

# ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZORO

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Eylen Thomas

Coaches: Van Wassenhove Senne

Coaches: Eugene Astrid HEADCOACH

Coaches: Kelchtermans Joris

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

| Event number: 1: 50M BUTTERFLY MIXED 10-9                   |           |  |           |                                       |  |  | Heat:1, starttime: 14:00 |  |
|-------------------------------------------------------------|-----------|--|-----------|---------------------------------------|--|--|--------------------------|--|
| Heat: 1/1    Lane : 2    Athlete: GRONDARD VAN SCHAGEN ANNA |           |  |           |                                       |  |  | Q-time: 99:99:99         |  |
| PB (25m pool): no time                                      |           |  |           | PB (50m pool): no time    SB: no time |  |  |                          |  |
|                                                             | 2 5 M     |  | 5 0 M     |                                       |  |  |                          |  |
| PB                                                          |           |  | no time   |                                       |  |  |                          |  |
|                                                             | no time   |  |           |                                       |  |  |                          |  |
|                                                             | . . . . . |  | . . . . . |                                       |  |  |                          |  |

Coach feedback:

| Event number: 3: 200M BREASTSTROKE WOMEN 11+      |           |           |                                                              |           |           |           | Heat:2, starttime: 14:20 |           |
|---------------------------------------------------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/6    Lane : 4    Athlete: THIERENS CHIARA |           |           |                                                              |           |           |           | Q-time: 03:40:44         |           |
| PB (25m pool): 03:40.44   Tremelo   18/01/2026    |           |           | PB (50m pool): no time   SB: 03:40.44   Tremelo   18/01/2026 |           |           |           |                          |           |
|                                                   | 2 5 M     | 5 0 M     | 7 5 M                                                        | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                                |           | 00:50.37  |                                                              | 01:46.29  |           | no time   |                          | 03:40.44  |
|                                                   | 00:50.37  |           | 00:55.92                                                     |           |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M BACKSTROKE MEN 11+           |           |           |                                       |           |           |           | Heat:3, starttime: 15:00 |           |
|----------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 3    Athlete: DEMESMAEKER ALEX |           |           |                                       |           |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): no time                             |           |           | PB (50m pool): no time    SB: no time |           |           |           |                          |           |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M                                 | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                                 |           | no time   |                                       | no time   |           | no time   |                          | no time   |
|                                                    | no time   |           |                                       |           |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 7: 200M BACKSTROKE MEN 11+      |         |         |                        |         |       |             | Heat:4, starttime: 15:05 |         |
|-----------------------------------------------|---------|---------|------------------------|---------|-------|-------------|--------------------------|---------|
| Heat: 4/8    Lane : 2    Athlete: PEELS NIKAI |         |         |                        |         |       |             | Q-time: 99:99:99         |         |
| PB (25m pool): no time                        |         |         | PB (50m pool): no time |         |       | SB: no time |                          |         |
|                                               | 2 5 M   | 5 0 M   | 7 5 M                  | 1 0 0   | 1 2 5 | 1 5 0       | 1 7 5                    | 2 0 0 M |
| PB                                            |         | no time |                        | no time |       | no time     |                          | no time |
|                                               | no time |         |                        |         |       |             |                          |         |
|                                               | .....   | .....   | .....                  | .....   | ..... | .....       | .....                    | .....   |

Coach feedback:

| Event number: 7: 200M BACKSTROKE MEN 11+       |           |           |                        |           |           |             | Heat:4, starttime: 15:05 |           |
|------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 4/8    Lane : 3    Athlete: OSSé MICHAEL |           |           |                        |           |           |             | Q-time: 99:99:99         |           |
| PB (25m pool): no time                         |           |           | PB (50m pool): no time |           |           | SB: no time |                          |           |
|                                                | 2 5 M     | 5 0 M     | 7 5 M                  | 1 0 0     | 1 2 5     | 1 5 0       | 1 7 5                    | 2 0 0 M   |
| PB                                             |           | no time   |                        | no time   |           | no time     |                          | no time   |
|                                                | no time   |           |                        |           |           |             |                          |           |
|                                                | . . . . . | . . . . . | . . . . .              | . . . . . | . . . . . | . . . . .   | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M BACKSTROKE MEN 11+          |           |           |                        |           |           |             | Heat:4, starttime: 15:05 |           |
|---------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 4/8    Lane : 6    Athlete: DACUNTO VINCENT |           |           |                        |           |           |             | Q-time: 99:99:99         |           |
| PB (25m pool): no time                            |           |           | PB (50m pool): no time |           |           | SB: no time |                          |           |
|                                                   | 2 5 M     | 5 0 M     | 7 5 M                  | 1 0 0     | 1 2 5     | 1 5 0       | 1 7 5                    | 2 0 0 M   |
| PB                                                |           | no time   |                        | no time   |           | no time     |                          | no time   |
|                                                   | no time   |           |                        |           |           |             |                          |           |
|                                                   | . . . . . | . . . . . | . . . . .              | . . . . . | . . . . . | . . . . .   | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M BACKSTROKE MEN 11+       |           |           |                                       |           |           |           | Heat:5, starttime: 15:10 |           |
|------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 5/8    Lane : 1    Athlete: VOGELS OSCAR |           |           |                                       |           |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 03:12.55    Overijse 30/11/2024 |           |           | PB (50m pool): no time    SB: no time |           |           |           |                          |           |
|                                                | 2 5 M     | 5 0 M     | 7 5 M                                 | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                             |           | 00:46.51  |                                       | 01:36.66  |           | no time   |                          | 03:12.55  |
|                                                | 00:46.51  |           | 00:50.15                              |           |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 7: 200M BACKSTROKE MEN 11+        |           |           |           |                                       |           |           | Heat:7, starttime: 15:20 |           |
|-------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/8    Lane : 6    Athlete: TOLJAGA DEJAN |           |           |           |                                       |           |           | Q-time: 02:48:21         |           |
| PB (25m pool): 02:48.21    Zaventem 15/07/2025  |           |           |           | PB (50m pool): no time    SB: no time |           |           |                          |           |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0                                 | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                              |           | 00:39.81  |           | 01:22.57                              |           | no time   |                          | 02:48.21  |
|                                                 | 00:39.81  |           | 00:42.76  |                                       |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 8: 50M FREESTYLE WOMEN 11+          |           |  |           |  |  |  |  |  |  | Heat:3, starttime: 15:30              |  |
|---------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|---------------------------------------|--|
| Heat: 3/7    Lane : 1    Athlete: CHARLIER MARGOT |           |  |           |  |  |  |  |  |  | Q-time: 99:99:99                      |  |
| PB (25m pool): 00:37.85    Overijse 30/11/2024    |           |  |           |  |  |  |  |  |  | PB (50m pool): no time    SB: no time |  |
|                                                   | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                       |  |
| PB                                                |           |  | 00:37.85  |  |  |  |  |  |  |                                       |  |
|                                                   |           |  | 00:37.85  |  |  |  |  |  |  |                                       |  |
|                                                   | . . . . . |  | . . . . . |  |  |  |  |  |  |                                       |  |

Coach feedback:

| Event number: 8: 50M FREESTYLE WOMEN 11+          |           |  |           |  |                                                               |  |  |  |  | Heat:3, starttime: 15:30 |  |
|---------------------------------------------------|-----------|--|-----------|--|---------------------------------------------------------------|--|--|--|--|--------------------------|--|
| Heat: 3/7    Lane : 5    Athlete: THIERENS CHIARA |           |  |           |  |                                                               |  |  |  |  | Q-time: 00:42:04         |  |
| PB (25m pool): 00:42.04    Dilbeek    28/09/2025  |           |  |           |  | PB (50m pool): 00:40.23 SB: 00:42.04    Dilbeek    28/09/2025 |  |  |  |  |                          |  |
|                                                   | 2 5 M     |  | 5 0 M     |  |                                                               |  |  |  |  |                          |  |
| PB                                                |           |  | 00:42.04  |  |                                                               |  |  |  |  |                          |  |
|                                                   |           |  | 00:42.04  |  |                                                               |  |  |  |  |                          |  |
|                                                   | . . . . . |  | . . . . . |  |                                                               |  |  |  |  |                          |  |

Coach feedback:

| Event number: 8: 50M FREESTYLE WOMEN 11+         |           |  |           |  |                                                               |  |  |  |  | Heat:4, starttime: 15:30 |  |
|--------------------------------------------------|-----------|--|-----------|--|---------------------------------------------------------------|--|--|--|--|--------------------------|--|
| Heat: 4/7    Lane : 1    Athlete: PEETROONS ZENA |           |  |           |  |                                                               |  |  |  |  | Q-time: 00:37:87         |  |
| PB (25m pool): 00:37.87    Dilbeek    28/09/2025 |           |  |           |  | PB (50m pool): 00:38.47 SB: 00:37.87    Dilbeek    28/09/2025 |  |  |  |  |                          |  |
|                                                  | 2 5 M     |  | 5 0 M     |  |                                                               |  |  |  |  |                          |  |
| PB                                               |           |  | 00:37.87  |  |                                                               |  |  |  |  |                          |  |
|                                                  |           |  | 00:37.87  |  |                                                               |  |  |  |  |                          |  |
|                                                  | . . . . . |  | . . . . . |  |                                                               |  |  |  |  |                          |  |

Coach feedback:

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| Event number: 10: 50M BUTTERFLY MEN 11+                   |         |         | Heat:1, starttime: 15:55 |
|-----------------------------------------------------------|---------|---------|--------------------------|
| Heat: 1/5 Lane : 4 Athlete: DACUNTO VINCENT               |         |         | Q-time: 99:99:99         |
| PB (25m pool): no time PB (50m pool): no time SB: no time |         |         |                          |
|                                                           | 2 5 M   | 5 0 M   |                          |
| PB                                                        |         | no time |                          |
|                                                           | no time |         |                          |
|                                                           | .....   | .....   |                          |

Coach feedback:

| Event number: 10: 50M BUTTERFLY MEN 11+                   |         |         | Heat:2, starttime: 15:55 |
|-----------------------------------------------------------|---------|---------|--------------------------|
| Heat: 2/5 Lane : 5 Athlete: PEELS NIKAI                   |         |         | Q-time: 99:99:99         |
| PB (25m pool): no time PB (50m pool): no time SB: no time |         |         |                          |
|                                                           | 2 5 M   | 5 0 M   |                          |
| PB                                                        |         | no time |                          |
|                                                           | no time |         |                          |
|                                                           | .....   | .....   |                          |

Coach feedback:

| Event number: 10: 50M BUTTERFLY MEN 11+                                         |          |          | Heat:4, starttime: 16:00 |
|---------------------------------------------------------------------------------|----------|----------|--------------------------|
| Heat: 4/5 Lane : 3 Athlete: OSSé MICHAEL                                        |          |          | Q-time: 00:31:92         |
| PB (25m pool): 00:40.84 Overijse 30/11/2024 PB (50m pool): 00:31.92 SB: no time |          |          |                          |
|                                                                                 | 2 5 M    | 5 0 M    |                          |
| PB                                                                              |          | 00:40.84 |                          |
|                                                                                 | 00:40.84 |          |                          |
|                                                                                 | .....    | .....    |                          |

Coach feedback:

| Event number: 11: 50M BUTTERFLY WOMEN 11+                  |         |         | Heat:2, starttime: 16:05 |
|------------------------------------------------------------|---------|---------|--------------------------|
| Heat: 2/5 Lane : 5 Athlete: PEETROONS ZENA                 |         |         | Q-time: 00:45:88         |
| PB (25m pool): no time PB (50m pool): 00:45.88 SB: no time |         |         |                          |
|                                                            | 2 5 M   | 5 0 M   |                          |
| PB                                                         |         | no time |                          |
|                                                            | no time |         |                          |
|                                                            | .....   | .....   |                          |

Coach feedback:

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| Event number: 12: 100M MEDLEY MIXED 10-9                  |         |         |       |         | Heat:1, starttime: 16:10 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 1/1 Lane : 4 Athlete: GRONDARD VAN SCHAGEN ANNA     |         |         |       |         | Q-time: 99:99:99         |
| PB (25m pool): no time PB (50m pool): no time SB: no time |         |         |       |         |                          |
|                                                           | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                          |
| PB                                                        |         | no time |       | no time |                          |
|                                                           | no time |         |       |         |                          |
|                                                           | .....   | .....   | ..... | .....   |                          |

Coach feedback:

| Event number: 15: 50M FREESTYLE MEN 11+                                                            |          |          |  |  | Heat:2, starttime: 16:20 |
|----------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 2/5 Lane : 5 Athlete: DACUNTO VINCENT                                                        |          |          |  |  | Q-time: 00:40:43         |
| PB (25m pool): 00:40.43 Dilbeek 28/09/2025 PB (50m pool): 00:39.50 SB: 00:40.43 Dilbeek 28/09/2025 |          |          |  |  |                          |
|                                                                                                    | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                                                 |          | 00:40.43 |  |  |                          |
|                                                                                                    | 00:40.43 |          |  |  |                          |
|                                                                                                    | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 15: 50M FREESTYLE MEN 11+                                                            |          |          |  |  | Heat:3, starttime: 16:20 |
|----------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 3/5 Lane : 2 Athlete: VOGELS OSCAR                                                           |          |          |  |  | Q-time: 00:34:57         |
| PB (25m pool): 00:34.57 Dilbeek 28/09/2025 PB (50m pool): 00:34.99 SB: 00:34.57 Dilbeek 28/09/2025 |          |          |  |  |                          |
|                                                                                                    | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                                                 |          | 00:34.57 |  |  |                          |
|                                                                                                    | 00:34.57 |          |  |  |                          |
|                                                                                                    | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 15: 50M FREESTYLE MEN 11+                                                              |          |          |  |  | Heat:4, starttime: 16:20 |
|------------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 4/5 Lane : 2 Athlete: TOLJAGA DEJAN                                                            |          |          |  |  | Q-time: 00:30:66         |
| PB (25m pool): 00:30.66 Overijse 29/11/2025 PB (50m pool): 00:32.25 SB: 00:30.66 Overijse 29/11/2025 |          |          |  |  |                          |
|                                                                                                      | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                                                   |          | 00:30.66 |  |  |                          |
|                                                                                                      | 00:30.66 |          |  |  |                          |
|                                                                                                      | .....    | .....    |  |  |                          |

Coach feedback:

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| Event number: 16: 200M BACKSTROKE WOMEN 11+       |         |         |                        |         |       |             | Heat:2, starttime: 16:30 |         |
|---------------------------------------------------|---------|---------|------------------------|---------|-------|-------------|--------------------------|---------|
| Heat: 2/7    Lane : 1    Athlete: THIERENS CHIARA |         |         |                        |         |       |             | Q-time: 99:99:99         |         |
| PB (25m pool): no time                            |         |         | PB (50m pool): no time |         |       | SB: no time |                          |         |
|                                                   | 2 5 M   | 5 0 M   | 7 5 M                  | 1 0 0   | 1 2 5 | 1 5 0       | 1 7 5                    | 2 0 0 M |
| PB                                                |         | no time |                        | no time |       | no time     |                          | no time |
|                                                   | no time |         |                        |         |       |             |                          |         |
|                                                   | .....   | .....   | .....                  | .....   | ..... | .....       | .....                    | .....   |

Coach feedback:

| Event number: 16: 200M BACKSTROKE WOMEN 11+       |           |           |                                       |           |           |           | Heat:2, starttime: 16:30 |           |
|---------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/7    Lane : 2    Athlete: CHARLIER MARGOT |           |           |                                       |           |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 03:27.06    Overijse 30/11/2024    |           |           | PB (50m pool): no time    SB: no time |           |           |           |                          |           |
|                                                   | 2 5 M     | 5 0 M     | 7 5 M                                 | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                                |           | 00:48.86  |                                       | 01:42.79  |           | no time   |                          | 03:27.06  |
|                                                   | 00:48.86  |           | 00:53.93                              |           |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 200M BACKSTROKE WOMEN 11+      |           |           |                                       |           |           |           | Heat:3, starttime: 16:35 |           |
|--------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 2    Athlete: PEETROONS ZENA |           |           |                                       |           |           |           | Q-time: 03:35:56         |           |
| PB (25m pool): 03:35.56    Aarschot 04/05/2025   |           |           | PB (50m pool): no time    SB: no time |           |           |           |                          |           |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M                                 | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                               |           | 00:51.25  |                                       | 01:46.68  |           | no time   |                          | 03:35.56  |
|                                                  | 00:51.25  |           | 00:55.43                              |           |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 17: 200M BREASTSTROKE MEN 11+        |           |           |                        |           |           |             | Heat:1, starttime: 16:55 |           |
|----------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 1/4    Lane : 1    Athlete: DEMESMAEKER ALEX |           |           |                        |           |           |             | Q-time: 99:99:99         |           |
| PB (25m pool): no time                             |           |           | PB (50m pool): no time |           |           | SB: no time |                          |           |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M                  | 1 0 0     | 1 2 5     | 1 5 0       | 1 7 5                    | 2 0 0 M   |
| PB                                                 |           | no time   |                        | no time   |           | no time     |                          | no time   |
|                                                    | no time   |           |                        |           |           |             |                          |           |
|                                                    | . . . . . | . . . . . | . . . . .              | . . . . . | . . . . . | . . . . .   | . . . . .                | . . . . . |

Coach feedback:

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|                                               |           |           |                                     |           |           |           |                          |           |
|-----------------------------------------------|-----------|-----------|-------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 17: 200M BREASTSTROKE MEN 11+   |           |           |                                     |           |           |           | Heat:2, starttime: 17:00 |           |
| Heat: 2/4    Lane : 5    Athlete: PEELS NIKAI |           |           |                                     |           |           |           | Q-time: 03:49:62         |           |
| PB (25m pool): no time                        |           |           | PB (50m pool): 03:49.62 SB: no time |           |           |           |                          |           |
|                                               | 2 5 M     | 5 0 M     | 7 5 M                               | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                            |           | no time   |                                     | no time   |           | no time   |                          | no time   |
|                                               | no time   |           |                                     |           |           |           |                          |           |
|                                               | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: