



# DEVYANI JAIPURIA

## SPORTS

academy



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

### ANAA MISRI

## TOTAL SCORE: 22/110

**Sports Arena :** DPS international

**Grade :** MYP 5A

**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	★



<b>Level</b>	Beginner
<b>Coach Notes</b>	Not punctual

Proposed plan for the next three months:

Month 1:

Coach to prioritize punctuality and ensure timely arrival for all sessions

Focusing on improving Front Crawl technique from 2/10 to 4/10

Month 2:

Continuing to reinforce the importance of punctuality with the coach

Refining Front Crawl technique to achieve a rating of 6/10

Continuing to address coach punctuality issues

Working on Backstroke technique to increase proficiency from 2/10 to 4/10

Enhancing Breaststroke technique to achieve a rating of 3/10

Developing Butterfly technique to reach a rating of 3/10

Increasing treading water ability from 1/5 to 2/5

Working on physical fitness to improve rating from 2/10 to 4/10

Enhancing Game IQ to achieve a rating of 3/10

Improving breathing technique in the water to reach a rating of 2/5

Focusing on safety and diving skills to increase rating from 2/10 to 4/10

Refining Front Crawl technique to achieve a rating of 4/10

Working on Backstroke technique to increase proficiency from 4/10 to 6/10

Improving Breaststroke technique to reach a rating of 4/10

Developing Butterfly technique to achieve a rating of 4/10

Increasing treading water ability from 2/5 to 3/5

Working on physical fitness to improve rating from 4/10 to 6/10

Enhancing Game IQ to achieve a rating of 4/10

Improving breathing technique in the water to reach a rating of 3/5

Focusing on safety and diving skills to increase rating from 4/10 to 6/10

## Month 3:

Continuing to address coach punctuality issues

Further refining Front Crawl technique to achieve a rating of 8/10

Working on Backstroke technique to increase proficiency from 6/10 to 8/10

Improving Breaststroke technique to reach a rating of 6/10

Developing Butterfly technique to achieve a rating of 6/10

Increasing treading water ability from 3/5 to 4/5

Working on physical fitness to improve rating from 6/10 to 8/10

Enhancing Game IQ to achieve a rating of 6/10

Improving breathing technique in the water to reach a rating of 4/5

Focusing on safety and diving skills to increase rating from 6/10 to 8/10