# Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: MZVA

**Coachinfo: Warming up from: 08:00 untill . Teamleadmeeting @ The listed starttimes are indicative!**

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

## Event number: 1: 200M FREESTYLE MIXED 10-9 Heat:2, starttime: 09:04

**Heat: 2/2 Lane : 1 Athlete: SILLIS LUNA** **Q-time: 99:99:99**

**PB (25m pool): no time** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 7: 100M BACKSTROKE WOMEN 11+ Heat:1, starttime: 09:57

**Heat: 1/2 Lane : 2 Athlete: GüLLü FERIDE MEDINE** **Q-time: 99:99:99**

**PB (25m pool): 01:53.89 Nijlen 16/11/2025** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:53.89 | | 01:53.89 | |
| | *00:53.89* | | *01:00.00* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 7: 100M BACKSTROKE WOMEN 11+ Heat:1, starttime: 09:57

**Heat: 1/2 Lane : 3 Athlete: SHAW FATIMA** **Q-time: 99:99:99**

**PB (25m pool): 02:00.66 Nijlen 16/11/2025** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 01:00.43 | | 02:00.66 | |
| | *01:00.43* | | *01:00.23* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: MZVA

## Event number: 7: 100M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 09:57

**Heat: 1/2 Lane : 4 Athlete: EL OUFI MALAK** — **Q-time: 99:99:99**

**PB (25m pool):** 01:42.69 Nijlen 16/11/2025 **PB (50m pool):** 02:08.45 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:48.69 | | 01:42.69 | |
| | *00:48.69* | | *00:54.00* | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 8: 100M BACKSTROKE MEN 11+ — Heat:1, starttime: 10:02

**Heat: 1/2 Lane : 3 Athlete: NASSALI AMINE** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | no time | |
| | *no time* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:2, starttime: 10:10

**Heat: 2/3 Lane : 5 Athlete: SILLIS LUNA** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | no time | | no time | |
| | *no time* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:1, starttime: 10:16

**Heat: 1/2 Lane : 6 Athlete: SEN YASEMIN** — **Q-time: 99:99:99**

**PB (25m pool):** 03:14.37 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:41.45 | | no time | | no time | | 03:14.37 |
| | *00:41.45* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: MZVA

## Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:1, starttime: 10:51

**Heat: 1/3 Lane : 2 Athlete: SHAW FATIMA** — **Q-time: 99:99:99**

**PB (25m pool):** 03:37.04 Kalmthout 08/02/2026 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:44.79 | | 01:39.95 | | no time | | 03:37.04 |
| | | *00:44.79* | | *00:55.16* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:1, starttime: 10:51

**Heat: 1/3 Lane : 4 Athlete: EL OUFI MALAK** — **Q-time: 99:99:99**

**PB (25m pool):** 03:19.69 Kalmthout 08/02/2026 **PB (50m pool):** 03:53.62 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:42.66 | | 01:34.59 | | no time | | 03:19.69 |
| | | *00:42.66* | | *00:51.93* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:1, starttime: 10:51

**Heat: 1/3 Lane : 5 Athlete: GüLLü FERIDE MEDINE** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 13: 200M FREESTYLE MEN 11+ — Heat:1, starttime: 11:02

**Heat: 1/2 Lane : 5 Athlete: NASSALI AMINE** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: MZVA

**Event number: 14: 100M BREASTSTROKE WOMEN 11+** **Heat:1, starttime: 11:09**

**Heat: 1/1 Lane : 1 Athlete: SEN YASEMIN** **Q-time: 99:99:99**

**PB (25m pool): 01:41.29 Aartselaar 01/11/2024** **PB (50m pool):** 01:44.59 **SB:** no time

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:46.92 | | 01:41.29 | |
| | | *00:46.92* | | *00:54.37* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback: