



# DEVYANI JAIPURIA

## SPORTS

academy



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

**REEYA GOKULGANDHI**

**TOTAL SCORE: 22/110**

**Sports Arena :** DPS international

**Grade :** MYP 5D

**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:

- Focus on improving Front Crawl technique
- Practice Backstroke drills to enhance form

Month 2:

- Continue refining Front Crawl technique with specific drills
- Focus on Backstroke arm movements and body position

Practice Backstroke drills to enhance technique

Work on Breaststroke kick and arm coordination

Introduce Butterfly stroke and practice its basic movements

Conduct treading water exercises to improve endurance

Include basic physical fitness exercises in the training

Discuss game IQ and strategies during sessions

Emphasize proper breathing techniques while swimming

Teach safety measures and diving skills

Focus on Backstroke arm movements and body position

Improve Breaststroke coordination and timing

Introduce advanced Butterfly techniques and build endurance

Increase difficulty of treading water exercises

Incorporate more challenging physical fitness routines

Discuss and analyze game situations to enhance game IQ

Practice different breathing patterns in swimming

Enhance safety and diving skills through repetitive drills

## Month 3:

Refine Front Crawl technique through video analysis

Continue improving Backstroke with advanced drills

Focus on Breaststroke timing and power

Master Butterfly stroke and work on speed

Conduct treading water challenges and incorporate rescue techniques

Implement intense physical fitness exercises for strength and endurance

Develop advanced game IQ by analyzing complex game scenarios

Practice different breathing techniques under race-like conditions

Enhance safety and diving skills through simulated emergency situations