

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: STW

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 09:03
Heat: 9/19 Lane : 1 Athlete: VANHAVERE DAAN			Q-time: 01:30:17
PB (50m pool): 01:30.17 Antwerpen 15/03/2026			PB (25m pool): 01:25.37 SB: 01:30.17 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.02	01:30.17	
	00:42.02	00:48.15	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 09:12
Heat: 14/19 Lane : 9 Athlete: BEN AYAD NAOUFAL			Q-time: 01:19:65
PB (50m pool): 01:16.24 Antwerpen 19/04/2026			PB (25m pool): 01:15.83 SB: 01:16.24 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:35.48	01:16.24	
	00:35.48	00:40.76	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:15, starttime: 09:14
Heat: 15/19 Lane : 0 Athlete: VAN GOETHEM ARTHUR			Q-time: 01:17:45
PB (50m pool): 01:17.45 Antwerpen 08/03/2026			PB (25m pool): 01:12.89 SB: 01:17.45 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:36.75	01:17.45	
	00:36.75	00:40.70	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:15, starttime: 09:14
Heat: 15/19 Lane : 2 Athlete: BOURDIAUDHY THIBAU			Q-time: 01:16:78
PB (50m pool): 01:16.78 Antwerpen 15/03/2026			PB (25m pool): 01:18.27 SB: 01:16.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.11	01:16.78	
	00:37.11	00:39.67	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:30
Heat: 4/18 Lane : 8 Athlete: JANSSENS STERRE			Q-time: 01:49:01
PB (50m pool): 01:49.01 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:47.67 SB: 01:49.01 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:51.13	01:49.01	
	00:51.13	00:57.88	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:43
Heat: 10/18 Lane : 4 Athlete: WULLAERT LIESE			Q-time: 01:33:92
PB (50m pool): 01:33.92 Antwerpen 15/03/2026			PB (25m pool): 01:33.64 SB: 01:33.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.38	01:33.92	
	00:44.38	00:49.54	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 5 Athlete: VERHULST NOOR			Q-time: 01:32:26
PB (50m pool): 01:32.26 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:29.31 SB: 01:32.26 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:43.69	01:32.26	
	00:43.69	00:48.57	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:47
Heat: 12/18 Lane : 9 Athlete: VAN DAELE JOSEFIEN			Q-time: 01:32:07
PB (50m pool): 01:32.07 Antwerpen 15/03/2026			PB (25m pool): 01:28.95 SB: 01:32.07 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.29	01:32.07	
	00:43.29	00:48.78	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:51
Heat: 14/18 Lane : 1 Athlete: WULLAERT FIEN			Q-time: 01:27:35
PB (50m pool): 01:27.35 Antwerpen 15/03/2026			PB (25m pool): 01:25.11 SB: 01:27.35 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.26	01:27.35	
	00:41.26	00:46.09	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:51
Heat: 14/18 Lane : 3 Athlete: DE BRABANDER CELESTE			Q-time: 01:26:62
PB (50m pool): 01:26.06 Antwerpen 19/04/2026			PB (25m pool): 01:22.53 SB: 01:26.06 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:40.35	01:26.06	
	00:40.35	00:45.71	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:53
Heat: 15/18 Lane : 0 Athlete: DE SMET AMÉLIE			Q-time: 01:25:99
PB (50m pool): 01:25.99 Antwerpen 08/03/2026			PB (25m pool): 01:25.08 SB: 01:25.99 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:40.28	01:25.99	
	00:40.28	00:45.71	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+				Heat:7, starttime: 10:13
Heat: 7/14 Lane : 0 Athlete: BEN AYAD NAOUFAL				Q-time: 01:15:18
PB (50m pool): 01:15.18 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:15.00 SB: no time				
	5 0 M	1 0 0 M		
PB	00:34.11	01:15.18		
	00:34.11	00:41.07		
				

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+				Heat:12, starttime: 10:21
Heat: 12/14 Lane : 0 Athlete: VAN DE GENDER WOUT				Q-time: 01:03:89
PB (50m pool): 01:03.89 Lochristi 01/02/2026 PB (25m pool): 01:01.56 SB: 01:03.89 Lochristi 01/02/2026				
	5 0 M	1 0 0 M		
PB	no time	01:03.89		
	no time			
				

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:2, starttime: 10:28
Heat: 2/11 Lane : 5 Athlete: VAN DE VYVERE LENA				Q-time: 01:32:92
PB (50m pool): 01:32.92 Gent 08/02/2026 PB (25m pool): 01:35.83 SB: 01:32.92 Gent 08/02/2026				
	5 0 M	1 0 0 M		
PB	00:41.61	01:32.92		
	00:41.61	00:51.31		
				

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+				Heat:7, starttime: 11:13
Heat: 7/12 Lane : 3 Athlete: VANHAVERE DAAN				Q-time: 02:51:48
PB (50m pool): 02:51.48 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:38.96 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:41.88	01:26.34	02:10.46	02:51.48
	00:41.88	00:44.46	00:44.12	00:41.02
				

Coach feedback:

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Event number: 5: 200M BACKSTROKE MEN 11+					Heat:9, starttime: 11:20
Heat: 9/12 Lane : 5 Athlete: VERHAGEN TOON					Q-time: 02:37:42
PB (50m pool): 02:37.42 Gent 08/02/2026					PB (25m pool): 02:31.25 SB: 02:37.42 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.32	01:17.10	01:58.40	02:37.42	
	00:37.32	00:39.78	00:41.30	00:39.02	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:9, starttime: 11:20
Heat: 9/12 Lane : 6 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:38:12
PB (50m pool): 02:35.46 Antwerpen 19/04/2026					PB (25m pool): 02:31.24 SB: 02:35.46 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.11	01:17.49	01:57.39	02:35.46	
	00:37.11	00:40.38	00:39.90	00:38.07	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:10, starttime: 11:23
Heat: 10/12 Lane : 3 Athlete: VAN HOEY BILLIET RAPHAËL					Q-time: 02:33:37
PB (50m pool): 02:33.37 Antwerpen 20/07/2025					PB (25m pool): 02:30.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.30	01:15.91	01:55.53	02:33.37	
	00:36.30	00:39.61	00:39.62	00:37.84	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:11, starttime: 11:27
Heat: 11/12 Lane : 1 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:31:48
PB (50m pool): 02:31.06 Antwerpen 19/04/2026					PB (25m pool): 02:29.34 SB: 02:31.06 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.99	01:13.13	01:52.81	02:31.06	
	00:34.99	00:38.14	00:39.68	00:38.25	
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE MEN 11+				Heat:12, starttime: 11:30	
Heat: 12/12 Lane : 6 Athlete: VAN DE GENDER WOUT				Q-time: 02:18:25	
PB (50m pool): 02:18.25 Antwerpen 22/03/2026				PB (25m pool): 02:17.21 SB: 02:18.25 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.88	01:06.08	01:42.11	02:18.25	
	00:31.88	00:34.20	00:36.03	00:36.14	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+				Heat:12, starttime: 11:30	
Heat: 12/12 Lane : 9 Athlete: VERHAGEN ROBBE				Q-time: 02:27:51	
PB (50m pool): 02:27.29 Antwerpen 19/04/2026				PB (25m pool): 02:20.43 SB: 02:27.29 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.05	01:10.72	01:49.00	02:27.29	
	00:34.05	00:36.67	00:38.28	00:38.29	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:4, starttime: 11:47	
Heat: 4/16 Lane : 1 Athlete: JANSSENS STERRE				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: 6: 200M BACKSTROKE WOMEN 11+				Heat:8, starttime: 12:05	
Heat: 8/16 Lane : 7 Athlete: WULLAERT LIESE				Q-time: 03:07:58	
PB (50m pool): 03:07.45 Antwerpen 19/04/2026				PB (25m pool): 03:07.58 SB: 03:07.45 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.33	01:31.79	02:20.68	03:07.45	
	00:44.33	00:47.46	00:48.89	00:46.77	
					

Coach feedback:

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Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:11, starttime: 12:16
Heat: 11/16 Lane : 0 Athlete: DE BRABANDER CELESTE					Q-time: 02:51:44
PB (50m pool): 02:51.44 Antwerpen 20/04/2025					PB (25m pool): 02:40.29 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.36	01:22.66	02:08.82	02:51.44	
	00:39.36	00:43.30	00:46.16	00:42.62	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:11, starttime: 12:16
Heat: 11/16 Lane : 5 Athlete: VERHULST NOOR					Q-time: 02:49:36
PB (50m pool): 02:48.84 Antwerpen 19/04/2026					PB (25m pool): 02:43.48 SB: 02:48.84 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.04	01:23.20	02:06.92	02:48.84	
	00:40.04	00:43.16	00:43.72	00:41.92	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23
Heat: 13/16 Lane : 9 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:45:53
PB (50m pool): 02:44.50 Antwerpen 19/04/2026					PB (25m pool): 02:39.03 SB: 02:44.50 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.94	01:20.67	02:02.87	02:44.50	
	00:38.94	00:41.73	00:42.20	00:41.63	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:14, starttime: 12:27
Heat: 14/16 Lane : 4 Athlete: WULLAERT FIEN					Q-time: 02:39:56
PB (50m pool): 02:39.56 Antwerpen 20/07/2025					PB (25m pool): 02:37.20 SB: 02:40.70 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.40	01:18.48	01:59.61	02:39.56	
	00:38.40	00:40.08	00:41.13	00:39.95	
					

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:14, starttime: 12:27	
Heat: 14/16 Lane : 7 Athlete: DE SMET AMÉLIE				Q-time: 02:41:50	
PB (50m pool): 02:41.50 Antwerpen 08/03/2026				PB (25m pool): 02:39.66 SB: 02:41.50 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.51	01:18.46	02:00.88	02:41.50	
	00:37.51	00:40.95	00:42.42	00:40.62	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:15, starttime: 12:30	
Heat: 15/16 Lane : 3 Athlete: DELPORTE LOTTE				Q-time: 02:35:69	
PB (50m pool): 02:35.69 Gent 08/02/2026				PB (25m pool): 02:32.35 SB: 02:35.69 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.26	01:16.72	01:56.71	02:35.69	
	00:37.26	00:39.46	00:39.99	00:38.98	
					

Coach feedback: