

# FIRST Swim Meeting: Session: 3: 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: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:6, starttime: 08:55                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/22 Lane : 3 Athlete: JANSSENS STERRE |           |           | Q-time: 01:17:09                                          |
| PB (50m pool): 01:17.09 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:13.89 SB: 01:17.09 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:36.52  | 01:17.09  |                                                           |
|                                              | 00:36.52  | 00:40.57  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:14, starttime: 09:08                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/22 Lane : 9 Athlete: DE SMET AMÉLIE |           |           | Q-time: 01:08:08                                          |
| PB (50m pool): 01:08.08 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:05.67 SB: 01:08.08 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.79  | 01:08.08  |                                                           |
|                                              | 00:32.79  | 00:35.29  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+       |           |           | Heat:17, starttime: 09:13                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 17/22 Lane : 4 Athlete: VAN DAELE JOSEFIEN |           |           | Q-time: 01:04:67                                          |
| PB (50m pool): 01:04.67 Antwerpen 15/03/2026     |           |           | PB (25m pool): 01:05.23 SB: 01:04.67 Antwerpen 15/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:31.81  | 01:04.67  |                                                           |
|                                                  | 00:31.81  | 00:32.86  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+         |           |           | Heat:17, starttime: 09:13                                 |
|----------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 17/22 Lane : 9 Athlete: DE BRABANDER CELESTE |           |           | Q-time: 01:05:83                                          |
| PB (50m pool): 01:05.65 Antwerpen 19/04/2026       |           |           | PB (25m pool): 01:04.31 SB: 01:05.65 Antwerpen 19/04/2026 |
|                                                    | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                 | 00:31.67  | 01:05.65  |                                                           |
|                                                    | 00:31.67  | 00:33.98  |                                                           |
|                                                    | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:19, starttime: 09:16                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/22 Lane : 2 Athlete: DELPORTE LOTTE |           |           | Q-time: 01:03:54                                          |
| PB (50m pool): 01:03.54 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:01.28 SB: 01:03.54 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.80  | 01:03.54  |                                                           |
|                                              | 00:30.80  | 00:32.74  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:13, starttime: 09:43                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 13/23 Lane : 4 Athlete: VANHAVERE DAAN |           |           | Q-time: 01:02:28                                          |
| PB (50m pool): 01:01.66 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:00.65 SB: 01:01.66 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.07  | 01:01.66  |                                                           |
|                                              | 00:30.07  | 00:31.59  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+       |           |           | Heat:14, starttime: 09:44                                 |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/23 Lane : 3 Athlete: BEN AYAD NAOUFAL |           |           | Q-time: 01:01:63                                          |
| PB (50m pool): 01:01.25 Antwerpen 19/04/2026   |           |           | PB (25m pool): 00:59.12 SB: 01:01.25 Antwerpen 19/04/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:30.19  | 01:01.25  |                                                           |
|                                                | 00:30.19  | 00:31.06  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: STW

| Event number: 12: 100M FREESTYLE MEN 11+         |           |           | Heat:15, starttime: 09:46                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 15/23 Lane : 0 Athlete: BOURDIAUDHY THIBAU |           |           | Q-time: 01:01:36                                          |
| PB (50m pool): 01:00.83 Antwerpen 19/04/2026     |           |           | PB (25m pool): 00:59.87 SB: 01:00.83 Antwerpen 19/04/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:29.53  | 01:00.83  |                                                           |
|                                                  | 00:29.53  | 00:31.30  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+               |           |           | Heat:15, starttime: 09:46                                 |
|--------------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 15/23 Lane : 9 Athlete: VAN HOEY BILLIET RAPHAËL |           |           | Q-time: 01:01:46                                          |
| PB (50m pool): 01:01.46 Antwerpen 15/03/2026           |           |           | PB (25m pool): 01:01.08 SB: 01:01.46 Antwerpen 15/03/2026 |
|                                                        | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                     | 00:29.98  | 01:01.46  |                                                           |
|                                                        | 00:29.98  | 00:31.48  |                                                           |
|                                                        | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:17, starttime: 09:48                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 17/23 Lane : 0 Athlete: VERHAGEN TOON  |           |           | Q-time: 00:59:84                                          |
| PB (50m pool): 00:59.84 Antwerpen 15/03/2026 |           |           | PB (25m pool): 00:59.82 SB: 00:59.84 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:29.27  | 00:59.84  |                                                           |
|                                              | 00:29.27  | 00:30.57  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+         |           |           | Heat:21, starttime: 09:54                            |
|--------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 21/23 Lane : 1 Athlete: VAN DE GENDER WOUT |           |           | Q-time: 00:56:51                                     |
| PB (50m pool): 00:56.51 Gent 08/02/2026          |           |           | PB (25m pool): 00:54.96 SB: 00:56.51 Gent 08/02/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                               | 00:27.50  | 00:56.51  |                                                      |
|                                                  | 00:27.50  | 00:29.01  |                                                      |
|                                                  | . . . . . | . . . . . |                                                      |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: STW

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:7, starttime: 10:13                                  |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 7/20 Lane : 1 Athlete: WULLAERT LIESE  |          |          | Q-time: 01:31:56                                          |
| PB (50m pool): 01:29.25 Antwerpen 19/04/2026 |          |          | PB (25m pool): 01:28.19 SB: 01:29.25 Antwerpen 19/04/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:44.06 | 01:29.25 |                                                           |
|                                              | 00:44.06 | 00:45.19 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+     |          |          | Heat:7, starttime: 10:13                             |
|-------------------------------------------------|----------|----------|------------------------------------------------------|
| Heat: 7/20 Lane : 4 Athlete: VAN DE VYVERE LENA |          |          | Q-time: 01:30:57                                     |
| PB (50m pool): 01:30.57 Gent 08/02/2026         |          |          | PB (25m pool): 01:28.35 SB: 01:30.57 Gent 08/02/2026 |
|                                                 | 5 0 M    | 1 0 0 M  |                                                      |
| PB                                              | 00:44.68 | 01:30.57 |                                                      |
|                                                 | 00:44.68 | 00:45.89 |                                                      |
|                                                 | .....    | .....    |                                                      |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+   |          |          | Heat:10, starttime: 10:20                                 |
|-----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 10/20 Lane : 7 Athlete: JANSSENS STERRE |          |          | Q-time: 01:23:96                                          |
| PB (50m pool): 01:23.96 Antwerpen 15/03/2026  |          |          | PB (25m pool): 01:25.97 SB: 01:23.96 Antwerpen 15/03/2026 |
|                                               | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                            | 00:41.78 | 01:23.96 |                                                           |
|                                               | 00:41.78 | 00:42.18 |                                                           |
|                                               | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:14, starttime: 10:29                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 14/20 Lane : 2 Athlete: VERHULST NOOR  |          |          | Q-time: 01:18:20                                          |
| PB (50m pool): 01:18.20 Antwerpen 15/03/2026 |          |          | PB (25m pool): 01:16.76 SB: 01:18.20 Antwerpen 15/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:38.59 | 01:18.20 |                                                           |
|                                              | 00:38.59 | 00:39.61 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: STW

| Event number: 13: 100M BACKSTROKE WOMEN 11+      |          |          | Heat:14, starttime: 10:29                                 |
|--------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 14/20 Lane : 4 Athlete: VAN DAELE JOSEFIEN |          |          | Q-time: 01:17:69                                          |
| PB (50m pool): 01:17.69 Antwerpen 15/03/2026     |          |          | PB (25m pool): 01:15.80 SB: 01:17.69 Antwerpen 15/03/2026 |
|                                                  | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                               | 00:38.95 | 01:17.69 |                                                           |
|                                                  | 00:38.95 | 00:38.74 |                                                           |
|                                                  | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:16, starttime: 10:33                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 16/20 Lane : 2 Athlete: DE SMET AMÉLIE |          |          | Q-time: 01:16:66                                          |
| PB (50m pool): 01:16.66 Antwerpen 20/07/2025 |          |          | PB (25m pool): 01:14.04 SB: 01:16.76 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:37.18 | 01:16.66 |                                                           |
|                                              | 00:37.18 | 00:39.48 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:17, starttime: 10:35                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 17/20 Lane : 8 Athlete: WULLAERT FIEN  |          |          | Q-time: 01:15:95                                          |
| PB (50m pool): 01:15.47 Antwerpen 19/04/2026 |          |          | PB (25m pool): 01:14.65 SB: 01:15.47 Antwerpen 19/04/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:37.55 | 01:15.47 |                                                           |
|                                              | 00:37.55 | 00:37.92 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+        |          |          | Heat:13, starttime: 11:09                                 |
|--------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 13/19 Lane : 0 Athlete: BOURDIAUDHY THIBAU |          |          | Q-time: 01:14:22                                          |
| PB (50m pool): 01:13.69 Antwerpen 19/04/2026     |          |          | PB (25m pool): 00:43.47 SB: 01:13.69 Antwerpen 19/04/2026 |
|                                                  | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                               | 00:36.39 | 01:13.69 |                                                           |
|                                                  | 00:36.39 | 00:37.30 |                                                           |
|                                                  | .....    | .....    |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: STW

| Event number: 14: 100M BACKSTROKE MEN 11+    |           |           | Heat:13, starttime: 11:09                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 13/19 Lane : 7 Athlete: VERHAGEN TOON  |           |           | Q-time: 01:13:88                                          |
| PB (50m pool): 01:13.88 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:11.08 SB: 01:13.88 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:36.95  | 01:13.88  |                                                           |
|                                              | 00:36.95  | 00:36.93  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+              |           |           | Heat:14, starttime: 11:11                                 |
|--------------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/19 Lane : 3 Athlete: VAN HOEY BILLIET RAPHAËL |           |           | Q-time: 01:12:09                                          |
| PB (50m pool): 01:12.09 Antwerpen 15/03/2026           |           |           | PB (25m pool): 01:09.56 SB: 01:12.09 Antwerpen 15/03/2026 |
|                                                        | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                     | 00:35.08  | 01:12.09  |                                                           |
|                                                        | 00:35.08  | 00:37.01  |                                                           |
|                                                        | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+        |           |           | Heat:18, starttime: 11:19                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/19 Lane : 2 Athlete: VAN DE GENDER WOUT |           |           | Q-time: 01:04:18                                          |
| PB (50m pool): 01:04.18 Antwerpen 22/03/2026     |           |           | PB (25m pool): 01:01.41 SB: 01:04.18 Antwerpen 22/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:30.87  | 01:04.18  |                                                           |
|                                                  | 00:30.87  | 00:33.31  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                  |           |           | Heat:19, starttime: 11:21                                               |
|------------------------------------------------------------|-----------|-----------|-------------------------------------------------------------------------|
| Heat: 19/19 Lane : 0 Athlete: VERHAGEN ROBBE               |           |           | Q-time: 01:07:27                                                        |
| PB (50m pool): 01:07.27 Sportoase De Watermolen 29/03/2026 |           |           | PB (25m pool): 01:05.25 SB: 01:07.27 Sportoase De Watermolen 29/03/2026 |
|                                                            | 5 0 M     | 1 0 0 M   |                                                                         |
| PB                                                         | 00:32.59  | 01:07.27  |                                                                         |
|                                                            | 00:32.59  | 00:34.68  |                                                                         |
|                                                            | . . . . . | . . . . . |                                                                         |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: STW

| Event number: 15: 400M MEDLEY WOMEN 11+          |           |           |           |                                                              |           |           | Heat:2, starttime: 11:30 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 6    Athlete: DELPORTE LOTTE |           |           |           |                                                              |           |           | Q-time: 05:31:56         |           |
| PB (50m pool): 05:31.56    Antwerpen 27/07/2025  |           |           |           | PB (25m pool): 05:24.85 SB: 05:38.90    Lochristi 01/02/2026 |           |           |                          |           |
|                                                  | 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                                               | 00:35.91  | 01:18.38  | 02:00.89  | 02:42.42                                                     | 03:30.34  | 04:19.41  | 04:55.90                 | 05:31.56  |
|                                                  | 00:35.91  | 00:42.47  | 00:42.51  | 00:41.53                                                     | 00:47.92  | 00:49.07  | 00:36.49                 | 00:35.66  |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 400M MEDLEY MEN 11+                |           |           |           |                                                                 |           |           | Heat:3, starttime: 11:51 |           |
|------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 7    Athlete: VAN GOETHEM ARTHUR |           |           |           |                                                                 |           |           | Q-time: 05:19:49         |           |
| PB (50m pool): 05:19.49    Antwerpen    08/03/2026   |           |           |           | PB (25m pool): 05:14.15 SB: 05:19.49    Antwerpen    08/03/2026 |           |           |                          |           |
|                                                      | 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                                                   | 00:32.94  | 01:15.07  | 01:54.85  | 02:34.67                                                        | 03:19.79  | 04:05.66  | 04:43.09                 | 05:19.49  |
|                                                      | 00:32.94  | 00:42.13  | 00:39.78  | 00:39.82                                                        | 00:45.12  | 00:45.87  | 00:37.43                 | 00:36.40  |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                                                       | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: