

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claessens Matthias

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

| Event number: 2: 100M BREASTSTROKE WOMEN 13-14 |           |           |           |           | Heat:1, starttime: 09:12            |
|------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/5 Lane : 4 Athlete: MATTHEEUSEN ELLA   |           |           |           |           | Q-time: 01:26:83                    |
| PB (25m pool): 01:26.83 Temse 17/11/2025       |           |           |           |           | PB (50m pool): 01:28.99 SB: no time |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                             |           | 00:41.44  |           | 01:26.83  |                                     |
|                                                | 00:41.44  |           | 00:45.39  |           |                                     |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 13-14 |           |           |           |           | Heat:2, starttime: 09:14            |
|------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 2/5 Lane : 8 Athlete: VAN LOOVEREN ASTER |           |           |           |           | Q-time: 01:25:90                    |
| PB (25m pool): 01:25.90 Kapellen 30/05/2026    |           |           |           |           | PB (50m pool): 01:25.92 SB: no time |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                             |           | 00:39.73  |           | 01:25.90  |                                     |
|                                                | 00:39.73  |           | 00:46.17  |           |                                     |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 13-14            |           |           |           |           | Heat:4, starttime: 09:18                            |
|-----------------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------|
| Heat: 4/5 Lane : 1 Athlete: LAZEROMS SIEN                 |           |           |           |           | Q-time: 01:22:78                                    |
| PB (25m pool): 01:22.78 Stedelijk Zwembad Geel 15/02/2026 |           |           |           |           | PB (50m pool): 01:26.04 SB: 01:25.45 Mol 04/10/2026 |
|                                                           | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                     |
| PB                                                        |           | 00:38.32  |           | 01:22.78  |                                                     |
|                                                           | 00:38.32  |           | 00:44.46  |           |                                                     |
|                                                           | . . . . . | . . . . . | . . . . . | . . . . . |                                                     |

Coach feedback:

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| Event number: 6: 50M BACKSTROKE WOMEN 13-14  |       |          | Heat:2, starttime: 09:58                            |
|----------------------------------------------|-------|----------|-----------------------------------------------------|
| Heat: 2/4 Lane : 8 Athlete: MATTHEEUSEN ELLA |       |          | Q-time: 00:34:90                                    |
| PB (25m pool): 00:34.90 Herentals 09/05/2026 |       |          | PB (50m pool): 00:36.35 SB: 00:35.49 Mol 04/10/2026 |
|                                              | 2 5 M | 5 0 M    |                                                     |
| PB                                           |       | 00:34.90 |                                                     |
|                                              |       | 00:34.90 |                                                     |
|                                              | ..... | .....    |                                                     |

Coach feedback:

| Event number: 8: 100M BUTTERFLY WOMEN 15-16 |       |          |       | Heat:3, starttime: 10:13            |
|---------------------------------------------|-------|----------|-------|-------------------------------------|
| Heat: 3/5 Lane : 6 Athlete: LUYTEN JULIE    |       |          |       | Q-time: 01:07:73                    |
| PB (25m pool): 01:08.22 Kapellen 30/05/2026 |       |          |       | PB (50m pool): 01:07.73 SB: no time |
|                                             | 2 5 M | 5 0 M    | 7 5 M | 1 0 0 M                             |
| PB                                          |       | 00:31.86 |       | 01:08.22                            |
|                                             |       | 00:31.86 |       | 00:36.36                            |
|                                             | ..... | .....    | ..... | .....                               |

Coach feedback: