

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ 13:50 The listed starttimes are indicative!

Coaches: Speliers Sabrina HEADCOACH

Coaches: Wielfaert Wout

PB => Personal Best time

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

## Event number: 3: 200M MEDLEY MEN 11+ Heat:2, starttime: 14:05

Heat: 2/4 Lane : 8 Athlete: DE REGGE MATTEO							Q-time: 00:08:00	
PB (25m pool): 03:03.91 Sinbad 05/10/2025				PB (50m pool): 03:03.77 SB: 03:03.91 Sinbad 05/10/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:41.32		no time		no time		03:03.91
	00:41.32							
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Coach feedback:

## Event number: 7: 100M BUTTERFLY MEN 11+ Heat:1, starttime: 14:25

Heat: 1/2 Lane : 7 Athlete: DE REGGE MATTEO					Q-time: 00:06:00		
PB (25m pool): 01:33.54 Sinbad 05/10/2025			PB (50m pool): 01:29.69 SB: 01:33.54 Sinbad 05/10/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>			
PB		00:41.28		01:33.54			
	00:41.28		00:52.26				
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Coach feedback:

## Event number: 8: 100M BUTTERFLY MEN 13+ Heat:1, starttime: 14:30

Heat: 1/2 Lane : 6 Athlete: BOONEN KAREL					Q-time: 00:04:00		
PB (25m pool): 01:17.82 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:17.07 SB: 01:17.82 Zwembad De Treffer 06/04/2026				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>			
PB		00:35.72		01:17.82			
	00:35.72		00:42.10				
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Coach feedback:

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<b>Event number: 11: 100M BACKSTROKE MEN 11+</b>				<b>Heat:4, starttime: 14:50</b>	
<b>Heat: 4/5 Lane : 6 Athlete: DE REGGE MATTEO</b>				<b>Q-time: 00:04:00</b>	
PB (25m pool): 01:26.67 Gent 23/02/2025			PB (50m pool): 01:25.43 SB: no time		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:42.09		01:26.67	
	00:42.09		00:44.58		
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Coach feedback:

<b>Event number: 12: 100M BACKSTROKE MEN 13+</b>				<b>Heat:1, starttime: 14:50</b>	
<b>Heat: 1/3 Lane : 3 Athlete: BOONEN KAREL</b>				<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:15.33 Diksmuide 28/12/2025			PB (50m pool): 01:17.46 SB: 01:15.33 Diksmuide 28/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:36.36		01:15.33	
	00:36.36		00:38.97		
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Coach feedback:

<b>Event number: 19: 100M FREESTYLE MEN 11+</b>				<b>Heat:4, starttime: 15:35</b>	
<b>Heat: 4/5 Lane : 6 Athlete: DE REGGE MATTEO</b>				<b>Q-time: 00:04:00</b>	
PB (25m pool): 01:05.42 Eeklo 19/04/2026			PB (50m pool): 01:08.72 SB: 01:05.42 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:31.62		01:05.42	
	00:31.62		00:33.80		
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Coach feedback:

<b>Event number: 19: 100M FREESTYLE MEN 11+</b>				<b>Heat:4, starttime: 15:35</b>	
<b>Heat: 4/5 Lane : 7 Athlete: VAN NIEUWENHUYZE LUKAS</b>				<b>Q-time: 00:06:00</b>	
PB (25m pool): 01:11.10 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:11.77 SB: 01:11.10 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:33.31		01:11.10	
	00:33.31		00:37.79		
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Coach feedback: