



DEVYANI JAIPURIA  
SPORTS  
academy



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

**ATRIA AGARWAL**

**TOTAL SCORE: 40/110**

**Sports Arena :** DPS international

**Grade :** MYP 2B

**Sports :** Swimming

**01 PSYCHOLOGICAL FACTOR**

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



**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	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	★



<b>Level</b>	Beginner
<b>Coach Notes</b>	Has to be punctual.

Proposed plan for the next three months:

Month 1:

- Focus on improving Front Crawl technique and efficiency
- Work on Backstroke technique and aim to increase rating to 4/10

Work on Backstroke technique and aim to increase rating to 4/10

Introduce drills to enhance Breaststroke technique and increase rating to 3/10

Practice Butterfly technique and aim to increase rating to 3/10

Continue to improve Treading Water skills and aim to increase rating to 4/5

Implement a structured physical fitness program to improve overall fitness (rating target: 6/10)

Introduce basic game strategies to improve Game IQ (rating target: 3/10)

Focus on breathing techniques during different swimming strokes (rating target: 3/5)

Practice basic safety and diving skills (rating target: 3/10)

## Month 2:

Continue to refine Front Crawl technique and aim to increase rating to 5/10

Devote more time to Backstroke practice and aim to increase rating to 5/10

Implement advanced drills to improve Breaststroke technique and aim to increase rating to 4/10

Further develop Butterfly technique and aim to increase rating to 4/10

Focus on improving endurance and efficiency in Treading Water (rating target: 4/5)

Increase the intensity of the physical fitness program to improve overall fitness (rating target: 7/10)

Expand game strategies and increase Game IQ (rating target: 4/10)

Continue to practice and refine breathing techniques (rating target: 4/5)

Advance safety and diving skills (rating target: 4/10)

## Month 3:

Focus on perfecting Front Crawl technique and aim to increase rating to 7/10

Allocate more training time for Backstroke to increase rating to 6/10

Implement specialized drills to enhance Breaststroke technique and aim to increase rating to 5/10

Refine Butterfly technique and aim to increase rating to 5/10

Develop advanced skills in Treading Water (rating target: 5/5)

Continue to progress physical fitness program to improve overall fitness (rating target: 8/10)

Enhance game strategies and increase Game IQ (rating target: 6/10)

Master breathing techniques in various swimming scenarios (rating target: 5/5)

Focus on advanced safety and diving skills (rating target: 6/10)