

# FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: ZCT

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

Coaches: Van Opstal Wendy

Coaches: Goovaerts Kristel

Coaches: Akkers Mieke HEADCOACH

Coaches: Van Vlasselaer Eva

Coaches: Lelong Christel

Coaches: Callebaut Joris

Coaches: Wauters Tine

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

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:15, starttime: 15:14

Heat: 15/24 Lane : 4 Athlete: DECALUWé HELENA Q-time: 02:30:86  
PB (50m pool): 02:30.86 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:29.06 SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:33.91  | 01:12.73  | 01:52.45  | 02:30.86  |  |
|    | 00:33.91  | 00:38.82  | 00:39.72  | 00:38.41  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:20, starttime: 15:29

Heat: 20/24 Lane : 1 Athlete: VERELST LAURA Q-time: 02:22:53  
PB (50m pool): 02:22.53 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:18.86 SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:33.96  | 01:11.04  | 01:47.99  | 02:22.53  |  |
|    | 00:33.96  | 00:37.08  | 00:36.95  | 00:34.54  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:20, starttime: 15:29

Heat: 20/24 Lane : 3 Athlete: UYTTERHOEVEN FLO Q-time: 02:21:15  
PB (50m pool): 02:21.15 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:20.11 SB: 02:21.64 Molenbeek 01/02/2026

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:32.24  | 01:08.75  | 01:45.11  | 02:21.15  |  |
|    | 00:32.24  | 00:36.51  | 00:36.36  | 00:36.04  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

# FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: ZCT

| Event number: 18: 200M FREESTYLE WOMEN 11+      |          |          |          | Heat:21, starttime: 15:32                            |  |
|-------------------------------------------------|----------|----------|----------|------------------------------------------------------|--|
| Heat: 21/24 Lane : 1 Athlete: VELDHUIS VICTORIA |          |          |          | Q-time: 02:19:96                                     |  |
| PB (50m pool): 02:19.96 Antwerp 09/02/2025      |          |          |          | PB (25m pool): 02:14.48 SB: 02:21.22 Gent 08/02/2026 |  |
|                                                 | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M                                              |  |
| PB                                              | 00:31.34 | 01:05.88 | 01:42.44 | 02:19.96                                             |  |
|                                                 | 00:31.34 | 00:34.54 | 00:36.56 | 00:37.52                                             |  |
|                                                 | .....    | .....    | .....    | .....                                                |  |

Coach feedback:

| Event number: 20: 200M BREASTSTROKE MEN 11+              |          |          |          | Heat:16, starttime: 16:51           |  |
|----------------------------------------------------------|----------|----------|----------|-------------------------------------|--|
| Heat: 16/19 Lane : 7 Athlete: GEENS DRé                  |          |          |          | Q-time: 02:49:96                    |  |
| PB (50m pool): 02:49.96 Lago Gent Rozebroeken 04/05/2025 |          |          |          | PB (25m pool): 03:05.40 SB: no time |  |
|                                                          | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M                             |  |
| PB                                                       | 00:37.51 | 01:21.84 | 02:06.27 | 02:49.96                            |  |
|                                                          | 00:37.51 | 00:44.33 | 00:44.43 | 00:43.69                            |  |
|                                                          | .....    | .....    | .....    | .....                               |  |

Coach feedback:

| Event number: 21: 200M BUTTERFLY WOMEN 11+ |         |         |         | Heat:2, starttime: 17:08           |  |
|--------------------------------------------|---------|---------|---------|------------------------------------|--|
| Heat: 2/4 Lane : 7 Athlete: BOHMER JANNE   |         |         |         | 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: 21: 200M BUTTERFLY WOMEN 11+   |          |          |          | Heat:4, starttime: 17:15                                  |  |
|----------------------------------------------|----------|----------|----------|-----------------------------------------------------------|--|
| Heat: 4/4 Lane : 5 Athlete: THIJS MAAIKE     |          |          |          | Q-time: 02:41:60                                          |  |
| PB (50m pool): 02:41.60 Antwerpen 08/03/2026 |          |          |          | PB (25m pool): 02:50.17 SB: 02:41.60 Antwerpen 08/03/2026 |  |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M                                                   |  |
| PB                                           | 00:35.76 | 01:17.32 | 02:00.02 | 02:41.60                                                  |  |
|                                              | 00:35.76 | 00:41.56 | 00:42.70 | 00:41.58                                                  |  |
|                                              | .....    | .....    | .....    | .....                                                     |  |

Coach feedback:

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| Event number: 22: 200M BUTTERFLY MEN 11+          |           |           |           |           | Heat:5, starttime: 17:34                                  |
|---------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/6 Lane : 6 Athlete: VAN DER BORGHT FLORIS |           |           |           |           | Q-time: 02:32:90                                          |
| PB (50m pool): 02:26.01 Antwerpen 28/07/2024      |           |           |           |           | PB (25m pool): 02:22.35 SB: 02:32.96 Molenbeek 01/02/2026 |
|                                                   | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                                | no time   | no time   | no time   | 02:26.01  |                                                           |
|                                                   | no time   |           |           |           |                                                           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 22: 200M BUTTERFLY MEN 11+                 |           |           |           |           | Heat:6, starttime: 17:37                                  |
|----------------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/6 Lane : 8 Athlete: PELGRIMS LOWIE               |           |           |           |           | Q-time: 02:29:06                                          |
| PB (50m pool): 02:29.06 Lago Gent Rozebroeken 04/05/2025 |           |           |           |           | PB (25m pool): 02:21.12 SB: 02:30.22 Molenbeek 01/02/2026 |
|                                                          | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                                       | 00:31.86  | 01:10.03  | 01:50.34  | 02:29.06  |                                                           |
|                                                          | 00:31.86  | 00:38.17  | 00:40.31  | 00:38.72  |                                                           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback: