

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

**Event number: 1: 100M BUTTERFLY MEN** **Heat:4, starttime: 09:35**

**Heat: 4/9 Lane : 6 Athlete: CLAEYS OSCAR** **Q-time: 01:01:16**

**PB (50m pool): 01:01.16 Antwerpen 27/07/2025** **PB (25m pool): 00:59.42 SB: 01:02.44 Amersfoort 22/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:28.01	01:01.16	
	<i>00:28.01</i>	<i>00:33.15</i>	
	.....	.....	

Coach feedback:

**Event number: 1: 100M BUTTERFLY MEN** **Heat:5, starttime: 09:36**

**Heat: 5/9 Lane : 2 Athlete: LEROUX WOUT** **Q-time: 00:59:77**

**PB (50m pool): 00:59.74 Antwerpen 28/07/2024** **PB (25m pool): 00:59.33 SB: no time**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	no time	00:59.74	
	<i>no time</i>		
	.....	.....	

Coach feedback:

**Event number: 1: 100M BUTTERFLY MEN** **Heat:6, starttime: 09:38**

**Heat: 6/9 Lane : 6 Athlete: SCHRAM THOR** **Q-time: 00:58:76**

**PB (50m pool): 00:58.76 Antwerp 09/02/2025** **PB (25m pool): 00:57.90 SB: 00:59.71 Amersfoort 22/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:27.68	00:58.76	
	<i>00:27.68</i>	<i>00:31.08</i>	
	.....	.....	

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 2: 100M BUTTERFLY WOMEN</b>		<b>Heat:1, starttime: 09:44</b>
<b>Heat: 1/5 Lane : 3 Athlete: GOETHALS HILKJE</b>		<b>Q-time: 01:10:13</b>
PB (50m pool): 01:10.13 Lochristi 01/02/2026		PB (25m pool): 01:06.36 SB: 01:10.13 Lochristi 01/02/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	no time	01:10.13
	<i>no time</i>	
	.....	.....

Coach feedback:

<b>Event number: 2: 100M BUTTERFLY WOMEN</b>		<b>Heat:5, starttime: 09:51</b>
<b>Heat: 5/5 Lane : 2 Athlete: HOSTE CELESTE</b>		<b>Q-time: 01:05:59</b>
PB (50m pool): no time		PB (25m pool): no time SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	no time	no time
	<i>no time</i>	
	.....	.....

Coach feedback:

<b>Event number: 2: 100M BUTTERFLY WOMEN</b>		<b>Heat:5, starttime: 09:51</b>
<b>Heat: 5/5 Lane : 6 Athlete: MATTHEEUWS LIE</b>		<b>Q-time: 01:05:27</b>
PB (50m pool): 01:05.27 Antwerpen 27/07/2025		PB (25m pool): 01:03.35 SB: 01:09.62 Lochristi 01/02/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:29.52	01:05.27
	<i>00:29.52</i>	<i>00:35.75</i>
	.....	.....

Coach feedback:

<b>Event number: 2: 100M BUTTERFLY WOMEN</b>		<b>Heat:5, starttime: 09:51</b>
<b>Heat: 5/5 Lane : 7 Athlete: DE DECKER FEBE</b>		<b>Q-time: 01:06:34</b>
PB (50m pool): 01:06.34 Antwerpen 27/07/2025		PB (25m pool): 01:05.26 SB: 01:06.91 Antwerpen 08/03/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:30.57	01:06.34
	<i>00:30.57</i>	<i>00:35.77</i>
	.....	.....

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 3: 200M BACKSTROKE MEN</b>				<b>Heat:4, starttime: 10:03</b>	
<b>Heat: 4/5 Lane : 8 Athlete: VAN DEURSEN SIEBE</b>				<b>Q-time: 02:18:11</b>	
PB (50m pool): 02:18.11 Antwerpen 27/07/2025			PB (25m pool): 02:13.27 SB: 02:27.45 Kortrijk 26/12/2025		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	00:31.69	01:06.07	01:42.44	02:18.11	
	<i>00:31.69</i>	<i>00:34.38</i>	<i>00:36.37</i>	<i>00:35.67</i>	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 3: 200M BACKSTROKE MEN</b>				<b>Heat:5, starttime: 10:06</b>	
<b>Heat: 5/5 Lane : 4 Athlete: VERRETH NOAH</b>				<b>Q-time: 02:02:37</b>	
PB (50m pool): 02:02.37 Antwerpen 27/04/2025			PB (25m pool): 01:54.91 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	00:28.83	01:00.00	01:31.49	02:02.37	
	<i>00:28.83</i>	<i>00:31.17</i>	<i>00:31.49</i>	<i>00:30.88</i>	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 5: 100M BREASTSTROKE MEN</b>			<b>Heat:1, starttime: 10:22</b>		
<b>Heat: 1/9 Lane : 6 Athlete: LAFAUT LEON</b>			<b>Q-time: 01:14:62</b>		
PB (50m pool): 01:14.62 Gent 08/02/2026			PB (25m pool): 01:12.46 SB: 01:14.62 Gent 08/02/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:34.90	01:14.62			
	<i>00:34.90</i>	<i>00:39.72</i>			
	.....	.....			

Coach feedback:

<b>Event number: 5: 100M BREASTSTROKE MEN</b>			<b>Heat:2, starttime: 10:24</b>		
<b>Heat: 2/9 Lane : 4 Athlete: DE MUL TOM</b>			<b>Q-time: 01:12:04</b>		
PB (50m pool): 01:12.04 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:08.47 SB: 01:13.04 Gent 08/02/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:33.49	01:12.04			
	<i>00:33.49</i>	<i>00:38.55</i>			
	.....	.....			

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 5: 100M BREASTSTROKE MEN</b>		<b>Heat:2, starttime: 10:24</b>
<b>Heat: 2/9 Lane : 5 Athlete: CLAEYS OSCAR</b>		<b>Q-time: 01:12:31</b>
PB (50m pool): 01:12.31 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:09.22 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:33.53	01:12.31
	<i>00:33.53</i>	<i>00:38.78</i>
	.....	.....

Coach feedback:

<b>Event number: 5: 100M BREASTSTROKE MEN</b>		<b>Heat:3, starttime: 10:25</b>
<b>Heat: 3/9 Lane : 7 Athlete: MCLEAN BRETT</b>		<b>Q-time: 01:11:76</b>
PB (50m pool): 01:11.76 Lochristi 01/02/2026 PB (25m pool): no time SB: 01:11.76 Lochristi 01/02/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	no time	01:11.76
	<i>no time</i>	
	.....	.....

Coach feedback:

<b>Event number: 6: 50M BREASTSTROKE WOMEN</b>		<b>Heat:4, starttime: 10:41</b>
<b>Heat: 4/6 Lane : 1 Athlete: RAEMDONCK BENTHE-MARIE</b>		<b>Q-time: 00:35:06</b>
PB (50m pool): 00:33.66 Antwerpen 12/02/2023 PB (25m pool): 00:33.30 SB: 00:35.06 Amersfoort 22/02/2026		
	<b>5 0 M</b>	
PB	00:33.66	
	<i>00:33.66</i>	
	.....	

Coach feedback:

<b>Event number: 6: 50M BREASTSTROKE WOMEN</b>		<b>Heat:6, starttime: 10:43</b>
<b>Heat: 6/6 Lane : 6 Athlete: GOBERT LIES</b>		<b>Q-time: 00:32:49</b>
PB (50m pool): 00:32.56 Antwerpen 28/07/2024 PB (25m pool): 00:32.15 SB: 00:32.89 Gent 08/02/2026		
	<b>5 0 M</b>	
PB	00:32.56	
	<i>00:32.56</i>	
	.....	

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 7: 400M FREESTYLE MEN</b>							<b>Heat:1, starttime: 10:45</b>	
<b>Heat: 1/3 Lane : 5 Athlete: KOCKX HENRI</b>							<b>Q-time: 04:15:91</b>	
PB (50m pool): 04:15.91 Antwerpen 27/07/2025				PB (25m pool): 04:15.90 SB: 04:36.77 Gent 08/02/2026				
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:29.05	01:00.51	01:32.77	02:05.63	02:38.26	03:10.96	03:43.68	04:15.91
	00:29.05	00:31.46	00:32.26	00:32.86	00:32.63	00:32.70	00:32.72	00:32.23
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 8: 200M FREESTYLE WOMEN</b>					<b>Heat:1, starttime: 10:59</b>	
<b>Heat: 1/5 Lane : 2 Athlete: VANGAMPELAERE LAURA</b>					<b>Q-time: 02:16:08</b>	
PB (50m pool): 02:15.20 Antwerpen 21/04/2024			PB (25m pool): 02:11.79 SB: no time			
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>		
PB	no time	no time	no time	02:15.20		
	no time					
	.....	.....	.....	.....		

Coach feedback:

<b>Event number: 8: 200M FREESTYLE WOMEN</b>					<b>Heat:1, starttime: 10:59</b>	
<b>Heat: 1/5 Lane : 4 Athlete: DE DECKER FEBE</b>					<b>Q-time: 02:13:24</b>	
PB (50m pool): 02:11.50 Antwerpen 08/03/2026			PB (25m pool): 02:08.27 SB: 02:11.50 Antwerpen 08/03/2026			
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>		
PB	00:30.78	01:03.77	01:37.70	02:11.50		
	00:30.78	00:32.99	00:33.93	00:33.80		
	.....	.....	.....	.....		

Coach feedback:

<b>Event number: 8: 200M FREESTYLE WOMEN</b>					<b>Heat:2, starttime: 11:02</b>	
<b>Heat: 2/5 Lane : 4 Athlete: VAN GYSEL MAITE</b>					<b>Q-time: 02:09:86</b>	
PB (50m pool): 02:09.28 Antwerpen 21/04/2024			PB (25m pool): 02:06.05 SB: 02:12.11 Amersfoort 22/02/2026			
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>		
PB	no time	no time	no time	02:09.28		
	no time					
	.....	.....	.....	.....		

