

# FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: DZO

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claessens Eline

Coaches: Van Gucht Celine HEADCOACH

PB => Personal Best time

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

| Event number: 1: 100M BREASTSTROKE MEN 11+   |           |           | Heat:4, starttime: 08:53                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/19 Lane : 2 Athlete: CLEYNENS STAF   |           |           | Q-time: 01:47:15                                          |
| PB (50m pool): 01:47.15 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:48.48 SB: 01:47.15 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:52.86  | 01:47.15  |                                                           |
|                                              | 00:52.86  | 00:54.29  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE MEN 11+    |           |           | Heat:7, starttime: 08:59            |
|-----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 7/19 Lane : 8 Athlete: HOFMAN OTIS      |           |           | Q-time: 01:35:90                    |
| PB (50m pool): 01:35.90 WACHTEBEKE 19/01/2025 |           |           | PB (25m pool): 01:29.08 SB: no time |
|                                               | 5 0 M     | 1 0 0 M   |                                     |
| PB                                            | no time   | 01:35.90  |                                     |
|                                               | no time   |           |                                     |
|                                               | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE MEN 11+         |           |           | Heat:10, starttime: 09:05                            |
|----------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 10/19 Lane : 6 Athlete: VAN DEN ABBEELE TOON |           |           | Q-time: 01:25:44                                     |
| PB (50m pool): 01:25.44 Gent 08/02/2026            |           |           | PB (25m pool): 01:22.57 SB: 01:25.44 Gent 08/02/2026 |
|                                                    | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                                 | 00:40.39  | 01:25.44  |                                                      |
|                                                    | 00:40.39  | 00:45.05  |                                                      |
|                                                    | . . . . . | . . . . . |                                                      |

Coach feedback:

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| Event number: 2: 100M BREASTSTROKE WOMEN 11+ |          |          | Heat:5, starttime: 09:33            |
|----------------------------------------------|----------|----------|-------------------------------------|
| Heat: 5/18 Lane : 1 Athlete: HOFMAN LILY     |          |          | Q-time: 01:44:09                    |
| PB (50m pool): 01:44.09 Antwerpen 13/07/2025 |          |          | PB (25m pool): 01:41.00 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  |                                     |
| PB                                           | 00:49.87 | 01:44.09 |                                     |
|                                              | 00:49.87 | 00:54.22 |                                     |
|                                              | .....    | .....    |                                     |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+  |          |          | Heat:5, starttime: 09:33                             |
|-----------------------------------------------|----------|----------|------------------------------------------------------|
| Heat: 5/18 Lane : 5 Athlete: VAN GEERT MARTHE |          |          | Q-time: 01:43:33                                     |
| PB (50m pool): 01:43.33 Gent 08/02/2026       |          |          | PB (25m pool): 01:42.11 SB: 01:43.33 Gent 08/02/2026 |
|                                               | 5 0 M    | 1 0 0 M  |                                                      |
| PB                                            | 00:48.60 | 01:43.33 |                                                      |
|                                               | 00:48.60 | 00:54.73 |                                                      |
|                                               | .....    | .....    |                                                      |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+             |          |          | Heat:7, starttime: 09:37            |
|----------------------------------------------------------|----------|----------|-------------------------------------|
| Heat: 7/18 Lane : 6 Athlete: HOFMAN ROSE                 |          |          | Q-time: 01:39:55                    |
| PB (50m pool): 01:39.55 Lago Gent Rozebroeken 04/05/2025 |          |          | PB (25m pool): 01:36.82 SB: no time |
|                                                          | 5 0 M    | 1 0 0 M  |                                     |
| PB                                                       | 00:47.24 | 01:39.55 |                                     |
|                                                          | 00:47.24 | 00:52.31 |                                     |
|                                                          | .....    | .....    |                                     |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+  |          |          | Heat:8, starttime: 09:39                             |
|-----------------------------------------------|----------|----------|------------------------------------------------------|
| Heat: 8/18 Lane : 5 Athlete: JANSSENS ANNELOE |          |          | Q-time: 01:37:86                                     |
| PB (50m pool): 01:37.86 Gent 08/02/2026       |          |          | PB (25m pool): 01:49.69 SB: 01:37.86 Gent 08/02/2026 |
|                                               | 5 0 M    | 1 0 0 M  |                                                      |
| PB                                            | 00:45.56 | 01:37.86 |                                                      |
|                                               | 00:45.56 | 00:52.30 |                                                      |
|                                               | .....    | .....    |                                                      |

