



DEVYANI JAIPURIA  
**SPORTS**  
*academy*



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

**NANDNI D DHYANI**

**TOTAL SCORE: 44/110**

**Sports Arena :** DPS international

**Grade :** MYP 2C

**Sports :** Swimming

**01 PSYCHOLOGICAL FACTOR**

Tasks	Remarks	Rating
Play with confidence	Competent	★★★★
Good decision making	Foundational Understanding	★★
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	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 good calibre. Have to work more on endurance

Proposed plan for the next three months:

Month 1:

- Focus on improving endurance
- Practice front crawl technique

Month 2:

- Continue to improve endurance through longer distance swims
- Fine-tune front crawl technique

Practice front crawl techniques

Work on backstroke technique

Introduce breaststroke technique

Practice butterfly technique

Enhance treading water skills

Increase physical fitness through conditioning exercises

Introduce basic game IQ concepts

Practice breathing techniques

Introduce safety and diving skills

Practice front crawl techniques

Focus on backstroke technique, addressing weaknesses

Further develop breaststroke technique

Practice butterfly technique, focusing on improving form

Continue to enhance treading water skills

Increase physical fitness through more challenging exercises

Expand game IQ knowledge with more advanced concepts

Work on breathing techniques, focusing on efficiency

Continue to practice safety and diving skills

## Month 3:

Maintain and improve endurance through varied training sets

Refine front crawl technique, focusing on speed and efficiency

Address any remaining weaknesses in backstroke technique

Further refine breaststroke technique, working towards mastery

Practice butterfly technique, aiming for smoother and more powerful strokes

Continue to strengthen treading water skills

Challenge physical fitness with intense workouts

Deepen game IQ knowledge with advanced strategies and tactics

Refine breathing techniques for optimal performance

Continue to practice and reinforce safety and diving skills