

# MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: TSZ

Coachinfo: Warming up from: 13:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verluyten Philippe

Coaches: De Wit Ellen HEADCOACH

PB => Personal Best time

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

Event number: 9: 400M FREESTYLE MEN 10-9 Heat:2, starttime: 14:35

Heat: 2/3 Lane : 8 Athlete: SEGERS ZOë 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                            | 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   | no time   |
|                        | no time   |           |           |                                    |           |           |           |           |
|                        | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16 Heat:2, starttime: 15:50

Heat: 2/17 Lane : 7 Athlete: EL BOUJADDAYNI YAHYA Q-time: 99:99:99

| PB (50m pool): no time |           | PB (25m pool): 01:54.37 SB: no time |  |
|------------------------|-----------|-------------------------------------|--|
|                        | 5 0 M     | 1 0 0 M                             |  |
| PB                     | no time   | no time                             |  |
|                        | no time   |                                     |  |
|                        | . . . . . | . . . . .                           |  |

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16 Heat:7, starttime: 16:05

Heat: 7/17 Lane : 7 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN Q-time: 01:45:53

| PB (50m pool): 01:45.53 Mol 22/06/2025 |           | PB (25m pool): 01:39.76 SB: no time |  |
|----------------------------------------|-----------|-------------------------------------|--|
|                                        | 5 0 M     | 1 0 0 M                             |  |
| PB                                     | 00:49.56  | 01:45.53                            |  |
|                                        | 00:49.56  | 00:55.97                            |  |
|                                        | . . . . . | . . . . .                           |  |

Coach feedback:

# MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: TSZ

| Event number: 13: 100M FREESTYLE WOMEN 11-16       |         |         | Heat:1, starttime: 16:25            |
|----------------------------------------------------|---------|---------|-------------------------------------|
| Heat: 1/20 Lane : 3 Athlete: CAZACU ANTONIA SABINA |         |         | Q-time: 99:99:99                    |
| PB (50m pool): no time                             |         |         | PB (25m pool): 01:24.84 SB: no time |
|                                                    | 5 0 M   | 1 0 0 M |                                     |
| PB                                                 | no time | no time |                                     |
|                                                    | no time |         |                                     |
|                                                    |         |         |                                     |

Coach feedback:

| Event number: 13: 100M FREESTYLE WOMEN 11-16 |          |          | Heat:6, starttime: 16:35                                         |
|----------------------------------------------|----------|----------|------------------------------------------------------------------|
| Heat: 6/20 Lane : 7 Athlete: LALOO FÉLINE    |          |          | Q-time: 01:20:75                                                 |
| PB (50m pool): 01:20.75 Mol 22/06/2025       |          |          | PB (25m pool): 01:14.33 SB: 01:22.15 SportinGenk Park 11/11/2025 |
|                                              | 5 0 M    | 1 0 0 M  |                                                                  |
| PB                                           | 00:38.76 | 01:20.75 |                                                                  |
|                                              | 00:38.76 | 00:41.99 |                                                                  |
|                                              |          |          |                                                                  |

Coach feedback:

| Event number: 13: 100M FREESTYLE WOMEN 11-16    |          |          | Heat:7, starttime: 16:40                                  |
|-------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 7/20 Lane : 2 Athlete: GOEMINNE ELLEMIEKE |          |          | Q-time: 01:18:96                                          |
| PB (50m pool): 01:18.96 Wezenberg 04/01/2026    |          |          | PB (25m pool): 01:18.52 SB: 01:18.96 Wezenberg 04/01/2026 |
|                                                 | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                              | 00:38.43 | 01:18.96 |                                                           |
|                                                 | 00:38.43 | 00:40.53 |                                                           |
|                                                 |          |          |                                                           |

Coach feedback:

| Event number: 13: 100M FREESTYLE WOMEN 11-16 |          |          | Heat:8, starttime: 16:40                                  |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 8/20 Lane : 7 Athlete: FOUBERT SANNE   |          |          | Q-time: 01:17:35                                          |
| PB (50m pool): 01:17.35 Wezenberg 04/01/2026 |          |          | PB (25m pool): 01:16.90 SB: 01:17.35 Wezenberg 04/01/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:37.35 | 01:17.35 |                                                           |
|                                              | 00:37.35 | 00:40.00 |                                                           |
|                                              |          |          |                                                           |

Coach feedback:

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| Event number: 14: 100M BACKSTROKE MEN 11-16       |          |          |  | Heat:4, starttime: 17:10                                  |  |
|---------------------------------------------------|----------|----------|--|-----------------------------------------------------------|--|
| Heat: 4/18 Lane : 4 Athlete: EL BOUJADDAYNI YAHYA |          |          |  | Q-time: 01:44:85                                          |  |
| PB (50m pool): 01:44.85 Wezenberg 04/01/2026      |          |          |  | PB (25m pool): 01:42.14 SB: 01:44.85 Wezenberg 04/01/2026 |  |
|                                                   | 5 0 M    | 1 0 0 M  |  |                                                           |  |
| PB                                                | 00:51.46 | 01:44.85 |  |                                                           |  |
|                                                   | 00:51.46 | 00:53.39 |  |                                                           |  |
|                                                   | .....    | .....    |  |                                                           |  |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11-16                 |          |          |  | Heat:8, starttime: 17:20                                  |  |
|-------------------------------------------------------------|----------|----------|--|-----------------------------------------------------------|--|
| Heat: 8/18 Lane : 1 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN |          |          |  | Q-time: 01:27:22                                          |  |
| PB (50m pool): 01:27.22 Wezenberg 04/01/2026                |          |          |  | PB (25m pool): 01:29.88 SB: 01:27.22 Wezenberg 04/01/2026 |  |
|                                                             | 5 0 M    | 1 0 0 M  |  |                                                           |  |
| PB                                                          | 00:42.73 | 01:27.22 |  |                                                           |  |
|                                                             | 00:42.73 | 00:44.49 |  |                                                           |  |
|                                                             | .....    | .....    |  |                                                           |  |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11-14 |         |         |         | Heat:3, starttime: 17:50            |  |
|-------------------------------------------|---------|---------|---------|-------------------------------------|--|
| Heat: 3/12 Lane : 2 Athlete: LALOO FÉLINE |         |         |         | Q-time: 99:99:99                    |  |
| PB (50m pool): no time                    |         |         |         | PB (25m pool): 03:13.87 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: