

# MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:00 untill 08:45. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Verhamme Joris HEADCOACH

PB => Personal Best time

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

| Event number: 2: 400M FREESTYLE WOMEN 11-14           |           |           |           |           |           |           | Heat:4, starttime: 09:30            |           |
|-------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|
| Heat: 4/7 Lane : 1 Athlete: DIERICKX MAREN            |           |           |           |           |           |           | Q-time: 05:57:18                    |           |
| PB (50m pool): 07:21.43 Gent (Rozebroeken) 03/03/2024 |           |           |           |           |           |           | PB (25m pool): 05:57.18 SB: no time |           |
|                                                       | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   | 2 5 0 M   | 3 0 0 M   | 3 5 0 M                             | 4 0 0 M   |
| PB                                                    | no time   | no time   | no time   | no time   | no time   | no time   | no time                             | 07:21.43  |
|                                                       | no time   |           |           |           |           |           |                                     |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . |

Coach feedback:

| Event number: 2: 400M FREESTYLE WOMEN 11-14  |           |           |           |           |           |           | Heat:4, starttime: 09:30            |           |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|
| Heat: 4/7 Lane : 3 Athlete: LAGA LORE        |           |           |           |           |           |           | Q-time: 05:44:81                    |           |
| PB (50m pool): 06:00.47 Antwerpen 14/07/2024 |           |           |           |           |           |           | PB (25m pool): 05:44.81 SB: no time |           |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   | 2 5 0 M   | 3 0 0 M   | 3 5 0 M                             | 4 0 0 M   |
| PB                                           | no time   | no time   | no time   | no time   | no time   | no time   | no time                             | 06:00.47  |
|                                              | no time   |           |           |           |           |           |                                     |           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11-16     |           |  |           |  |  |  | Heat:1, starttime: 09:55              |  |
|-----------------------------------------------|-----------|--|-----------|--|--|--|---------------------------------------|--|
| Heat: 1/11    Lane : 4    Athlete: LONG XIANG |           |  |           |  |  |  | Q-time: 99:99:99                      |  |
| PB (50m pool): no time                        |           |  |           |  |  |  | PB (25m pool): no time    SB: no time |  |
|                                               | 5 0 M     |  | 1 0 0 M   |  |  |  |                                       |  |
| PB                                            | no time   |  | no time   |  |  |  |                                       |  |
|                                               | no time   |  |           |  |  |  |                                       |  |
|                                               | . . . . . |  | . . . . . |  |  |  |                                       |  |

Coach feedback:

# MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: SOS

| Event number: 3: 100M BUTTERFLY MEN 11-16                                        |           |           | Heat:5, starttime: 10:05 |
|----------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 5/11 Lane : 8 Athlete: VANMEIRHAEGHE KASPER                                |           |           | Q-time: 01:25:46         |
| PB (50m pool): 01:25.46 Antwerpen 13/07/2025 PB (25m pool): 01:26.87 SB: no time |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                               | 00:38.97  | 01:25.46  |                          |
|                                                                                  | 00:38.97  | 00:46.49  |                          |
|                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11-16                                                    |           |           | Heat:10, starttime: 10:10 |
|----------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 10/11 Lane : 3 Athlete: NIEMEGEREETS IVAN                                              |           |           | Q-time: 01:07:37          |
| PB (50m pool): 01:11.10 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:07.37 SB: no time |           |           |                           |
|                                                                                              | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                           | 00:32.24  | 01:11.10  |                           |
|                                                                                              | 00:32.24  | 00:38.86  |                           |
|                                                                                              | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11-16                                        |           |           | Heat:11, starttime: 10:15 |
|----------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 11/11 Lane : 4 Athlete: COENE XANDER                                       |           |           | Q-time: 00:59:81          |
| PB (50m pool): 01:02.89 Antwerpen 27/07/2025 PB (25m pool): 00:59.81 SB: no time |           |           |                           |
|                                                                                  | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                               | 00:28.92  | 01:02.89  |                           |
|                                                                                  | 00:28.92  | 00:33.97  |                           |
|                                                                                  | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11-16                                                    |           |           | Heat:11, starttime: 10:15 |
|----------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 11/11 Lane : 8 Athlete: VERHAMME MATTS                                                 |           |           | Q-time: 01:05:20          |
| PB (50m pool): 01:05.20 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:05.23 SB: no time |           |           |                           |
|                                                                                              | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                           | 00:30.46  | 01:05.20  |                           |
|                                                                                              | 00:30.46  | 00:34.74  |                           |
|                                                                                              | . . . . . | . . . . . |                           |

Coach feedback:

# MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: SOS

| Event number: 4: 100M BREASTSTROKE WOMEN 11-16             |         |         | Heat:9, starttime: 10:35 |
|------------------------------------------------------------|---------|---------|--------------------------|
| Heat: 9/18 Lane : 1 Athlete: CONRADIE BEAH                 |         |         | Q-time: 01:40:67         |
| PB (50m pool): no time PB (25m pool): 01:40.67 SB: no time |         |         |                          |
|                                                            | 5 0 M   | 1 0 0 M |                          |
| PB                                                         | no time | no time |                          |
|                                                            | no time |         |                          |
|                                                            | .....   | .....   |                          |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE WOMEN 11-16                                   |          |          | Heat:10, starttime: 10:35 |
|----------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/18 Lane : 9 Athlete: VAN BUGGENHOUT AMBER                               |          |          | Q-time: 01:39:15          |
| PB (50m pool): 01:42.12 Antwerpen 13/07/2025 PB (25m pool): 01:39.15 SB: no time |          |          |                           |
|                                                                                  | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                               | 00:48.96 | 01:42.12 |                           |
|                                                                                  | 00:48.96 | 00:53.16 |                           |
|                                                                                  | .....    | .....    |                           |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE WOMEN 11-16                                               |         |          | Heat:12, starttime: 10:40 |
|----------------------------------------------------------------------------------------------|---------|----------|---------------------------|
| Heat: 12/18 Lane : 4 Athlete: LAGA LORE                                                      |         |          | Q-time: 01:33:40          |
| PB (50m pool): 01:37.06 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:33.40 SB: no time |         |          |                           |
|                                                                                              | 5 0 M   | 1 0 0 M  |                           |
| PB                                                                                           | no time | 01:37.06 |                           |
|                                                                                              | no time |          |                           |
|                                                                                              | .....   | .....    |                           |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE WOMEN 11-16                                   |          |          | Heat:13, starttime: 10:40 |
|----------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 13/18 Lane : 2 Athlete: DIERICKX MAREN                                     |          |          | Q-time: 01:32:87          |
| PB (50m pool): 01:36.24 Antwerpen 13/07/2025 PB (25m pool): 01:32.87 SB: no time |          |          |                           |
|                                                                                  | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                               | 00:45.66 | 01:36.24 |                           |
|                                                                                  | 00:45.66 | 00:50.58 |                           |
|                                                                                  | .....    | .....    |                           |

Coach feedback:

# MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: SOS

| Event number: 4: 100M BREASTSTROKE WOMEN 11-16   |           |           | Heat:13, starttime: 10:40           |
|--------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 13/18 Lane : 9 Athlete: VANDENBUSSCHE LENA |           |           | Q-time: 01:33:26                    |
| PB (50m pool): 01:38.36 Antwerpen 13/07/2025     |           |           | PB (25m pool): 01:33.26 SB: no time |
|                                                  | 5 0 M     | 1 0 0 M   |                                     |
| PB                                               | 00:47.81  | 01:38.36  |                                     |
|                                                  | 00:47.81  | 00:50.55  |                                     |
|                                                  | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE WOMEN 11-16           |           |           | Heat:14, starttime: 10:45           |
|----------------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 14/18 Lane : 0 Athlete: SCHELFAUT FLOOR            |           |           | Q-time: 01:31:54                    |
| PB (50m pool): 01:32.05 Lago Gent Rozebroeken 04/05/2025 |           |           | PB (25m pool): 01:31.54 SB: no time |
|                                                          | 5 0 M     | 1 0 0 M   |                                     |
| PB                                                       | 00:43.91  | 01:32.05  |                                     |
|                                                          | 00:43.91  | 00:48.14  |                                     |
|                                                          | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 5: 100M FREESTYLE MEN 11-16      |           |           | Heat:2, starttime: 10:55           |
|------------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 2/19 Lane : 2 Athlete: DE CONINCK MAXIME |           |           | Q-time: 99:99:99                   |
| PB (50m pool): no time                         |           |           | PB (25m pool): no time SB: no time |
|                                                | 5 0 M     | 1 0 0 M   |                                    |
| PB                                             | no time   | no time   |                                    |
|                                                | no time   |           |                                    |
|                                                | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 5: 100M FREESTYLE MEN 11-16                |           |           | Heat:4, starttime: 11:00            |
|----------------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/19 Lane : 3 Athlete: PIETERS MAURO               |           |           | Q-time: 01:26:57                    |
| PB (50m pool): 01:33.25 Lago Gent Rozebroeken 04/05/2025 |           |           | PB (25m pool): 01:26.57 SB: no time |
|                                                          | 5 0 M     | 1 0 0 M   |                                     |
| PB                                                       | 00:43.40  | 01:33.25  |                                     |
|                                                          | 00:43.40  | 00:49.85  |                                     |
|                                                          | . . . . . | . . . . . |                                     |

Coach feedback:

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| Event number: 5: 100M FREESTYLE MEN 11-16          |           |           | Heat:13, starttime: 11:15           |
|----------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 13/19 Lane : 9 Athlete: VANMEIRHAEGHE KASPER |           |           | Q-time: 01:06:75                    |
| PB (50m pool): 01:09.11 Antwerpen 13/07/2025       |           |           | PB (25m pool): 01:06.75 SB: no time |
|                                                    | 5 0 M     | 1 0 0 M   |                                     |
| PB                                                 | 00:33.35  | 01:09.11  |                                     |
|                                                    | 00:33.35  | 00:35.76  |                                     |
|                                                    | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 5: 100M FREESTYLE MEN 11-16      |           |           | Heat:17, starttime: 11:20                                 |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 17/19 Lane : 4 Athlete: NIEMEGEERTS IVAN |           |           | Q-time: 00:59:42                                          |
| PB (50m pool): 00:59.79 LOCHRISTI 25/01/2026   |           |           | PB (25m pool): 00:59.42 SB: 00:59.79 LOCHRISTI 25/01/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | no time   | 00:59.79  |                                                           |
|                                                | no time   |           |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 5: 100M FREESTYLE MEN 11-16    |           |           | Heat:18, starttime: 11:25           |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 18/19 Lane : 3 Athlete: VERHAMME MATTS |           |           | Q-time: 00:58:10                    |
| PB (50m pool): 00:58.10 Antwerpen 27/07/2025 |           |           | PB (25m pool): 00:58.78 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:28.44  | 00:58.10  |                                     |
|                                              | 00:28.44  | 00:29.66  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 5: 100M FREESTYLE MEN 11-16    |           |           | Heat:19, starttime: 11:25           |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 19/19 Lane : 6 Athlete: COENE XANDER   |           |           | Q-time: 00:55:45                    |
| PB (50m pool): 00:57.74 Antwerpen 27/07/2025 |           |           | PB (25m pool): 00:55.45 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:28.29  | 00:57.74  |                                     |
|                                              | 00:28.29  | 00:29.45  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

# MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: SOS

| Event number: 6: 100M BACKSTROKE WOMEN 11-16    |         |          | Heat:5, starttime: 11:35                                  |
|-------------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 5/21 Lane : 6 Athlete: VANDENBUSSCHE LENA |         |          | Q-time: 01:36:90                                          |
| PB (50m pool): 01:40.50 LOCHRISTI 25/01/2026    |         |          | PB (25m pool): 01:36.90 SB: 01:40.50 LOCHRISTI 25/01/2026 |
|                                                 | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                              | no time | 01:40.50 |                                                           |
|                                                 | no time |          |                                                           |
|                                                 | .....   | .....    |                                                           |

Coach feedback:

| Event number: 6: 100M BACKSTROKE WOMEN 11-16 |         |          | Heat:6, starttime: 11:40                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 6/21 Lane : 3 Athlete: CONRADIE BEAH   |         |          | Q-time: 01:34:46                                          |
| PB (50m pool): 01:35.91 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:34.46 SB: 01:35.91 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:35.91 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

| Event number: 6: 100M BACKSTROKE WOMEN 11-16       |          |          | Heat:10, starttime: 11:50           |
|----------------------------------------------------|----------|----------|-------------------------------------|
| Heat: 10/21 Lane : 9 Athlete: VAN BUGGENHOUT AMBER |          |          | Q-time: 01:28:17                    |
| PB (50m pool): 01:32.10 Antwerpen 13/07/2025       |          |          | PB (25m pool): 01:28.17 SB: no time |
|                                                    | 5 0 M    | 1 0 0 M  |                                     |
| PB                                                 | 00:45.58 | 01:32.10 |                                     |
|                                                    | 00:45.58 | 00:46.52 |                                     |
|                                                    | .....    | .....    |                                     |

Coach feedback:

| Event number: 6: 100M BACKSTROKE WOMEN 11-16  |         |          | Heat:12, starttime: 11:50                                 |
|-----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 12/21 Lane : 0 Athlete: SCHELFAUT FLOOR |         |          | Q-time: 01:24:93                                          |
| PB (50m pool): 01:28.34 LOCHRISTI 25/01/2026  |         |          | PB (25m pool): 01:24.93 SB: 01:28.34 LOCHRISTI 25/01/2026 |
|                                               | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                            | no time | 01:28.34 |                                                           |
|                                               | no time |          |                                                           |
|                                               | .....   | .....    |                                                           |

Coach feedback:

# MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: SOS

| Event number: 8: 200M MEDLEY MEN 11-14                    |         |         |         |         | Heat:3, starttime: 12:30 |
|-----------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 3/11 Lane : 4 Athlete: DE CONINCK MAXIME            |         |         |         |         | Q-time: 99:99:99         |
| PB (50m pool): no time PB (25m pool): no time 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 | no time |                          |
|                                                           | no time |         |         |         |                          |
|                                                           | .....   | .....   | .....   | .....   |                          |

Coach feedback:

| Event number: 8: 200M MEDLEY MEN 11-14                     |         |         |         |         | Heat:4, starttime: 12:35 |
|------------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 4/11 Lane : 6 Athlete: PIETERS MAURO                 |         |         |         |         | Q-time: 03:40:02         |
| PB (50m pool): no time PB (25m pool): 03:40.02 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 | no time |                          |
|                                                            | no time |         |         |         |                          |
|                                                            | .....   | .....   | .....   | .....   |                          |

Coach feedback:

| Event number: 8: 200M MEDLEY MEN 11-14                     |         |         |         |         | Heat:6, starttime: 12:45 |
|------------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 6/11 Lane : 1 Athlete: LONG XIANG                    |         |         |         |         | Q-time: 03:13:94         |
| PB (50m pool): no time PB (25m pool): 03:13.94 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 | no time |                          |
|                                                            | no time |         |         |         |                          |
|                                                            | .....   | .....   | .....   | .....   |                          |

Coach feedback: