

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 4 Athlete: VAN GOETHEM ARTHUR                                                                             |           |           |           | Q-time: 01:05:10 |
| PB (25m pool): 01:05.10 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:07.66 SB: 01:06.86 Sint-Amandsberg 18/10/2026 |           |           |           |                  |
|                                                                                                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |
| PB                                                                                                                         |           | 00:31.66  |           | 01:05.10         |
|                                                                                                                            | 00:31.66  |           | 00:33.44  |                  |
|                                                                                                                            | . . . . . | . . . . . | . . . . . | . . . . .        |

Coach feedback:

Event number: 13: 100M BACKSTROKE MEN 13-14 Heat:6, starttime: 14:41

|                                                                                                                    |           |           |           |                  |
|--------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|------------------|
| Heat: 6/6 Lane : 7 Athlete: ROGIERIS LOUIS                                                                         |           |           |           | Q-time: 01:10:20 |
| PB (25m pool): 01:09.09 Sint-Amandsberg 18/10/2026 PB (50m pool): 01:13.92 SB: 01:09.09 Sint-Amandsberg 18/10/2026 |           |           |           |                  |
|                                                                                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |
| PB                                                                                                                 |           | 00:33.63  |           | 01:09.09         |
|                                                                                                                    | 00:33.63  |           | 00:35.46  |                  |
|                                                                                                                    | . . . . . | . . . . . | . . . . . | . . . . .        |

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14 Heat:3, starttime: 14:48

|                                                                                                                    |           |           |           |                  |
|--------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|------------------|
| Heat: 3/6 Lane : 5 Athlete: DE SMET AMÉLIE                                                                         |           |           |           | Q-time: 01:13:60 |
| PB (25m pool): 01:12.64 Sint-Amandsberg 18/10/2026 PB (50m pool): 01:16.66 SB: 01:12.64 Sint-Amandsberg 18/10/2026 |           |           |           |                  |
|                                                                                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |
| PB                                                                                                                 |           | 00:34.87  |           | 01:12.64         |
|                                                                                                                    | 00:34.87  |           | 00:37.77  |                  |
|                                                                                                                    | . . . . . | . . . . . | . . . . . | . . . . .        |

Coach feedback:

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|                                               |          |          |          |          |                                                                 |
|-----------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------------|
| Event number: 14: 100M BACKSTROKE WOMEN 13-14 |          |          |          |          | Heat:6, starttime: 14:55                                        |
| Heat: 6/6 Lane : 7 Athlete: LAMMENS ALIX      |          |          |          |          | Q-time: 01:11:97                                                |
| PB (25m pool): 01:11.97 Temse 17/11/2025      |          |          |          |          | PB (50m pool): 01:14.30 SB: 01:13.70 Sint-Amandsberg 18/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                                 |
| PB                                            |          | 00:34.72 |          | 01:11.97 |                                                                 |
|                                               | 00:34.72 |          | 00:37.25 |          |                                                                 |
|                                               | .....    | .....    | .....    | .....    |                                                                 |

Coach feedback:

|                                                  |          |          |  |  |                                     |
|--------------------------------------------------|----------|----------|--|--|-------------------------------------|
| Event number: 16: 50M BACKSTROKE WOMEN 15-16     |          |          |  |  | Heat:1, starttime: 15:03            |
| Heat: 1/4 Lane : 3 Athlete: DE BRABANDER CELESTE |          |          |  |  | Q-time: 00:34:01                    |
| PB (25m pool): 00:34.01 T ROSCO 12/10/2025       |          |          |  |  | PB (50m pool): 00:34.98 SB: no time |
|                                                  | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                               |          | 00:34.01 |  |  |                                     |
|                                                  | 00:34.01 |          |  |  |                                     |
|                                                  | .....    | .....    |  |  |                                     |

Coach feedback:

|                                                            |          |          |  |  |                                                       |
|------------------------------------------------------------|----------|----------|--|--|-------------------------------------------------------|
| Event number: 16: 50M BACKSTROKE WOMEN 15-16               |          |          |  |  | Heat:2, starttime: 15:05                              |
| Heat: 2/4 Lane : 8 Athlete: WULLAERT FIEN                  |          |          |  |  | Q-time: 00:33:57                                      |
| PB (25m pool): 00:33.57 Sportoase De Watermolen 21/07/2026 |          |          |  |  | PB (50m pool): 00:34.75 SB: 00:34.03 EEKLO 04/10/2026 |
|                                                            | 2 5 M    | 5 0 M    |  |  |                                                       |
| PB                                                         |          | 00:33.57 |  |  |                                                       |
|                                                            | 00:33.57 |          |  |  |                                                       |
|                                                            | .....    | .....    |  |  |                                                       |

Coach feedback:

|                                                    |          |          |  |  |                                                                 |
|----------------------------------------------------|----------|----------|--|--|-----------------------------------------------------------------|
| Event number: 22: 50M FREESTYLE WOMEN 13-14        |          |          |  |  | Heat:2, starttime: 15:38                                        |
| Heat: 2/5 Lane : 6 Athlete: LAMMENS ALIX           |          |          |  |  | Q-time: 00:29:97                                                |
| PB (25m pool): 00:29.78 Sint-Amandsberg 18/10/2026 |          |          |  |  | PB (50m pool): 00:31.02 SB: 00:29.78 Sint-Amandsberg 18/10/2026 |
|                                                    | 2 5 M    | 5 0 M    |  |  |                                                                 |
| PB                                                 |          | 00:29.78 |  |  |                                                                 |
|                                                    | 00:29.78 |          |  |  |                                                                 |
|                                                    | .....    | .....    |  |  |                                                                 |

Coach feedback:

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

| Event number: 23: 200M FREESTYLE MEN 15-16                 |          |          |          |                                                                      |          |          | Heat:1, starttime: 15:43 |          |
|------------------------------------------------------------|----------|----------|----------|----------------------------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 1/6    Lane : 4    Athlete: VAN HOEY BILLIET RAPHAËL |          |          |          |                                                                      |          |          | Q-time: 02:09:38         |          |
| PB (25m pool): 02:07.90    Sint-Amandsberg    18/10/2026   |          |          |          | PB (50m pool): 02:14.33SB: 02:07.90    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                                                         |          | 00:29.14 |          | 01:02.52                                                             |          | 01:36.49 |                          | 02:07.90 |
|                                                            | 00:29.14 |          | 00:33.38 |                                                                      | 00:33.97 |          | 00:31.41                 |          |
|                                                            | .....    | .....    | .....    | .....                                                                | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 23: 200M FREESTYLE MEN 15-16               |           |           |           |                                                                      |           |           | Heat:3, starttime: 15:48 |           |
|----------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 7    Athlete: BOURDIAUDHY THIBAU     |           |           |           |                                                                      |           |           | Q-time: 02:05:32         |           |
| PB (25m pool): 02:03.94    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:06.86SB: 02:03.94    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                                                       |           | 00:28.96  |           | 01:01.36                                                             |           | 01:33.65  |                          | 02:03.94  |
|                                                          | 00:28.96  |           | 00:32.40  |                                                                      | 00:32.29  |           | 00:30.29                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 24: 200M FREESTYLE WOMEN 15-16             |           |           |           |                                                                       |           |           | Heat:1, starttime: 15:59 |           |
|----------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/4    Lane : 2    Athlete: DE BRABANDER CELESTE   |           |           |           |                                                                       |           |           | Q-time: 02:19:73         |           |
| PB (25m pool): 02:17.22    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:19.82 SB: 02:17.22    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                                                       |           | 00:31.92  |           | 01:07.27                                                              |           | 01:42.98  |                          | 02:17.22  |
|                                                          | 00:31.92  |           | 00:35.35  |                                                                       | 00:35.71  |           | 00:34.24                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 24: 200M FREESTYLE WOMEN 15-16             |           |           |           |                                                                      |           |           | Heat:2, starttime: 16:02 |           |
|----------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 7    Athlete: WULLAERT FIEN          |           |           |           |                                                                      |           |           | Q-time: 02:17:12         |           |
| PB (25m pool): 02:15.13    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:18.06SB: 02:15.13    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                                                       |           | 00:30.42  |           | 01:04.02                                                             |           | 01:40.17  |                          | 02:15.13  |
|                                                          | 00:30.42  |           | 00:33.60  |                                                                      | 00:36.15  |           | 00:34.96                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: