

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

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

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Faes Sandra

Coaches: Blaton Joke HEADCOACH

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

| Event number: 13: 100M BACKSTROKE MEN 13-14 |           |           |           |           | Heat:5, starttime: 14:39                            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------|
| Heat: 5/6 Lane : 5 Athlete: VERDONCK STAN   |           |           |           |           | Q-time: 01:06:43                                    |
| PB (25m pool): 01:06.43 Mol 04/10/2026      |           |           |           |           | PB (50m pool): 01:13.61 SB: 01:06.43 Mol 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                     |
| PB                                          |           | 00:31.82  |           | 01:06.43  |                                                     |
|                                             | 00:31.82  |           | 00:34.61  |           |                                                     |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                     |

Coach feedback:

| Event number: 14: 100M BACKSTROKE WOMEN 13-14 |           |           |           |           | Heat:6, starttime: 14:55                            |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------|
| Heat: 6/6 Lane : 8 Athlete: BASSTANIE LIENE   |           |           |           |           | Q-time: 01:12:85                                    |
| PB (25m pool): 01:12.85 Antwerpen 12/10/2025  |           |           |           |           | PB (50m pool): 01:14.84 SB: 01:13.00 Mol 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                     |
| PB                                            |           | 00:35.84  |           | 01:12.85  |                                                     |
|                                               | 00:35.84  |           | 00:37.01  |           |                                                     |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                     |

Coach feedback:

| Event number: 15: 50M BACKSTROKE MEN 15-16                |           |           |  |  | Heat:3, starttime: 15:00                                    |
|-----------------------------------------------------------|-----------|-----------|--|--|-------------------------------------------------------------|
| Heat: 3/4 Lane : 6 Athlete: VAN DOOREN WARRE              |           |           |  |  | Q-time: 00:29:32                                            |
| PB (25m pool): 00:29.32 Stedelijk Zwembad Geel 15/02/2026 |           |           |  |  | PB (50m pool): 00:29.88 SB: 00:29.41 Hoogstraten 27/09/2026 |
|                                                           | 2 5 M     | 5 0 M     |  |  |                                                             |
| PB                                                        |           | 00:29.32  |  |  |                                                             |
|                                                           | 00:29.32  |           |  |  |                                                             |
|                                                           | . . . . . | . . . . . |  |  |                                                             |

Coach feedback:

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

| Event number: 17: 200M BUTTERFLY MEN 13-14    |           |           |           |                                                       |           |           | Heat:1, starttime: 15:09 |           |
|-----------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/2    Lane : 2    Athlete: SEYMUS AXEL |           |           |           |                                                       |           |           | Q-time: 02:45:55         |           |
| PB (25m pool): 02:45.55    Mol 04/10/2026     |           |           |           | PB (50m pool): 03:06.99SB: 02:45.55    Mol 04/10/2026 |           |           |                          |           |
|                                               | 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                                            |           | 00:36.70  |           | 01:20.32                                              |           | 02:03.91  |                          | 02:45.55  |
|                                               | 00:36.70  |           | 00:43.62  |                                                       | 00:43.59  |           | 00:41.64                 |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 17: 200M BUTTERFLY MEN 13-14       |           |           |           |                                     |           |           | Heat:2, starttime: 15:13 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 1    Athlete: THIJSBAERT NIO |           |           |           |                                     |           |           | Q-time: 02:34:30         |           |
| PB (25m pool): 02:41.55    Aarschot 26/04/2026   |           |           |           | PB (50m pool): 02:34.30 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                                               |           | 00:34.73  |           | 01:15.03                            |           | 01:57.89  |                          | 02:41.55  |
|                                                  | 00:34.73  |           | 00:40.30  |                                     | 00:42.86  |           | 00:43.66                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 20: 50M BREASTSTROKE WOMEN 15-16                                                                                  |           |  |           |  |  |  |  |  |                  | Heat:1, starttime: 15:28 |  |
|---------------------------------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|--|--|------------------|--------------------------|--|
| Heat: 1/3    Lane : 4    Athlete: LEMBRECHTS SOPHIE                                                                             |           |  |           |  |  |  |  |  | Q-time: 00:34:45 |                          |  |
| PB (25m pool): 00:34.45    Stedelijk Zwembad Geel    15/02/2026    PB (50m pool): 00:36.36 SB: 00:35.66    Nijlen    18/10/2026 |           |  |           |  |  |  |  |  |                  |                          |  |
|                                                                                                                                 | 2 5 M     |  | 5 0 M     |  |  |  |  |  |                  |                          |  |
| PB                                                                                                                              |           |  | 00:34.45  |  |  |  |  |  |                  |                          |  |
|                                                                                                                                 |           |  | 00:34.45  |  |  |  |  |  |                  |                          |  |
|                                                                                                                                 | . . . . . |  | . . . . . |  |  |  |  |  |                  |                          |  |

Coach feedback:

| Event number: 23: 200M FREESTYLE MEN 15-16         |           |           |           |                                                          |           |           | Heat:3, starttime: 15:48 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 1    Athlete: VAN DOOREN WARRE |           |           |           |                                                          |           |           | Q-time: 02:05:56         |           |
| PB (25m pool): 02:05.56    Kapellen    30/05/2026  |           |           |           | PB (50m pool): 02:12.73SB: 02:06.76    Mol    04/10/2026 |           |           |                          |           |
|                                                    | 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                                                 |           | 00:28.53  |           | 01:00.50                                                 |           | no time   |                          | 02:05.56  |
|                                                    | 00:28.53  |           | 00:31.97  |                                                          |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: