

FSC 2026: Session: 5: COACH evaluation sheet for TEAM: TRUST

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

Coaches: Vanderhulst Kasper

Coaches: Ciommo Fabio HEADCOACH

PB => Personal Best time

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

Event number: 24: 200M FREESTYLE MEN **Heat:4, starttime: 09:38**

Heat: 4/7 Lane : 1 Athlete: DE SWERDT NIELS **Q-time: 01:59:22**

PB (50m pool): 01:58.55 ANTWERPEN 30/07/2023 **PB (25m pool): 01:54.20 SB: 01:59.74 Luxembourg 01/02/2026**

| | 50 M | 100 M | 150 M | 200 M | |
|----|----------------|---------|---------|----------|--|
| PB | no time | no time | no time | 01:58.55 | |
| | <i>no time</i> | | | | |
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Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN **Heat:6, starttime: 10:21**

Heat: 6/6 Lane : 8 Athlete: DEPREZ LUKAS **Q-time: 02:31:76**

PB (50m pool): 02:30.76 Antwerpen 28/07/2024 **PB (25m pool): 02:23.13 SB: no time**

| | 50 M | 100 M | 150 M | 200 M | |
|----|----------------|---------|---------|----------|--|
| PB | no time | no time | no time | 02:30.76 | |
| | <i>no time</i> | | | | |
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Coach feedback:

Event number: 28: 50M BUTTERFLY MEN **Heat:4, starttime: 10:35**

Heat: 4/10 Lane : 6 Athlete: VANDERHULST MIDAS **Q-time: 00:27:14**

PB (50m pool): 00:27.19 Antwerp 09/02/2025 **PB (25m pool): 00:26.13 SB: no time**

| | 50 M | |
|----|-----------------|--|
| PB | 00:27.19 | |
| | <i>00:27.19</i> | |
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Coach feedback:

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| Event number: 28: 50M BUTTERFLY MEN | | Heat:5, starttime: 10:36 |
| Heat: 5/10 Lane : 4 Athlete: MATTHEUS IBE | | Q-time: 00:26:79 |
| PB (50m pool): 00:26.79 Antwerp 09/02/2025 PB (25m pool): 00:26.24 SB: no time | | |
| | 5 0 M | |
| PB | 00:26.79 | |
| | 00:26.79 | |
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Coach feedback:

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| Event number: 28: 50M BUTTERFLY MEN | | Heat:7, starttime: 10:37 |
| Heat: 7/10 Lane : 6 Athlete: CIOMMO ALESSANDER | | Q-time: 00:26:20 |
| PB (50m pool): 00:26.20 Luxembourg 01/02/2026 PB (25m pool): 00:25.90 SB: 00:26.20 Luxembourg 01/02/2026 | | |
| | 5 0 M | |
| PB | 00:26.20 | |
| | 00:26.20 | |
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Coach feedback:

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| Event number: 28: 50M BUTTERFLY MEN | | Heat:7, starttime: 10:37 |
| Heat: 7/10 Lane : 7 Athlete: DE SWERDT MATHIAS | | Q-time: 00:26:33 |
| PB (50m pool): 00:26.33 Antwerpen 27/07/2025 PB (25m pool): 00:25.76 SB: 00:26.89 Luxembourg 01/02/2026 | | |
| | 5 0 M | |
| PB | 00:26.33 | |
| | 00:26.33 | |
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Coach feedback:

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| Event number: 28: 50M BUTTERFLY MEN | | Heat:10, starttime: 10:40 |
| Heat: 10/10 Lane : 2 Athlete: DE SWERDT NIELS | | Q-time: 00:25:36 |
| PB (50m pool): 00:25.36 Antwerpen 27/04/2025 PB (25m pool): 00:24.68 SB: 00:25.90 Luxembourg 01/02/2026 | | |
| | 5 0 M | |
| PB | 00:25.36 | |
| | 00:25.36 | |
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Coach feedback:

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| Event number: 29: 200M BREASTSTROKE WOMEN | | | | Heat:1, starttime: 10:42 | |
| Heat: 1/4 Lane : 3 Athlete: LENAERTS HAILEY | | | | Q-time: 02:52:14 | |
| PB (50m pool): 02:52.14 Antwerpen 27/07/2025 | | | PB (25m pool): 02:49.95 SB: 03:02.96 Molenbeek 01/02/2026 | | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
| PB | 00:37.12 | 01:20.78 | 02:06.07 | 02:52.14 | |
| | <i>00:37.12</i> | <i>00:43.66</i> | <i>00:45.29</i> | <i>00:46.07</i> | |
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Coach feedback:

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|------------------------------------------------------|-----------------|------------------------------------------------------------|---------------------------------|--|--|
| Event number: 30: 100M BACKSTROKE MEN | | | Heat:4, starttime: 11:02 | | |
| Heat: 4/7 Lane : 8 Athlete: DE SWERDT MATHIAS | | | Q-time: 01:03:65 | | |
| PB (50m pool): 01:03.65 Antwerpen 27/04/2025 | | PB (25m pool): 00:58.62 SB: 01:04.61 Luxembourg 01/02/2026 | | | |
| | 5 0 M | 1 0 0 M | | | |
| PB | 00:30.45 | 01:03.65 | | | |
| | <i>00:30.45</i> | <i>00:33.20</i> | | | |
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Coach feedback:

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| Event number: 32: 200M MEDLEY MEN | | | | Heat:3, starttime: 11:23 | |
| Heat: 3/6 Lane : 2 Athlete: DE SWERDT NIELS | | | | Q-time: 02:17:17 | |
| PB (50m pool): 02:17.70 ANTWERPEN 30/07/2023 | | | PB (25m pool): 02:08.00 SB: no time | | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
| PB | no time | no time | no time | 02:17.70 | |
| | <i>no time</i> | | | | |
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Coach feedback: