



DEVYANI JAIPURIA  
SPORTS  
academy



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**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

ADITRI NAKUL

TOTAL SCORE: 68/125

Sports Arena : DPS international

Grade : MYP 5B

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

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



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Minimal drag, high elbow pull, efficient rotation	Competent	★★★☆☆
Speed	100 meters in under 55 seconds	Emerging Awareness	★☆☆☆☆



### 03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Maintained streamline position, consistent kick rhythm	Competent	★ ★ ★
Speed	100 meters in under 1 minute 5 seconds	Emerging Awareness	★



### 04 Breaststroke

Criteria	Benchmark	Remark	Rating
Technique	Maximizes glide, swift recovery	Competent	★ ★ ★
Speed	100 meters in under 1 minute 20 seconds	Emerging Awareness	★



### 05 Butterfly

Criteria	Benchmark	Remark	Rating
Technique	Synchronized arm movement, strong underwater kicks	Competent	★ ★ ★
Speed	100 meters in under 1 minute 5 seconds	Emerging Awareness	★



### 06 Race Strategies

Criteria	Benchmark	Remark	Rating
Pacing	Executes a well-paced race, energy conserved for finish	Competent	★ ★ ★
Underwater Swim	Maximizes underwater swim post-turns	Foundational Understanding	★ ★



### 07 Physical Fitness

Criteria	Benchmark	Remark	Rating
Stamina	Can swim continuously for 45 minutes	Foundational Understanding	★ ★
Flexibility	Can touch toes with knees straight	Competent	★ ★ ★



Flexibility Can touch toes easily without bending knees

Competent

★ ★ ★

08 **Game IQ**

Criteria	Benchmark	Remark	Rating
Starts and Turns	Efficient block starts, sharp turns	Competent	★ ★ ★
Relay Exchanges	Fast and accurate relay exchanges	Foundational Understanding	★ ★



09 **Breathing**

Criteria	Benchmark	Remark	Rating
Efficiency	Uses breathing to advantage in race pacing	Proficient	★ ★ ★ ★



10 **Safety & Diving**

Criteria	Benchmark	Remark	Rating
Dive from Block	Demonstrates explosive and directional dive from block	Competent	★ ★ ★
Open Turn	Executes fast and efficient open turns	Foundational Understanding	★ ★



11 **Mental Strength & Strategy**

Criteria	Benchmark	Remark	Rating
Race Plan	Sticks to a pre-decided race strategy	Proficient	★ ★ ★ ★
Response to Pressure	Maintains form and strategy under race pressure	Competent	★ ★ ★



**Level** Intermediate

**Coach Notes** Very good potential, good in all 4 strokes, has to work little more on butterfly and long distance swimming.

## Proposed plan for the next three months:

### Month 1:

- Focus on improving butterfly and long distance swimming
- Work on front crawl, backstroke, and breaststroke techniques
- Develop race strategies
- Improve physical fitness through conditioning exercises
- Enhance game IQ through studying and analyzing swim races
- Practice proper breathing techniques
- Provide safety and diving instructions
- Strengthen mental strength and strategy through visualization exercises

### Month 2:

- Continue working on butterfly and long distance swimming
- Refine front crawl, backstroke, and breaststroke techniques
- Implement race strategies in practice and competitions
- Increase intensity in physical fitness training
- Analyze and discuss swim races to improve game IQ
- Focus on maintaining proper breathing throughout races
- Reinforce safety and diving skills
- Further develop mental strength and strategy through goal-setting sessions

### Month 3:

- Continue refining butterfly and long distance swimming techniques
- Master front crawl, backstroke, and breaststroke techniques
- Execute race strategies effectively in practice and competitions
- Maintain and improve physical fitness levels
- Apply advanced game IQ in analyzing and adapting to different race situations
- Ensure consistent and controlled breathing in races
- Review safety and diving protocols
- Further strengthen mental strength and strategy through simulated race scenarios