

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vanmaercke Inge

Coaches: Ryckeman Brian

Coaches: Segaert Wim HEADCOACH

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

Event number: 1: 200M BREASTSTROKE MIXED 10-9							Heat:2, starttime: 14:05	
Heat: 2/4    Lane : 4    Athlete: BAUWENS ELSA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
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Coach feedback:

Event number: 1: 200M BREASTSTROKE MIXED 10-9							Heat:3, starttime: 14:10	
Heat: 3/4    Lane : 3    Athlete: DAUWE EMMA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
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Coach feedback:

Event number: 1: 200M BREASTSTROKE MIXED 10-9							Heat:4, starttime: 14:15	
Heat: 4/4    Lane : 4    Athlete: QUARTIER QUINN							Q-time: 03:52:12	
PB (25m pool): 03:52.12    Diksmuide 09/03/2025				PB (50m pool): no time    SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:51.37		no time		02:51.27		03:52.12
	00:51.37							01:00.85
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Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/10 Lane : 3 Athlete: MAENE IMKE					Q-time: 01:58:16
PB (25m pool): 02:05.62 Diksmuide 30/12/2023					PB (50m pool): 01:58.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		02:05.62	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 14:30
Heat: 4/10 Lane : 4 Athlete: NAESENS MYRTHE					Q-time: 01:45:03
PB (25m pool): 01:45.03 Diksmuide 09/03/2025					PB (50m pool): 01:44.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.45		01:45.03	
	00:49.45 00:55.58				
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Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 14:30
Heat: 4/10 Lane : 7 Athlete: DE CLOEDT DELGADO LISA					Q-time: 01:49:87
PB (25m pool): no time					PB (50m pool): 01:49.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/10 Lane : 3 Athlete: SEGAERT HANNE					Q-time: 01:38:40
PB (25m pool): 01:38.40 Diksmuide 28/12/2025					PB (50m pool): 01:42.27 SB: 01:38.40 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.59		01:38.40	
	00:47.59 00:50.81				
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Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/10 Lane : 7 Athlete: DEKEYSER NORAH					Q-time: 01:39:08
PB (25m pool): 01:39.08 Diksmuide 09/03/2025					PB (50m pool): 01:42.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.48		01:39.08	
	00:47.48		00:51.60		
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Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 14:35
Heat: 7/10 Lane : 5 Athlete: VANDERBEKE MARILOU					Q-time: 01:33:81
PB (25m pool): 01:33.81 Temse 17/11/2025					PB (50m pool): 01:41.12 SB: 01:33.81 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.69		01:33.81	
	00:44.69		00:49.12		
	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 14:35
Heat: 7/10 Lane : 7 Athlete: VANDEN EECKHOUTE LILY					Q-time: 01:34:75
PB (25m pool): 01:33.84 Diksmuide 10/03/2024					PB (50m pool): 01:34.75 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.84	
	no time				
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Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 14:40
Heat: 9/10 Lane : 3 Athlete: JUNGBLUTH ELISE					Q-time: 01:27:46
PB (25m pool): 01:23.51 Brugge 20/10/2024					PB (50m pool): 01:27.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.96		01:23.51	
	00:38.96		00:44.55		
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Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 14:55
Heat: 4/10 Lane : 4 Athlete: GOUDESEUNE LEON					Q-time: 02:01:04
PB (25m pool): 02:01.04 Diksmuide 28/12/2025					PB (50m pool): no time SB: 02:01.04 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:57.93		02:01.04	
	00:57.93		01:03.11		
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Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 14:55
Heat: 4/10 Lane : 6 Athlete: VERMOTE SIEBE					Q-time: 02:04:06
PB (25m pool): no time					PB (50m pool): 02:04.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:00
Heat: 6/10 Lane : 3 Athlete: LAFORCE LANDER					Q-time: 01:44:06
PB (25m pool): 01:44.06 Zwevegem 11/05/2025					PB (50m pool): 01:52.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.85		01:44.06	
	00:49.85		00:54.21		
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Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:10
Heat: 1/10 Lane : 5 Athlete: JUNGBLUTH ELISE					Q-time: 99:99:99
PB (25m pool): 01:15.27 Diksmuide 29/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.48		01:15.27	
	00:35.48		00:39.79		
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Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:10
Heat: 1/10 Lane : 6 Athlete: VANDEN EECKHOUTE LILY					Q-time: 99:99:99
PB (25m pool): 01:26.21 Diksmuide 10/03/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.21	
	no time				
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Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:15
Heat: 4/10 Lane : 8 Athlete: MAENE IMKE					Q-time: 01:48:24
PB (25m pool): 01:48.24 Meulebeke 06/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:48.24	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:20
Heat: 5/10 Lane : 7 Athlete: DE CLOEDT DELGADO LISA					Q-time: 01:33:90
PB (25m pool): 01:33.90 Diksmuide 28/12/2025					PB (50m pool): no time SB: 01:33.90 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.61		01:33.90	
	00:43.61		00:50.29		
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Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:20
Heat: 6/10 Lane : 2 Athlete: NAESENS MYRTHE					Q-time: 01:29:45
PB (25m pool): 01:29.45 Meulebeke 06/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.45	
	no time				
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:20
Heat: 6/10 Lane : 6 Athlete: ANTIERENS LOUISE					Q-time: 01:29:23
PB (25m pool): 01:29.23 Menen 01/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.23	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:20
Heat: 6/10 Lane : 7 Athlete: VANDERBEKE MARILOU					Q-time: 01:30:00
PB (25m pool): 01:30.00 WAREGEM 27/09/2025					PB (50m pool): no time SB: 01:30.00 WAREGEM 27/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.00	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:20
Heat: 7/10 Lane : 6 Athlete: CANNIERE ERIN					Q-time: 01:23:25
PB (25m pool): 01:23.25 Diksmuide 28/12/2025					PB (50m pool): no time SB: 01:23.25 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.47		01:23.25	
	00:39.47		00:43.78		
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Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 15:25
Heat: 9/10 Lane : 2 Athlete: RYCKEMAN ELLA					Q-time: 01:15:55
PB (25m pool): 01:15.55 Diksmuide 28/12/2025					PB (50m pool): no time SB: 01:15.55 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.65		01:15.55	
	00:34.65		00:40.90		
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 4: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 15:25
Heat: 9/10 Lane : 3 Athlete: DEVUYST OONA					Q-time: 01:14:75
PB (25m pool): 01:14.75 Diksmuide 28/12/2025					PB (50m pool): no time SB: 01:14.75 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.29		01:14.75	
	00:35.29		00:39.46		
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Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:6, starttime: 15:40
Heat: 6/11 Lane : 6 Athlete: FERKET AIDAN					Q-time: 01:30:24
PB (25m pool): 01:30.24 Diksmuide 28/12/2025					PB (50m pool): no time SB: 01:30.24 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.42		01:30.24	
	00:39.42		00:50.82		
	.....	.....	.....	.....	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:7, starttime: 15:45
Heat: 7/11 Lane : 5 Athlete: STAELENS TYLER					Q-time: 01:24:82
PB (25m pool): 01:24.82 Meulebeke 06/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.82	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:8, starttime: 15:45
Heat: 8/11 Lane : 5 Athlete: SEGAERT KOBE					Q-time: 01:17:00
PB (25m pool): 01:17.00 Meulebeke 06/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.00	
	no time				
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 5: 100M MEDLEY MEN 11+					Heat:9, starttime: 15:45
Heat: 9/11 Lane : 2 Athlete: DAUWE LARS					Q-time: 01:15:73
PB (25m pool): 01:15.73 Diksmuide 28/12/2025					PB (50m pool): no time SB: 01:15.73 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.30		01:15.73	
	00:35.30		00:40.43		
	.....	.....	.....	.....	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 15:55
Heat: 2/4 Lane : 5 Athlete: DAUWE EMMA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 15:55
Heat: 2/4 Lane : 8 Athlete: BAUWENS ELSA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9					Heat:4, starttime: 16:00
Heat: 4/4 Lane : 4 Athlete: QUARTIER QUINN					Q-time: 01:22:25
PB (25m pool): 01:22.25 Zwevegem 11/05/2025					PB (50m pool): 01:26.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.95		01:22.25	
	00:38.95		00:43.30		
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Coach feedback:



# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:30	
Heat: 3/8    Lane : 8    Athlete: CANNIERE ERIN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 16:45	
Heat: 6/8    Lane : 7    Athlete: ANTIERENS LOUISE							Q-time: 03:16:63	
PB (25m pool): 03:16.63    Meulebeke 06/04/2025			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.22		01:35.82		no time		03:16.63
	00:46.22		00:49.60					
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Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 16:50	
Heat: 7/8    Lane : 5    Athlete: RYCKEMAN ELLA							Q-time: 02:50:25	
PB (25m pool): 02:50.25    Diksmuide 09/03/2025			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.44		01:24.37		02:09.09		02:50.25
	00:40.44		00:43.93		00:44.72		00:41.16	
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Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 16:50	
Heat: 7/8    Lane : 6    Athlete: DEKEYSER NORAH							Q-time: 02:55:71	
PB (25m pool): 02:55.71    Diksmuide    12/10/2025			PB (50m pool): no time    SB: 02:55.71    Diksmuide    12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.59		01:26.17		02:11.75		02:55.71
	00:41.59		00:44.58		00:45.58		00:43.96	
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Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 16:50	
Heat: 7/8    Lane : 8    Athlete: SEGAERT HANNE							Q-time: 03:03:44	
PB (25m pool): 03:03.44    Diksmuide 09/03/2025				PB (50m pool): 03:17.75 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.34		01:31.38		02:18.03		03:03.44
	00:44.34		00:47.04		00:46.65		00:45.41	
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Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+							Heat:8, starttime: 16:55	
Heat: 8/8    Lane : 8    Athlete: DEVUYST OONA							Q-time: 02:42:16	
PB (25m pool): 02:42.16    Diksmuide 12/10/2025				PB (50m pool): no time    SB: 02:42.16    Diksmuide 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.01		01:19.47		02:01.34		02:42.16
	00:38.01		00:41.46		00:41.87		00:40.82	
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 17:00	
Heat: 2/10    Lane : 2    Athlete: LAFORCE LANDER							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/10    Lane : 1    Athlete: GOUDESEUNE LEON							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time    SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 8: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 17:20	
Heat: 6/10    Lane : 4    Athlete: Ferket Aidan							Q-time: 03:09:64	
PB (25m pool): 03:09.64    Meulebeke 06/04/2025				PB (50m pool): no time    SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.10		01:32.65		no time		03:09.64
	00:45.10		00:47.55					
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Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 17:30	
Heat: 8/10    Lane : 4    Athlete: STAELENS TYLER							Q-time: 02:51:67	
PB (25m pool): no time			PB (50m pool): 02:51.67 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+							Heat:9, starttime: 17:30	
Heat: 9/10    Lane : 1    Athlete: DAUWE LARS							Q-time: 02:49:19	
PB (25m pool): 02:49.19    Meulebeke 06/04/2025				PB (50m pool): no time    SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.07		01:22.64		no time		02:49.19
	00:39.07		00:43.57					
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+							Heat:9, starttime: 17:30	
Heat: 9/10    Lane : 5    Athlete: SEGAERT KOBE							Q-time: 02:40:01	
PB (25m pool): 02:40.01    Diksmuide 09/03/2025				PB (50m pool): 02:45.74 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.98		01:19.08		02:00.86		02:40.01
	00:37.98		00:41.10		00:41.78		00:39.15	
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback: