

# FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahn Müller Michael

Coaches: Bahn Müller Jana HEADCOACH

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

| Event number: 7: 100M BREASTSTROKE MIXED 10-9 |           |           | Heat:1, starttime: 14:15           |
|-----------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 1/2 Lane : 1 Athlete: KOLICHEVA PAOLINE |           |           | 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: 7: 100M BREASTSTROKE MIXED 10-9 |           |           | Heat:1, starttime: 14:15           |
|-----------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 1/2 Lane : 5 Athlete: ANTOHI LIAM       |           |           | 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: 7: 100M BREASTSTROKE MIXED 10-9   |           |           | Heat:1, starttime: 14:15           |
|-------------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 1/2 Lane : 7 Athlete: SICLITARU ALEXANDER |           |           | 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:

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| Event number: 8: 200M FREESTYLE MEN 11+                                      |          |          |          |          | Heat:3, starttime: 14:30 |
|------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/28 Lane : 3 Athlete: SORGELOOS VINCENT                               |          |          |          |          | Q-time: 99:99:99         |
| PB (50m pool): 02:49.09 Aalst 21/12/2024 PB (25m pool): 02:45.69 SB: no time |          |          |          |          |                          |
|                                                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                           | 00:39.04 | 01:23.94 | 02:07.23 | 02:49.09 |                          |
|                                                                              | 00:39.04 | 00:44.90 | 00:43.29 | 00:41.86 |                          |
|                                                                              | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 8: 200M FREESTYLE MEN 11+                                                                                           |          |          |          |          | Heat:6, starttime: 14:43 |
|-----------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 6/28 Lane : 6 Athlete: KEYMEULEN ALBERT                                                                                     |          |          |          |          | Q-time: 03:06:88         |
| PB (50m pool): 03:06.88 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:06.88 Sportoase De Watermolen 29/03/2026 |          |          |          |          |                          |
|                                                                                                                                   | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                                                                | 00:42.31 | 01:31.29 | 02:22.44 | 03:06.88 |                          |
|                                                                                                                                   | 00:42.31 | 00:48.98 | 00:51.15 | 00:44.44 |                          |
|                                                                                                                                   | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 8: 200M FREESTYLE MEN 11+                                                                |         |          |         |          | Heat:10, starttime: 14:56 |
|--------------------------------------------------------------------------------------------------------|---------|----------|---------|----------|---------------------------|
| Heat: 10/28 Lane : 3 Athlete: MARIUS MATTIS                                                            |         |          |         |          | Q-time: 02:36:05          |
| PB (50m pool): 02:36.05 Lochristi 01/02/2026 PB (25m pool): 02:45.08 SB: 02:36.05 Lochristi 01/02/2026 |         |          |         |          |                           |
|                                                                                                        | 5 0 M   | 1 0 0 M  | 1 5 0 M | 2 0 0 M  |                           |
| PB                                                                                                     | no time | 01:14.60 | no time | 02:36.05 |                           |
|                                                                                                        | no time |          |         |          |                           |
|                                                                                                        | .....   | .....    | .....   | .....    |                           |

Coach feedback:

| Event number: 8: 200M FREESTYLE MEN 11+                                                        |          |          |          |          | Heat:25, starttime: 15:38 |
|------------------------------------------------------------------------------------------------|----------|----------|----------|----------|---------------------------|
| Heat: 25/28 Lane : 5 Athlete: WACHTELAER CELLE                                                 |          |          |          |          | Q-time: 02:07:46          |
| PB (50m pool): 02:07.46 Aalst 20/12/2025 PB (25m pool): 02:05.42 SB: 02:07.46 Aalst 20/12/2025 |          |          |          |          |                           |
|                                                                                                | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                           |
| PB                                                                                             | 00:29.62 | 01:01.82 | 01:35.27 | 02:07.46 |                           |
|                                                                                                | 00:29.62 | 00:32.20 | 00:33.45 | 00:32.19 |                           |
|                                                                                                | .....    | .....    | .....    | .....    |                           |

Coach feedback:

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|                                               |           |  |                                       |  |                  |                          |  |
|-----------------------------------------------|-----------|--|---------------------------------------|--|------------------|--------------------------|--|
| Event number: 9: 100M FREESTYLE MIXED 10-9    |           |  |                                       |  |                  | Heat:1, starttime: 15:48 |  |
| Heat: 1/2    Lane : 7    Athlete: ANTOHI LIAM |           |  |                                       |  | 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: 9: 100M FREESTYLE MIXED 10-9          |           |  |           |  |  |  | Heat:2, starttime: 15:51                                  |  |  |
| Heat: 2/2    Lane : 1    Athlete: KOLICHEVA PAOLINE |           |  |           |  |  |  | Q-time: 01:36:76                                          |  |  |
| PB (50m pool): 01:36.76    Gent 08/02/2026          |           |  |           |  |  |  | PB (25m pool): no time    SB: 01:36.76    Gent 08/02/2026 |  |  |
|                                                     | 5 0 M     |  | 1 0 0 M   |  |  |  |                                                           |  |  |
| PB                                                  | 00:44.45  |  | 01:36.76  |  |  |  |                                                           |  |  |
|                                                     | 00:44.45  |  | 00:52.31  |  |  |  |                                                           |  |  |
|                                                     | . . . . . |  | . . . . . |  |  |  |                                                           |  |  |

Coach feedback:

|                                                     |           |  |  |  |           |  |  |  |  |                                                         |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------|-----------|--|--|--|-----------|--|--|--|--|---------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|
| Event number: 9: 100M FREESTYLE MIXED 10-9          |           |  |  |  |           |  |  |  |  | Heat:2, starttime: 15:51                                |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| Heat: 2/2   Lane : 6   Athlete: SICLITARU ALEXANDER |           |  |  |  |           |  |  |  |  |                                                         |  |  |  |  |  |  |  |  |  | Q-time: 01:33:52 |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 01:33.52   Gent 08/02/2026           |           |  |  |  |           |  |  |  |  | PB (25m pool): no time   SB: 01:33.52   Gent 08/02/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                     | 5 0 M     |  |  |  | 1 0 0 M   |  |  |  |  |                                                         |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| PB                                                  | 00:43.49  |  |  |  | 01:33.52  |  |  |  |  |                                                         |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                     | 00:43.49  |  |  |  | 00:50.03  |  |  |  |  |                                                         |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                     | . . . . . |  |  |  | . . . . . |  |  |  |  |                                                         |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |

Coach feedback:

|                                               |         |         |         |                                     |  |
|-----------------------------------------------|---------|---------|---------|-------------------------------------|--|
| Event number: 10: 200M BREASTSTROKE WOMEN 11+ |         |         |         | Heat:5, starttime: 16:14            |  |
| Heat: 5/18 Lane : 8 Athlete: VANDERBEKE HASSE |         |         |         | Q-time: 99:99:99                    |  |
| PB (50m pool): 03:13.56 Antwerpen 16/07/2023  |         |         |         | PB (25m pool): 02:58.90 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 | 03:13.56                            |  |
|                                               | no time |         |         |                                     |  |
|                                               | .....   | .....   | .....   | .....                               |  |

Coach feedback:

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| Event number: 10: 200M BREASTSTROKE WOMEN 11+ |          |          |          |          | Heat:8, starttime: 16:28                             |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 8/18 Lane : 8 Athlete: BOTERBERGH LIEKE |          |          |          |          | Q-time: 03:48:06                                     |
| PB (50m pool): 03:48.06 Gent 08/02/2026       |          |          |          |          | PB (25m pool): 04:21.44 SB: 03:48.06 Gent 08/02/2026 |
|                                               | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                      |
| PB                                            | 00:51.83 | 01:51.63 | 02:50.26 | 03:48.06 |                                                      |
|                                               | 00:51.83 | 00:59.80 | 00:58.63 | 00:57.80 |                                                      |
|                                               | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 10: 200M BREASTSTROKE WOMEN 11+            |          |          |          |          | Heat:9, starttime: 16:33           |
|----------------------------------------------------------|----------|----------|----------|----------|------------------------------------|
| Heat: 9/18 Lane : 2 Athlete: KOLICHEVA KATALEYA          |          |          |          |          | Q-time: 03:40:20                   |
| PB (50m pool): 03:40.20 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                                                       | 00:50.48 | 01:47.99 | 02:46.48 | 03:40.20 |                                    |
|                                                          | 00:50.48 | 00:57.51 | 00:58.49 | 00:53.72 |                                    |
|                                                          | .....    | .....    | .....    | .....    |                                    |

Coach feedback:

| Event number: 10: 200M BREASTSTROKE WOMEN 11+            |          |          |          |          | Heat:9, starttime: 16:33            |
|----------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 9/18 Lane : 6 Athlete: MAES HANNE                  |          |          |          |          | Q-time: 03:38:56                    |
| PB (50m pool): 03:38.56 Lago Gent Rozebroeken 04/05/2025 |          |          |          |          | PB (25m pool): 03:28.31 SB: no time |
|                                                          | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                                       | 00:49.89 | 01:47.87 | 02:44.76 | 03:38.56 |                                     |
|                                                          | 00:49.89 | 00:57.98 | 00:56.89 | 00:53.80 |                                     |
|                                                          | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 10: 200M BREASTSTROKE WOMEN 11+ |          |          |          |          | Heat:11, starttime: 16:41           |
|-----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 11/18 Lane : 1 Athlete: MEGANCK LIO     |          |          |          |          | Q-time: 03:30:00                    |
| PB (50m pool): 03:30.00 Antwerpen 13/07/2025  |          |          |          |          | PB (25m pool): 03:35.50 SB: no time |
|                                               | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                            | 00:48.42 | 01:42.61 | 02:37.31 | 03:30.00 |                                     |
|                                               | 00:48.42 | 00:54.19 | 00:54.70 | 00:52.69 |                                     |
|                                               | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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|                                                                                              |           |           |           |           |                           |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------|
| Event number: 10: 200M BREASTSTROKE WOMEN 11+                                                |           |           |           |           | Heat:12, starttime: 16:45 |
| Heat: 12/18 Lane : 3 Athlete: DE WOLF TINE                                                   |           |           |           |           | Q-time: 03:22:52          |
| PB (50m pool): 03:18.92 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:14.54 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   | 03:18.92  |                           |
|                                                                                              | no time   |           |           |           |                           |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                           |

Coach feedback: