

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

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

Coaches: Lasoen Sam HEADCOACH

Coaches: Buyck Tine

PB => Personal Best time

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

## Event number: 6: 50M BREASTSTROKE WOMEN Heat:1, starttime: 10:37

Heat: 1/6 Lane : 2 Athlete: DE GRAVE LIZE Q-time: 00:38:24

PB (50m pool): 00:38.24 Wezenberg 03/01/2026 PB (25m pool): 00:37.02 SB: 00:38.24 Wezenberg 03/01/2026

50 M	
PB	00:38.24
	00:38.24
	.....

Coach feedback:

## Event number: 8: 200M FREESTYLE WOMEN Heat:5, starttime: 11:10

Heat: 5/5 Lane : 1 Athlete: VAN AVONDT LINA Q-time: 02:08:50

PB (50m pool): 02:08.50 Antwerpen 27/07/2025 PB (25m pool): 02:07.30 SB: 02:10.55 Gent 08/02/2026

50 M		100 M		150 M		200 M	
PB	00:29.86	01:02.54	01:36.11	02:08.50			
	00:29.86	00:32.68	00:33.57	00:32.39			
	.....	.....	.....	.....			

Coach feedback:

## Event number: 9: 50M FREESTYLE MEN Heat:1, starttime: 11:13

Heat: 1/12 Lane : 3 Athlete: DHOOGHE LIAM Q-time: 00:25:91

PB (50m pool): 00:25.91 Antwerpen 27/07/2025 PB (25m pool): 00:25.16 SB: 00:26.07 Wezenberg 03/01/2026

50 M	
PB	00:25.91
	00:25.91
	.....

Coach feedback:

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

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:4, starttime: 11:30</b>
<b>Heat: 4/7 Lane : 1 Athlete: VAN AVONDT LINA</b>		<b>Q-time: 00:32:30</b>
PB (50m pool): 00:32.30 Luxembourg 01/02/2026		PB (25m pool): 00:31.17 SB: 00:32.30 Luxembourg 01/02/2026
	<b>5 0 M</b>	
<b>PB</b>	00:32.30	
	<i>00:32.30</i>	
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Coach feedback: