

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

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

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:17, starttime: 09:17

Heat: 17/19 Lane : 3 Athlete: VAN HOEY BILLIET ALEXANDER Q-time: 01:06:66

PB (50m pool): 01:06.66 Amersfoort 22/02/2026 PB (25m pool): 01:03.55 SB: 01:06.66 Amersfoort 22/02/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:31.16  | 01:06.66  |  |
|    | 00:31.16  | 00:35.50  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:17, starttime: 09:17

Heat: 17/19 Lane : 4 Athlete: VRANKEN BARTEL Q-time: 01:02:28

PB (50m pool): 01:02.28 Antwerpen 22/03/2026 PB (25m pool): 01:00.99 SB: 01:02.28 Antwerpen 22/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:28.81  | 01:02.28  |  |
|    | 00:28.81  | 00:33.47  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:18, starttime: 09:19

Heat: 18/19 Lane : 4 Athlete: DE SCHRYVER NOAH Q-time: 01:01:81

PB (50m pool): 01:01.81 Antwerpen 27/04/2025 PB (25m pool): 00:59.00 SB: 01:02.12 Antwerpen 22/03/2026

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:29.02  | 01:01.81  |  |
|    | 00:29.02  | 00:32.79  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

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| Event number: 1: 100M BREASTSTROKE MEN 11+                        |           |           | Heat:18, starttime: 09:19                                                      |
|-------------------------------------------------------------------|-----------|-----------|--------------------------------------------------------------------------------|
| Heat: 18/19 Lane : 5 Athlete: VAN WELLEN JOSEPH                   |           |           | Q-time: 01:04:73                                                               |
| PB (50m pool): 01:04.73 Olympic Pool Wezenberg, Antwer 29/07/2025 |           |           | PB (25m pool): 01:03.73 SB: 01:04.73 Olympic Pool Wezenberg, Antwer 29/07/2025 |
|                                                                   | 5 0 M     | 1 0 0 M   |                                                                                |
| PB                                                                | 00:31.14  | 01:04.73  |                                                                                |
|                                                                   | 00:31.14  | 00:33.59  |                                                                                |
|                                                                   | . . . . . | . . . . . |                                                                                |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE MEN 11+   |           |           | Heat:19, starttime: 09:21                                  |
|----------------------------------------------|-----------|-----------|------------------------------------------------------------|
| Heat: 19/19 Lane : 4 Athlete: BAETEN LUKAS   |           |           | Q-time: 01:01:73                                           |
| PB (50m pool): 01:01.73 Antwerpen 27/07/2025 |           |           | PB (25m pool): 01:02.12 SB: 01:03.04 Luxembourg 01/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                            |
| PB                                           | 00:28.92  | 01:01.73  |                                                            |
|                                              | 00:28.92  | 00:32.81  |                                                            |
|                                              | . . . . . | . . . . . |                                                            |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE MEN 11+          |           |           | Heat:19, starttime: 09:21                                 |
|-----------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/19 Lane : 5 Athlete: VAN GROENIGEN KARSTEN |           |           | Q-time: 01:03:40                                          |
| PB (50m pool): 01:03.40 Antwerpen 22/03/2026        |           |           | PB (25m pool): 01:02.30 SB: 01:03.40 Antwerpen 22/03/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                  | 00:29.62  | 01:03.40  |                                                           |
|                                                     | 00:29.62  | 00:33.78  |                                                           |
|                                                     | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+              |           |           | Heat:14, starttime: 09:51                            |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 14/18 Lane : 8 Athlete: DE DECKER FEBE              |           |           | Q-time: 01:27:65                                     |
| PB (50m pool): 01:23.39 Zwembad Brigitte Becue 30/05/2025 |           |           | PB (25m pool): 01:20.62 SB: 01:27.65 Gent 08/02/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                                        | 00:39.80  | 01:23.39  |                                                      |
|                                                           | 00:39.80  | 00:43.59  |                                                      |
|                                                           | . . . . . | . . . . . |                                                      |

Coach feedback:

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| Event number: 2: 100M BREASTSTROKE WOMEN 11+ |         |          | Heat:17, starttime: 09:56                                  |
|----------------------------------------------|---------|----------|------------------------------------------------------------|
| Heat: 17/18 Lane : 5 Athlete: DE BONT SAM    |         |          | Q-time: 01:16:77                                           |
| PB (50m pool): 01:15.75 ANTWERPEN 30/07/2023 |         |          | PB (25m pool): 01:14.50 SB: 01:18.80 Amersfoort 22/02/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                            |
| PB                                           | no time | 01:15.75 |                                                            |
|                                              | no time |          |                                                            |
|                                              | .....   | .....    |                                                            |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 11+   |         |          | Heat:18, starttime: 09:58                                              |
|------------------------------------------------|---------|----------|------------------------------------------------------------------------|
| Heat: 18/18 Lane : 4 Athlete: DELCOMMUNE ZINKE |         |          | Q-time: 01:10:67                                                       |
| PB (50m pool): 01:10.41 Antwerpen 24/04/2022   |         |          | PB (25m pool): 01:08.07 SB: 01:11.14 Olympic Pool Wezenberg, Antwer 29 |
|                                                | 5 0 M   | 1 0 0 M  |                                                                        |
| PB                                             | no time | 01:10.41 |                                                                        |
|                                                | no time |          |                                                                        |
|                                                | .....   | .....    |                                                                        |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11+      |          |          | Heat:13, starttime: 10:22                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 13/14 Lane : 4 Athlete: WAERNIERS BERE |          |          | Q-time: 00:54:70                                          |
| PB (50m pool): 00:54.70 Antwerpen 22/03/2026 |          |          | PB (25m pool): 00:53.93 SB: 00:54.70 Antwerpen 22/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:25.46 | 00:54.70 |                                                           |
|                                              | 00:25.46 | 00:29.24 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11+             |          |          | Heat:13, starttime: 10:22                                  |
|-----------------------------------------------------|----------|----------|------------------------------------------------------------|
| Heat: 13/14 Lane : 9 Athlete: VAN GROENIGEN KARSTEN |          |          | Q-time: 01:04:19                                           |
| PB (50m pool): 01:04.19 Amersfoort 22/02/2026       |          |          | PB (25m pool): 01:02.38 SB: 01:04.19 Amersfoort 22/02/2026 |
|                                                     | 5 0 M    | 1 0 0 M  |                                                            |
| PB                                                  | 00:30.03 | 01:04.19 |                                                            |
|                                                     | 00:30.03 | 00:34.16 |                                                            |
|                                                     | .....    | .....    |                                                            |

Coach feedback:

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| Event number: 3: 100M BUTTERFLY MEN 11+                                                       |           |           | Heat:14, starttime: 10:24 |
|-----------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 14/14 Lane : 2 Athlete: VAN WELLEN JOSEPH                                               |           |           | Q-time: 01:02:26          |
| PB (50m pool): 01:00.63 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:02.34 SB: no time |           |           |                           |
|                                                                                               | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                            | 00:28.03  | 01:00.63  |                           |
|                                                                                               | 00:28.03  | 00:32.60  |                           |
|                                                                                               | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 3: 100M BUTTERFLY MEN 11+                                        |           |           | Heat:14, starttime: 10:24 |
|--------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 14/14 Lane : 5 Athlete: LAMMENS SEPPE                                    |           |           | Q-time: 00:56:98          |
| PB (50m pool): 00:56.98 Antwerp 09/02/2025 PB (25m pool): 00:57.47 SB: no time |           |           |                           |
|                                                                                | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                             | 00:26.45  | 00:56.98  |                           |
|                                                                                | 00:26.45  | 00:30.53  |                           |
|                                                                                | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 4: 100M BUTTERFLY WOMEN 11+                                                                                                        |           |           | Heat:9, starttime: 10:41 |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 9/11 Lane : 4 Athlete: DE BONT SAM                                                                                                         |           |           | Q-time: 01:04:74         |
| PB (50m pool): 01:04.74 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 01:05.09 SB: 01:04.74 Olympic Pool Wezenberg, Antwer 29/03/2025 |           |           |                          |
|                                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                                               | 00:30.41  | 01:04.74  |                          |
|                                                                                                                                                  | 00:30.41  | 00:34.33  |                          |
|                                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 4: 100M BUTTERFLY WOMEN 11+                                                     |           |           | Heat:9, starttime: 10:41 |
|-----------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 9/11 Lane : 5 Athlete: METZEMAKERS LéA                                                  |           |           | Q-time: 01:07:55         |
| PB (50m pool): 01:06.60 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:07.55 SB: no time |           |           |                          |
|                                                                                               | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                            | 00:31.56  | 01:06.60  |                          |
|                                                                                               | 00:31.56  | 00:35.04  |                          |
|                                                                                               | . . . . . | . . . . . |                          |

Coach feedback:

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| Event number: 4: 100M BUTTERFLY WOMEN 11+                                                             |         |          | Heat:10, starttime: 10:42 |
|-------------------------------------------------------------------------------------------------------|---------|----------|---------------------------|
| Heat: 10/11 Lane : 3 Athlete: MICHIELS NORE                                                           |         |          | Q-time: 01:07:95          |
| PB (50m pool): 01:13.16 Zwembad Brigitte Becue Oostend 10/05/2024 PB (25m pool): 01:07.95 SB: no time |         |          |                           |
|                                                                                                       | 5 0 M   | 1 0 0 M  |                           |
| PB                                                                                                    | no time | 01:13.16 |                           |
|                                                                                                       | no time |          |                           |
|                                                                                                       | .....   | .....    |                           |

Coach feedback:

| Event number: 4: 100M BUTTERFLY WOMEN 11+                                                                                        |          |          | Heat:10, starttime: 10:42 |
|----------------------------------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/11 Lane : 5 Athlete: DE DECKER FEBE                                                                                     |          |          | Q-time: 01:06:02          |
| PB (50m pool): 01:05.90 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:05.12 SB: 01:05.90 Zwembad Brigitte Becue 26/04/2026 |          |          |                           |
|                                                                                                                                  | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                                               | 00:31.03 | 01:05.90 |                           |
|                                                                                                                                  | 00:31.03 | 00:34.87 |                           |
|                                                                                                                                  | .....    | .....    |                           |

Coach feedback:

| Event number: 4: 100M BUTTERFLY WOMEN 11+                                        |         |          | Heat:10, starttime: 10:42 |
|----------------------------------------------------------------------------------|---------|----------|---------------------------|
| Heat: 10/11 Lane : 6 Athlete: VAN BRABANDT JULIETTE                              |         |          | Q-time: 01:08:47          |
| PB (50m pool): 01:07.13 Eindhoven 24/03/2024 PB (25m pool): 01:04.15 SB: no time |         |          |                           |
|                                                                                  | 5 0 M   | 1 0 0 M  |                           |
| PB                                                                               | no time | 01:07.13 |                           |
|                                                                                  | no time |          |                           |
|                                                                                  | .....   | .....    |                           |

Coach feedback:

| Event number: 4: 100M BUTTERFLY WOMEN 11+                                                         |         |          | Heat:11, starttime: 10:44 |
|---------------------------------------------------------------------------------------------------|---------|----------|---------------------------|
| Heat: 11/11 Lane : 4 Athlete: DELCOMMUNE ZINKE                                                    |         |          | Q-time: 01:02:17          |
| PB (50m pool): 01:04.81 Stedelijk zwembad Oostende 04/10/2024 PB (25m pool): 01:01.10 SB: no time |         |          |                           |
|                                                                                                   | 5 0 M   | 1 0 0 M  |                           |
| PB                                                                                                | no time | 01:04.81 |                           |
|                                                                                                   | no time |          |                           |
|                                                                                                   | .....   | .....    |                           |

Coach feedback:

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| Event number: 4: 100M BUTTERFLY WOMEN 11+    |          |                                                                        |  | Heat:11, starttime: 10:44 |
|----------------------------------------------|----------|------------------------------------------------------------------------|--|---------------------------|
| Heat: 11/11 Lane : 5 Athlete: NAZARUK NICOLE |          |                                                                        |  | Q-time: 01:05:87          |
| PB (50m pool): 01:05.87 Antwerp 09/02/2025   |          | PB (25m pool): 01:03.60 SB: 01:06.57 Olympic Pool Wezenberg, Antwer 29 |  |                           |
|                                              | 5 0 M    | 1 0 0 M                                                                |  |                           |
| PB                                           | 00:30.25 | 01:05.87                                                               |  |                           |
|                                              | 00:30.25 | 00:35.62                                                               |  |                           |
|                                              | .....    | .....                                                                  |  |                           |

Coach feedback:

| Event number: 5: 200M BACKSTROKE MEN 11+        |          |                                                            |          |          | Heat:12, starttime: 11:30 |
|-------------------------------------------------|----------|------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 12/12 Lane : 4 Athlete: ALVES TORRES PAUL |          |                                                            |          |          | Q-time: 02:05:51          |
| PB (50m pool): 02:06.11 Amersfoort 22/02/2026   |          | PB (25m pool): 02:00.37 SB: 02:06.11 Amersfoort 22/02/2026 |          |          |                           |
|                                                 | 5 0 M    | 1 0 0 M                                                    | 1 5 0 M  | 2 0 0 M  |                           |
| PB                                              | 00:28.53 | 00:59.96                                                   | 01:33.04 | 02:06.11 |                           |
|                                                 | 00:28.53 | 00:31.43                                                   | 00:33.08 | 00:33.07 |                           |
|                                                 | .....    | .....                                                      | .....    | .....    |                           |

Coach feedback:

| Event number: 6: 200M BACKSTROKE WOMEN 11+                        |          |                                                            |          |          | Heat:16, starttime: 12:34 |
|-------------------------------------------------------------------|----------|------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 16/16 Lane : 5 Athlete: MICHIELS NORE                       |          |                                                            |          |          | Q-time: 02:23:24          |
| PB (50m pool): 02:23.24 Olympic Pool Wezenberg, Antwer 30/03/2025 |          | PB (25m pool): 02:16.87 SB: 02:23.57 Amersfoort 22/02/2026 |          |          |                           |
|                                                                   | 5 0 M    | 1 0 0 M                                                    | 1 5 0 M  | 2 0 0 M  |                           |
| PB                                                                | 00:32.90 | 01:09.13                                                   | 01:46.15 | 02:23.24 |                           |
|                                                                   | 00:32.90 | 00:36.23                                                   | 00:37.02 | 00:37.09 |                           |
|                                                                   | .....    | .....                                                      | .....    | .....    |                           |

Coach feedback:

| Event number: 6: 200M BACKSTROKE WOMEN 11+                        |         |                                                                        |         |          | Heat:16, starttime: 12:34 |
|-------------------------------------------------------------------|---------|------------------------------------------------------------------------|---------|----------|---------------------------|
| Heat: 16/16 Lane : 6 Athlete: METZEMAKERS LéA                     |         |                                                                        |         |          | Q-time: 02:25:09          |
| PB (50m pool): 02:23.15 Wezenberg Topsportbad, Antwerp 18/03/2025 |         | PB (25m pool): 02:14.10 SB: 02:27.29 Olympic Pool Wezenberg, Antwer 29 |         |          |                           |
|                                                                   | 5 0 M   | 1 0 0 M                                                                | 1 5 0 M | 2 0 0 M  |                           |
| PB                                                                | no time | 01:09.93                                                               | no time | 02:23.15 |                           |
|                                                                   | no time |                                                                        |         |          |                           |
|                                                                   | .....   | .....                                                                  | .....   | .....    |                           |

Coach feedback: