



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

VEER SHARMA

TOTAL SCORE: 22/110

Sports Arena : DPS international

Grade : MYP 4C

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Emerging Awareness	★
Good decision making	Emerging Awareness	★
Focused	Emerging Awareness	★
Enthusiastic	Emerging Awareness	★
Committed	Emerging Awareness	★
Disciplined	Emerging Awareness	★



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Efficient arm pull, rhythmic kick	Emerging Awareness	★
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	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	Emerging Awareness	★

**07 Physical Fitness**

Criteria	Benchmark	Remark	Rating
Stamina	Can swim continuously for 20 minutes	Emerging Awareness	★
Flexibility	Performs streamline position with ease	Emerging Awareness	★



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	Emerging Awareness	★



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 not punctual

Proposed plan for the next three months:

Month 1:

Focus on improving Front Crawl technique
Implement drills to enhance Backstroke form

Month 2:

Continuously refine Front Crawl technique
Focus on Backstroke to improve rating

Month 3:

Master Front Crawl technique
Achieve significant improvement in Backstroke

Implement drills to enhance Backstroke form

Practice Breaststroke fundamentals

Work on developing Butterfly stroke

Concentrate on improving Treading Water skills

Incorporate basic physical fitness exercises

Enhance Game IQ through swimming strategies and tactics

Implement breathing techniques

Introduce safety and diving protocols

Focus on Backstroke to improve treading

Enhance Breaststroke proficiency

Develop Butterfly stroke further

Practice advanced Treading Water techniques

Increase intensity of physical fitness exercises

Improve Game IQ through analysis of competitive scenarios

Work on breathing rhythm and control

Advance safety and diving skills

Achieve significant improvement in Backstroke

Refine Breaststroke technique

Attain proficiency in Butterfly stroke

Master Treading Water skills

Strengthen physical fitness through targeted exercises

Develop advanced Game IQ with strategic analysis

Focus on breathing efficiency and endurance

Reinforce safety and diving protocols