



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

VEDANSHI SINGH

TOTAL SCORE: 50/110

Sports Arena : DPS international

Grade : MYP 2B

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

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



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	Competent	★★★
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, can perform well in future tournaments. Have to work more on endurance and strength

Proposed plan for the next three months:

Month 1:

Focus on improving endurance and strength

Work on Front Crawl technique to increase rating from 4/10 to 6/10

Work on front crawl technique to increase rating from 4/10 to 5/10

Enhance Backstroke technique to increase rating from 4/10 to 6/10

Improve Breaststroke technique to increase rating from 3/10 to 5/10

Develop Butterfly technique to increase rating from 2/10 to 4/10

Practice treading water to increase rating from 3/5 to 4/5

Implement a strength training regimen to improve physical fitness rating from 5/10 to 7/10

Introduce basic game strategies to enhance Game IQ rating from 2/10 to 4/10

Teach proper breathing techniques to increase Breathing rating from 3/5 to 4/5

Introduce safety and diving skills to improve Safety & Diving rating from 2/10 to 4/10

Month 2:

Continue to focus on endurance and strength building

Refine Front Crawl technique to increase rating from 6/10 to 7/10

Refine Backstroke technique to increase rating from 6/10 to 7/10

Refine Breaststroke technique to increase rating from 5/10 to 6/10

Refine Butterfly technique to increase rating from 4/10 to 5/10

Further improve treading water skills to increase rating from 4/5 to 4.5/5

Continue strength training program to maintain physical fitness rating at 7/10

Build upon game strategies and tactics to increase Game IQ rating from 4/10 to 6/10

Focus on breathing control during different swimming strokes to increase Breathing rating from 4/5 to 4.5/5

Continue practicing safety and diving skills to improve Safety & Diving rating from 4/10 to 6/10

Month 3:

Maintain endurance and strength while incorporating more advanced training techniques

Master Front Crawl technique to increase rating from 7/10 to 8/10

Master Backstroke technique to increase rating from 7/10 to 8/10

Master Breaststroke technique to increase rating from 6/10 to 7/10

Master Butterfly technique to increase rating from 5/10 to 6/10

Achieve excellent treading water skills to increase rating from 4.5/5 to 5/5

Maintain physical fitness rating at 7/10 through advanced training exercises

Further enhance Game IQ by analyzing and strategizing for different swimming scenarios to increase rating from 6/10 to 8/10

Perfect breathing techniques in all swimming strokes to increase Breathing rating from 4.5/5 to 5/5

Continue practicing and refining safety and diving skills to improve Safety & Diving rating from 6/10 to 8/10