Coach feedback:

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| Event number: 2: 100M BREASTSTROKE WOMEN 11+ |          |          |  | Heat:9, starttime: 09:41            |
|----------------------------------------------|----------|----------|--|-------------------------------------|
| Heat: 9/18 Lane : 0 Athlete: SMET ALINE      |          |          |  | Q-time: 01:36:92                    |
| PB (50m pool): 01:36.92 Antwerpen 13/07/2025 |          |          |  | PB (25m pool): 01:35.60 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  |  |                                     |
| PB                                           | 00:45.83 | 01:36.92 |  |                                     |
|                                              | 00:45.83 | 00:51.09 |  |                                     |
|                                              | .....    | .....    |  |                                     |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+ |          |          |  | Heat:9, starttime: 09:41                             |
|----------------------------------------------|----------|----------|--|------------------------------------------------------|
| Heat: 9/18 Lane : 1 Athlete: CEULEMANS AMINA |          |          |  | Q-time: 01:36:71                                     |
| PB (50m pool): 01:36.71 Antwerpen 13/07/2025 |          |          |  | PB (25m pool): 01:36.20 SB: 01:39.11 Gent 08/02/2026 |
|                                              | 5 0 M    | 1 0 0 M  |  |                                                      |
| PB                                           | 00:46.11 | 01:36.71 |  |                                                      |
|                                              | 00:46.11 | 00:50.60 |  |                                                      |
|                                              | .....    | .....    |  |                                                      |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+               |          |          |  | Heat:14, starttime: 09:51                                               |
|------------------------------------------------------------|----------|----------|--|-------------------------------------------------------------------------|
| Heat: 14/18 Lane : 4 Athlete: VANDEN BERGHE YANA           |          |          |  | Q-time: 01:26:34                                                        |
| PB (50m pool): 01:26.34 Sportoase De Watermolen 29/03/2026 |          |          |  | PB (25m pool): 01:25.11 SB: 01:26.34 Sportoase De Watermolen 29/03/2026 |
|                                                            | 5 0 M    | 1 0 0 M  |  |                                                                         |
| PB                                                         | 00:40.02 | 01:26.34 |  |                                                                         |
|                                                            | 00:40.02 | 00:46.32 |  |                                                                         |
|                                                            | .....    | .....    |  |                                                                         |

Coach feedback:

| Event number: 5: 200M BACKSTROKE MEN 11+   |         |         |         | Heat:2, starttime: 10:50           |
|--------------------------------------------|---------|---------|---------|------------------------------------|
| Heat: 2/12 Lane : 0 Athlete: CLEYNENS STAF |         |         |         | 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:

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|                                                                                             |           |           |           |           |                          |
|---------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 5: 200M BACKSTROKE MEN 11+                                                    |           |           |           |           | Heat:7, starttime: 11:13 |
| Heat: 7/12 Lane : 9 Athlete: VAN DEN ABEELE TOON                                            |           |           |           |           | Q-time: 02:54:69         |
| PB (50m pool): 02:54.69 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time |           |           |           |           |                          |
|                                                                                             | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                          | 00:41.64  | 01:26.35  | 02:12.77  | 02:54.69  |                          |
|                                                                                             | 00:41.64  | 00:44.71  | 00:46.42  | 00:41.92  |                          |
|                                                                                             | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

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|----------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------|
| Event number: 5: 200M BACKSTROKE MEN 11+                                         |           |           |           |           | Heat:11, starttime: 11:27 |
| Heat: 11/12 Lane : 0 Athlete: HOFMAN OTIS                                        |           |           |           |           | Q-time: 02:31:78          |
| PB (50m pool): 02:31.78 Antwerpen 20/07/2025 PB (25m pool): 02:27.17 SB: no time |           |           |           |           |                           |
|                                                                                  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                           |
| PB                                                                               | 00:35.37  | 01:13.63  | 01:52.56  | 02:31.78  |                           |
|                                                                                  | 00:35.37  | 00:38.26  | 00:38.93  | 00:39.22  |                           |
|                                                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                           |

Coach feedback:

|                                                            |           |           |           |           |                          |
|------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 6: 200M BACKSTROKE WOMEN 11+                 |           |           |           |           | Heat:3, starttime: 11:42 |
| Heat: 3/16 Lane : 3 Athlete: CEULEMANS AMINA               |           |           |           |           | Q-time: 99:99:99         |
| PB (50m pool): no time PB (25m pool): 03:49.36 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:

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|-----------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 6: 200M BACKSTROKE WOMEN 11+                |           |           |           |           | Heat:3, starttime: 11:42 |
| Heat: 3/16 Lane : 6 Athlete: JANSSENS ANNELOE             |           |           |           |           | 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:

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| Event number: 6: 200M BACKSTROKE WOMEN 11+                                                  |           |           |           |           | Heat:7, starttime: 12:01 |
|---------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 7/16 Lane : 1 Athlete: VANDEN BERGHE YANA                                             |           |           |           |           | Q-time: 03:20:41         |
| PB (50m pool): 03:20.41 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time |           |           |           |           |                          |
|                                                                                             | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                          | 00:46.55  | 01:37.40  | 02:29.35  | 03:20.41  |                          |
|                                                                                             | 00:46.55  | 00:50.85  | 00:51.95  | 00:51.06  |                          |
|                                                                                             | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 6: 200M BACKSTROKE WOMEN 11+                                      |           |           |           |           | Heat:7, starttime: 12:01 |
|---------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 7/16 Lane : 3 Athlete: VAN GEERT MARTHE                                   |           |           |           |           | Q-time: 03:17:01         |
| PB (50m pool): 03:17.01 Antwerpen 13/07/2025 PB (25m pool): no time SB: no time |           |           |           |           |                          |
|                                                                                 | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                              | 00:46.13  | 01:36.27  | 02:28.27  | 03:17.01  |                          |
|                                                                                 | 00:46.13  | 00:50.14  | 00:52.00  | 00:48.74  |                          |
|                                                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 6: 200M BACKSTROKE WOMEN 11+                                                   |           |           |           |           | Heat:8, starttime: 12:05 |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 8/16 Lane : 2 Athlete: HOFMAN ROSE                                                     |           |           |           |           | Q-time: 03:06:39         |
| PB (50m pool): 03:06.39 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:54.78 SB: no time |           |           |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                           | 00:46.14  | 01:33.57  | 02:21.29  | 03:06.39  |                          |
|                                                                                              | 00:46.14  | 00:47.43  | 00:47.72  | 00:45.10  |                          |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 6: 200M BACKSTROKE WOMEN 11+                                                   |           |           |           |           | Heat:8, starttime: 12:05 |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 8/16 Lane : 5 Athlete: SMET ALINE                                                      |           |           |           |           | Q-time: 03:03:98         |
| PB (50m pool): 03:03.98 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:06.50 SB: no time |           |           |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                           | 00:44.83  | 01:31.42  | 02:18.86  | 03:03.98  |                          |
|                                                                                              | 00:44.83  | 00:46.59  | 00:47.44  | 00:45.12  |                          |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

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|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 6: 200M BACKSTROKE WOMEN 11+                                                   |           |           |           |           | Heat:8, starttime: 12:05 |
| Heat: 8/16 Lane : 9 Athlete: HOFMAN LILY                                                     |           |           |           |           | Q-time: 03:15:18         |
| PB (50m pool): 03:15.18 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:59.23 SB: no time |           |           |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                           | 00:48.10  | 01:38.85  | 02:28.63  | 03:15.18  |                          |
|                                                                                              | 00:48.10  | 00:50.75  | 00:49.78  | 00:46.55  |                          |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback: