and diving techniques (3/10)

## Month 3:

Maintain endurance through regular distance swims

Work on fine-tuning front crawl technique to reach higher rating (5/10)

Further refine backstroke technique through drills (5/10)

Focus on perfecting breaststroke technique (4/10)

Continue practicing and refining butterfly technique (4/10)

Master treading water skills to reach higher rating (5/5)

Incorporate advanced cardio and strength exercises for optimal physical fitness (7/10)

Continue reinforcing safety and diving techniques (4/10)