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:1, starttime: 11:13</b>
<b>Heat: 1/12 Lane : 4 Athlete: SCHRAM THOR</b>		<b>Q-time: 00:25:91</b>
PB (50m pool): 00:25.91 Amersfoort 22/02/2026		PB (25m pool): 00:24.61 SB: 00:25.91 Amersfoort 22/02/2026
	<b>5 0 M</b>	
PB	00:25.91	
	<i>00:25.91</i>	
	. . . . .	

Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:2, starttime: 11:14</b>
<b>Heat: 2/12 Lane : 5 Athlete: LEROUX WOUT</b>		<b>Q-time: 00:25:72</b>
PB (50m pool): 00:25.72 Gent 08/02/2026		PB (25m pool): 00:25.28 SB: 00:25.72 Gent 08/02/2026
	<b>5 0 M</b>	
PB	00:25.72	
	<i>00:25.72</i>	
	. . . . .	

Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:7, starttime: 11:19</b>
<b>Heat: 7/12 Lane : 5 Athlete: VANGAMPELAERE MILAN</b>		<b>Q-time: 00:24:72</b>
PB (50m pool): 00:24.07 Amersfoort 22/02/2026		PB (25m pool): 00:23.68 SB: 00:24.07 Amersfoort 22/02/2026
	<b>5 0 M</b>	
PB	00:24.07	
	<i>00:24.07</i>	
	. . . . .	

Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:10, starttime: 11:22</b>
<b>Heat: 10/12 Lane : 1 Athlete: DE MUL TOM</b>		<b>Q-time: 00:23:98</b>
PB (50m pool): 00:23.98 Antwerpen 27/04/2025		PB (25m pool): 00:22.96 SB: 00:24.11 Amersfoort 22/02/2026
	<b>5 0 M</b>	
PB	00:23.98	
	<i>00:23.98</i>	
	. . . . .	

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:10, starttime: 11:22</b>
<b>Heat: 10/12 Lane : 3 Athlete: BAEYE LEON</b>		<b>Q-time: 00:23:32</b>
PB (50m pool): 00:23.32 Antwerpen 27/07/2025		PB (25m pool): 00:22.38 SB: 00:24.10 Lochristi 01/02/2026
	<b>5 0 M</b>	
PB	00:23.32	
	<i>00:23.32</i>	
	. . . . .	

Coach feedback:

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:2, starttime: 11:27</b>
<b>Heat: 2/7 Lane : 7 Athlete: VANGAMPELAERE LAURA</b>		<b>Q-time: 00:32:86</b>
PB (50m pool): 00:32.49 Antwerpen 21/04/2024		PB (25m pool): 00:31.58 SB: 00:33.31 Amersfoort 22/02/2026
	<b>5 0 M</b>	
PB	00:32.49	
	<i>00:32.49</i>	
	. . . . .	

Coach feedback:

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:4, starttime: 11:30</b>
<b>Heat: 4/7 Lane : 6 Athlete: GOETHALS HILKJE</b>		<b>Q-time: 00:31:93</b>
PB (50m pool): 00:31.41 Antwerp 09/02/2025		PB (25m pool): 00:29.83 SB: 00:32.44 Lochristi 01/02/2026
	<b>5 0 M</b>	
PB	00:31.41	
	<i>00:31.41</i>	
	. . . . .	

Coach feedback:

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:5, starttime: 11:31</b>
<b>Heat: 5/7 Lane : 1 Athlete: HUENS NOOR</b>		<b>Q-time: 00:31:54</b>
PB (50m pool): 00:31.54 Antwerpen 27/04/2025		PB (25m pool): 00:30.42 SB: 00:32.50 Gent 08/02/2026
	<b>5 0 M</b>	
PB	00:31.54	
	<i>00:31.54</i>	
	. . . . .	

Coach feedback:

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:5, starttime: 11:31</b>
<b>Heat: 5/7 Lane : 2 Athlete: MATTHEEUWS LIE</b>		<b>Q-time: 00:30:72</b>
PB (50m pool): 00:30.13 Antwerpen 21/04/2024		PB (25m pool): 00:29.15 SB: 00:31.02 Amersfoort 22/02/2026
	<b>5 0 M</b>	
PB	00:30.13	
	<i>00:30.13</i>	
	. . . . .	

Coach feedback:

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:6, starttime: 11:33</b>
<b>Heat: 6/7 Lane : 2 Athlete: VAN BRABANDT JULIETTE</b>		<b>Q-time: 00:30:69</b>
PB (50m pool): 00:30.69 Antwerpen 27/04/2025		PB (25m pool): 00:28.92 SB: 00:31.75 Luxembourg 01/02/2026
	<b>5 0 M</b>	
PB	00:30.69	
	<i>00:30.69</i>	
	. . . . .	

Coach feedback: