

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: TRUST

Coachinfo: Warming up from: 16:00 untill 16:55. Teamleadmeeting @ 16:15      The listed starttimes are indicative!

Coaches: Ciommo Fabio    HEADCOACH

Coaches: Vanderhulst Kasper

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

Event number: 2: 400M FREESTYLE MEN 11+                      Heat:3, starttime: 17:20

| Heat: 3/3    Lane : 5    Athlete: DE SWERDT MATHIAS                                                                   |           |           |           |           |           |           | Q-time: 04:10:71 |           |
|-----------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|------------------|-----------|
| PB (25m pool): 04:08.85    Gent(Sint-Amandsberg) 11/11/2024    PB (50m pool): 04:22.30SB: 04:10.71    Gent 09/11/2025 |           |           |           |           |           |           |                  |           |
|                                                                                                                       | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   | 1 2 5 M   | 1 5 0 M   | 1 7 5 M          | 2 0 0 M   |
| PB                                                                                                                    |           | 00:26.99  |           | 00:57.40  |           | 01:29.38  |                  | 02:01.99  |
|                                                                                                                       | 00:26.99  |           | 00:30.41  |           | 00:31.98  |           | 00:32.61         |           |
|                                                                                                                       | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .        | . . . . . |
|                                                                                                                       | 2 2 5 M   | 2 5 0 M   | 2 7 5 M   | 3 0 0     | 3 2 5     | 3 5 0     | 3 7 5            | 4 0 0 M   |
| PB                                                                                                                    |           | 02:34.65  |           | 03:06.87  |           | 03:38.42  |                  | 04:08.85  |
|                                                                                                                       | 00:32.66  |           | 00:32.22  |           | 00:31.55  |           | 00:30.43         |           |
|                                                                                                                       | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .        | . . . . . |

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+                      Heat:3, starttime: 17:40

| Heat: 3/3    Lane : 6    Athlete: ROSKIN LOTTE |           |           |           |           | Q-time: 01:00:73                                          |
|------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| PB (25m pool): 00:59.68    Leuven 30/07/2019   |           |           |           |           | PB (50m pool): 01:01.23 SB: 01:00.73    LEUVEN 23/11/2025 |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                           |
| PB                                             |           | no time   |           | 00:59.68  |                                                           |
|                                                | no time   |           |           |           |                                                           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 11+                      Heat:4, starttime: 17:45

| Heat: 4/4    Lane : 3    Athlete: CIOMMO ALESSANDER |           |           |           |           | Q-time: 00:52:03                                          |  |
|-----------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|--|
| PB (25m pool): 00:52.03    Leuven 12/10/2025        |           |           |           |           | PB (50m pool): 00:52.87 SB: 00:52.03    Leuven 12/10/2025 |  |
|                                                     | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                           |  |
| PB                                                  |           | 00:24.87  |           | 00:52.03  |                                                           |  |
|                                                     | 00:24.87  |           | 00:27.16  |           |                                                           |  |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |  |

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: TRUST

| Event number: 8: 100M FREESTYLE MEN 11+                                                                                         |          |          |          |          | Heat:4, starttime: 17:45 |
|---------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 4/4 Lane : 4 Athlete: DE SWERDT NIELS                                                                                     |          |          |          |          | Q-time: 00:51:26         |
| PB (25m pool): 00:50.91 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:52.89 SB: 00:51.26 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          |                          |
|                                                                                                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                                                              |          | 00:24.20 |          | 00:50.91 |                          |
|                                                                                                                                 | 00:24.20 |          | 00:26.71 |          |                          |
|                                                                                                                                 | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 8: 100M FREESTYLE MEN 11+                                                          |          |          |          |          | Heat:4, starttime: 17:45 |
|--------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 4/4 Lane : 5 Athlete: MATTHEUS IBE                                                         |          |          |          |          | Q-time: 00:52:03         |
| PB (25m pool): 00:52.03 LEUVEN 23/11/2025 PB (50m pool): 00:53.79 SB: 00:52.03 LEUVEN 23/11/2025 |          |          |          |          |                          |
|                                                                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                               |          | 00:24.90 |          | 00:52.03 |                          |
|                                                                                                  | 00:24.90 |          | 00:27.13 |          |                          |
|                                                                                                  | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 10: 200M BREASTSTROKE MEN 11+                                                                      |         |         |       |         | Heat:1, starttime: 17:55 |         |       |          |
|------------------------------------------------------------------------------------------------------------------|---------|---------|-------|---------|--------------------------|---------|-------|----------|
| Heat: 1/1 Lane : 4 Athlete: DECOSSAUX VALENTIN                                                                   |         |         |       |         | Q-time: 02:23:65         |         |       |          |
| PB (25m pool): 02:17.46 LEUVEN 14/11/2021 PB (50m pool): 02:28.15 SB: 02:23.65 Stedelijk zwembad Geel 14/02/2026 |         |         |       |         |                          |         |       |          |
|                                                                                                                  | 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 |       | 02:17.46 |
|                                                                                                                  | no time |         |       |         |                          |         |       |          |
|                                                                                                                  | .....   | .....   | ..... | .....   | .....                    | .....   | ..... | .....    |

Coach feedback:

| Event number: 14: 100M MEDLEY MEN 11+                                                       |          |          |          |          | Heat:2, starttime: 18:10 |  |  |  |
|---------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|--|--|--|
| Heat: 2/2 Lane : 3 Athlete: MATTHEUS IBE                                                    |          |          |          |          | Q-time: 01:00:72         |  |  |  |
| PB (25m pool): 01:00.72 Gent 09/11/2025 PB (50m pool): no time SB: 01:00.72 Gent 09/11/2025 |          |          |          |          |                          |  |  |  |
|                                                                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |  |  |  |
| PB                                                                                          |          | 00:27.42 |          | 01:00.72 |                          |  |  |  |
|                                                                                             | 00:27.42 |          | 00:33.30 |          |                          |  |  |  |
|                                                                                             | .....    | .....    | .....    | .....    |                          |  |  |  |

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: TRUST

| Event number: 14: 100M MEDLEY MEN 11+       |          |          |          |          | Heat:2, starttime: 18:10                            |
|---------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------|
| Heat: 2/2 Lane : 4 Athlete: DE SWERDT NIELS |          |          |          |          | Q-time: 00:57:65                                    |
| PB (25m pool): 00:57.65 Gent 09/11/2025     |          |          |          |          | PB (50m pool): no time SB: 00:57.65 Gent 09/11/2025 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                     |
| PB                                          |          | 00:26.17 |          | 00:57.65 |                                                     |
|                                             | 00:26.17 |          | 00:31.48 |          |                                                     |
|                                             | .....    | .....    | .....    | .....    |                                                     |

Coach feedback:

| Event number: 14: 100M MEDLEY MEN 11+                     |          |          |          |          | Heat:2, starttime: 18:10                                              |
|-----------------------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------------------|
| Heat: 2/2 Lane : 5 Athlete: DE SWERDT MATHIAS             |          |          |          |          | Q-time: 00:59:32                                                      |
| PB (25m pool): 00:59.32 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          | PB (50m pool): no time SB: 00:59.32 Stedelijk Zwembad Geel 15/02/2026 |
|                                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                                       |
| PB                                                        |          | 00:26.96 |          | 00:59.32 |                                                                       |
|                                                           | 00:26.96 |          | 00:32.36 |          |                                                                       |
|                                                           | .....    | .....    | .....    | .....    |                                                                       |

Coach feedback:

| Event number: 18: 100M BREASTSTROKE MEN 11+              |          |          |          |          | Heat:1, starttime: 18:45                               |
|----------------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 1/1 Lane : 4 Athlete: VANDERHULST MIDAS            |          |          |          |          | Q-time: 01:04:91                                       |
| PB (25m pool): 01:02.97 Gent(Sint-Amandsberg) 11/11/2024 |          |          |          |          | PB (50m pool): 01:06.11 SB: 01:04.91 LEUVEN 23/11/2025 |
|                                                          | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                                       |          | 00:28.98 |          | 01:02.97 |                                                        |
|                                                          | 00:28.98 |          | 00:33.99 |          |                                                        |
|                                                          | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 19: 50M FREESTYLE WOMEN 11+ |          |          |  |  | Heat:3, starttime: 18:50                               |
|-------------------------------------------|----------|----------|--|--|--------------------------------------------------------|
| Heat: 3/3 Lane : 5 Athlete: ROSKIN LOTTE  |          |          |  |  | Q-time: 00:27:79                                       |
| PB (25m pool): 00:27.54 Leuven 13/11/2022 |          |          |  |  | PB (50m pool): 00:27.81 SB: 00:27.79 Leuven 12/10/2025 |
|                                           | 2 5 M    | 5 0 M    |  |  |                                                        |
| PB                                        |          | 00:27.54 |  |  |                                                        |
|                                           | 00:27.54 |          |  |  |                                                        |
|                                           | .....    | .....    |  |  |                                                        |

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: TRUST

| Event number: 20: 50M FREESTYLE MEN 11+       |           |           | Heat:4, starttime: 18:55                             |
|-----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 4/4 Lane : 3 Athlete: VANDERHULST MIDAS |           |           | Q-time: 00:24:54                                     |
| PB (25m pool): 00:24.47 Mons 27/06/2026       |           |           | PB (50m pool): 00:25.29 SB: 00:24.47 Mons 27/06/2026 |
|                                               | 2 5 M     | 5 0 M     |                                                      |
| PB                                            |           | 00:24.47  |                                                      |
|                                               | 00:24.47  |           |                                                      |
|                                               | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 20: 50M FREESTYLE MEN 11+                   |           |           | Heat:4, starttime: 18:55                                               |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 4/4 Lane : 4 Athlete: CIOMMO ALESSANDER             |           |           | Q-time: 00:23:46                                                       |
| PB (25m pool): 00:23.46 Stedelijk Zwembad Geel 15/02/2026 |           |           | PB (50m pool): 00:24.32 SB: 00:23.46 Stedelijk Zwembad Geel 15/02/2026 |
|                                                           | 2 5 M     | 5 0 M     |                                                                        |
| PB                                                        |           | 00:23.46  |                                                                        |
|                                                           | 00:23.46  |           |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 20: 50M FREESTYLE MEN 11+  |           |           | Heat:4, starttime: 18:55                             |
|------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 4/4 Lane : 5 Athlete: MATTHEUS IBE |           |           | Q-time: 00:23:54                                     |
| PB (25m pool): 00:23.54 Gent 09/11/2025  |           |           | PB (50m pool): 00:24.71 SB: 00:23.54 Gent 09/11/2025 |
|                                          | 2 5 M     | 5 0 M     |                                                      |
| PB                                       |           | 00:23.54  |                                                      |
|                                          | 00:23.54  |           |                                                      |
|                                          | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 20: 50M FREESTYLE MEN 11+        |           |           | Heat:4, starttime: 18:55                             |
|------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 4/4 Lane : 6 Athlete: DECOSSAUX VALENTIN |           |           | Q-time: 00:24:82                                     |
| PB (25m pool): 00:24.28 Mons 01/07/2023        |           |           | PB (50m pool): 00:25.23 SB: 00:24.88 Mons 27/06/2026 |
|                                                | 2 5 M     | 5 0 M     |                                                      |
| PB                                             |           | 00:24.28  |                                                      |
|                                                | 00:24.28  |           |                                                      |
|                                                | . . . . . | . . . . . |                                                      |

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: TRUST

| Event number: 22: 200M BACKSTROKE MEN 11+           |         |         |       |                                     |       |         | Heat:1, starttime: 19:00 |          |
|-----------------------------------------------------|---------|---------|-------|-------------------------------------|-------|---------|--------------------------|----------|
| Heat: 1/1    Lane : 5    Athlete: DE SWERDT MATHIAS |         |         |       |                                     |       |         | Q-time: 02:20:36         |          |
| PB (25m pool): 02:15.33    LEUVEN 05/05/2024        |         |         |       | PB (50m pool): 02:37.01 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 |                          | 02:15.33 |
|                                                     | no time |         |       |                                     |       |         |                          |          |
|                                                     | .....   | .....   | ..... | .....                               | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 23: 50M BREASTSTROKE WOMEN 11+   |           |           |  |                                                         |  |  | Heat:3, starttime: 19:05 |  |
|------------------------------------------------|-----------|-----------|--|---------------------------------------------------------|--|--|--------------------------|--|
| Heat: 3/3    Lane : 6    Athlete: ROSKIN LOTTE |           |           |  |                                                         |  |  | Q-time: 00:35:47         |  |
| PB (25m pool): 00:35.47    Gent 09/11/2025     |           |           |  | PB (50m pool): 00:36.67 SB: 00:35.47    Gent 09/11/2025 |  |  |                          |  |
|                                                | 2 5 M     | 5 0 M     |  |                                                         |  |  |                          |  |
| PB                                             |           | 00:35.47  |  |                                                         |  |  |                          |  |
|                                                | 00:35.47  |           |  |                                                         |  |  |                          |  |
|                                                | . . . . . | . . . . . |  |                                                         |  |  |                          |  |

Coach feedback:

| Event number: 24: 50M BREASTSTROKE MEN 11+        |           |           |  |                                     |  |  | Heat:2, starttime: 19:10 |  |
|---------------------------------------------------|-----------|-----------|--|-------------------------------------|--|--|--------------------------|--|
| Heat: 2/2    Lane : 6    Athlete: DE SWERDT NIELS |           |           |  |                                     |  |  | Q-time: 00:31:96         |  |
| PB (25m pool): 00:31.07    Leuven 20/10/2024      |           |           |  | PB (50m pool): 00:31.96 SB: no time |  |  |                          |  |
|                                                   | 2 5 M     | 5 0 M     |  |                                     |  |  |                          |  |
| PB                                                |           | 00:31.07  |  |                                     |  |  |                          |  |
|                                                   | 00:31.07  |           |  |                                     |  |  |                          |  |
|                                                   | . . . . . | . . . . . |  |                                     |  |  |                          |  |

Coach feedback:

| Event number: 26: 100M BUTTERFLY MEN 11+                        |           |           |           |           |  |  | Heat:2, starttime: 19:15                                                     |  |
|-----------------------------------------------------------------|-----------|-----------|-----------|-----------|--|--|------------------------------------------------------------------------------|--|
| Heat: 2/2    Lane : 4    Athlete: VANDERHULST MIDAS             |           |           |           |           |  |  | Q-time: 00:58:41                                                             |  |
| PB (25m pool): 00:58.41    Stedelijk Zwembad Geel    15/02/2026 |           |           |           |           |  |  | PB (50m pool): 01:02.55 SB: 00:58.41    Stedelijk Zwembad Geel    15/02/2026 |  |
|                                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |  |                                                                              |  |
| PB                                                              |           | 00:27.33  |           | 00:58.41  |  |  |                                                                              |  |
|                                                                 | 00:27.33  |           | 00:31.08  |           |  |  |                                                                              |  |
|                                                                 | . . . . . | . . . . . | . . . . . | . . . . . |  |  |                                                                              |  |

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: TRUST

| Event number: 32: 200M MEDLEY MEN 11+                |         |         |       |                                                             |       |         | Heat:1, starttime: 19:45 |          |
|------------------------------------------------------|---------|---------|-------|-------------------------------------------------------------|-------|---------|--------------------------|----------|
| Heat: 1/1    Lane : 4    Athlete: DECOSSAUX VALENTIN |         |         |       |                                                             |       |         | Q-time: 02:10:69         |          |
| PB (25m pool): 02:05.61    LEUVEN 14/05/2023         |         |         |       | PB (50m pool): 02:13.97 SB: 02:12.65    Bastogne 05/04/2026 |       |         |                          |          |
|                                                      | 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 |                          | 02:05.61 |
|                                                      | no time |         |       |                                                             |       |         |                          |          |
|                                                      | .....   | .....   | ..... | .....                                                       | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 36: 4x100M FREESTYLE MEN 11+     |         |         |                |         |         |         | Heat:2, starttime: 20:10 |         |
|------------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 2/2    Lane : 4    Athlete: TEAM TRUST 1 |         |         |                |         |         |         | Q-time: 03:29:33         |         |
| PB (25m pool):                                 |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                                | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                             |         |         |                |         |         |         |                          |         |
|                                                |         |         |                |         |         |         |                          |         |
|                                                | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                             |         |         |                |         |         |         |                          |         |
|                                                |         |         |                |         |         |         |                          |         |
|                                                | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback: