

# VJK KB Diksmuide 26: Session: 2: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moerman Pieter

Coaches: Claerhout John

Coaches: Van der Elst Astrid

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

| Event number: 13: 100M BACKSTROKE MEN 13-14        |           |           |           |           | Heat:4, starttime: 14:37                                        |
|----------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 4/6 Lane : 2 Athlete: SYRYN JASPER           |           |           |           |           | Q-time: 01:10:06                                                |
| PB (25m pool): 01:08.75 Sint-Amandsberg 18/10/2026 |           |           |           |           | PB (50m pool): 01:12.11 SB: 01:08.75 Sint-Amandsberg 18/10/2026 |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                                 |
| PB                                                 |           | 00:33.58  |           | 01:08.75  |                                                                 |
|                                                    | 00:33.58  |           | 00:35.17  |           |                                                                 |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

| Event number: 15: 50M BACKSTROKE MEN 15-16    |           |           |  |  | Heat:2, starttime: 14:59                               |
|-----------------------------------------------|-----------|-----------|--|--|--------------------------------------------------------|
| Heat: 2/4 Lane : 2 Athlete: VANVYAENE MATTHYS |           |           |  |  | Q-time: 00:29:66                                       |
| PB (25m pool): 00:29.66 Brugge 04/10/2026     |           |           |  |  | PB (50m pool): 00:30.98 SB: 00:29.66 Brugge 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     |  |  |                                                        |
| PB                                            |           | 00:29.66  |  |  |                                                        |
|                                               | 00:29.66  |           |  |  |                                                        |
|                                               | . . . . . | . . . . . |  |  |                                                        |

Coach feedback:

| Event number: 15: 50M BACKSTROKE MEN 15-16  |           |           |  |  | Heat:3, starttime: 15:00                               |
|---------------------------------------------|-----------|-----------|--|--|--------------------------------------------------------|
| Heat: 3/4 Lane : 2 Athlete: DEBECKER MATHEO |           |           |  |  | Q-time: 00:29:51                                       |
| PB (25m pool): 00:29.51 Brugge 04/10/2026   |           |           |  |  | PB (50m pool): 00:31.59 SB: 00:29.51 Brugge 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     |  |  |                                                        |
| PB                                          |           | 00:29.51  |  |  |                                                        |
|                                             | 00:29.51  |           |  |  |                                                        |
|                                             | . . . . . | . . . . . |  |  |                                                        |

Coach feedback:

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| Event number: 20: 50M BREASTSTROKE WOMEN 15-16           |           |  |           |  |                                                                       |  |  |  |  | Heat:2, starttime: 15:29 |  |
|----------------------------------------------------------|-----------|--|-----------|--|-----------------------------------------------------------------------|--|--|--|--|--------------------------|--|
| Heat: 2/3    Lane : 5    Athlete: DHAESELEER FRAN        |           |  |           |  |                                                                       |  |  |  |  | Q-time: 00:35:04         |  |
| PB (25m pool): 00:34.80    Sint-Amandsberg    18/10/2026 |           |  |           |  | PB (50m pool): 00:36.55 SB: 00:34.80    Sint-Amandsberg    18/10/2026 |  |  |  |  |                          |  |
|                                                          | 2 5 M     |  | 5 0 M     |  |                                                                       |  |  |  |  |                          |  |
| PB                                                       |           |  | 00:34.80  |  |                                                                       |  |  |  |  |                          |  |
|                                                          | 00:34.80  |  |           |  |                                                                       |  |  |  |  |                          |  |
|                                                          | . . . . . |  | . . . . . |  |                                                                       |  |  |  |  |                          |  |

Coach feedback:

| Event number: 21: 50M FREESTYLE MEN 13-14                |           |  |           |  |  |  |  |  |  | Heat:4, starttime: 15:35                                              |  |  |  |  |
|----------------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-----------------------------------------------------------------------|--|--|--|--|
| Heat: 4/5    Lane : 1    Athlete: SYRYN JASPER           |           |  |           |  |  |  |  |  |  | Q-time: 00:28:17                                                      |  |  |  |  |
| PB (25m pool): 00:27.83    Sint-Amandsberg    18/10/2026 |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:30.10 SB: 00:27.83    Sint-Amandsberg    18/10/2026 |  |  |  |  |
|                                                          | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                                                       |  |  |  |  |
| PB                                                       |           |  | 00:27.83  |  |  |  |  |  |  |                                                                       |  |  |  |  |
|                                                          |           |  | 00:27.83  |  |  |  |  |  |  |                                                                       |  |  |  |  |
|                                                          | . . . . . |  | . . . . . |  |  |  |  |  |  |                                                                       |  |  |  |  |

Coach feedback:

| Event number: 23: 200M FREESTYLE MEN 15-16               |           |           |           |                                                                       |           |           | Heat:4, starttime: 15:51 |           |
|----------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6    Lane : 6    Athlete: VANVYAENE MATTHYS      |           |           |           |                                                                       |           |           | Q-time: 02:03:94         |           |
| PB (25m pool): 02:03.62    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:07.86 SB: 02:03.62    Sint-Amandsberg    18/10/2026 |           |           |                          |           |
|                                                          | 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                                                       |           | 00:28.50  |           | 01:00.11                                                              |           | 01:32.29  |                          | 02:03.62  |
|                                                          | 00:28.50  |           | 00:31.61  |                                                                       | 00:32.18  |           | 00:31.33                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 23: 200M FREESTYLE MEN 15-16               |           |           |           |                                                                      |           |           | Heat:5, starttime: 15:53 |           |
|----------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 5    Athlete: DEBECKER MATHEO        |           |           |           |                                                                      |           |           | Q-time: 02:00:22         |           |
| PB (25m pool): 01:59.11    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:01.00SB: 01:59.11    Sint-Amandsberg    18/10/2026 |           |           |                          |           |
|                                                          | 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                                                       |           | 00:27.25  |           | 00:57.37                                                             |           | 01:28.05  |                          | 01:59.11  |
|                                                          | 00:27.25  |           | 00:30.12  |                                                                      | 00:30.68  |           | 00:31.06                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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|                                                   |           |           |           |                                                                       |           |           |                          |           |
|---------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Event number: 24: 200M FREESTYLE WOMEN 15-16      |           |           |           |                                                                       |           |           | Heat:4, starttime: 16:07 |           |
| Heat: 4/4    Lane : 5    Athlete: DHAESELEER FRAN |           |           |           |                                                                       |           |           | Q-time: 02:05:38         |           |
| PB (25m pool): 02:05.38    Kapellen    01/06/2025 |           |           |           | PB (50m pool): 02:06.45 SB: 02:07.64    Sint-Amandsberg    18/10/2026 |           |           |                          |           |
|                                                   | 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                                                |           | 00:28.88  |           | 01:00.13                                                              |           | no time   |                          | 02:05.38  |
|                                                   | 00:28.88  |           | 00:31.25  |                                                                       |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: