

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

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

Coaches: Meyers Sepp

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

Event number: 13: 100M BACKSTROKE MEN 13-14					Heat:6, starttime: 14:41
Heat: 6/6 Lane : 4 Athlete: DE RIDDER ARNE					Q-time: 00:59:61
PB (25m pool): 00:59.61 Aachen 11/10/2026			PB (50m pool): 01:02.22 SB: 00:59.61 Aachen 11/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.14		00:59.61	
	00:29.14		00:30.47		
					

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14					Heat:4, starttime: 15:40
Heat: 4/5 Lane : 6 Athlete: VERRET JULIE					Q-time: 00:29:21
PB (25m pool): 00:29.21 Mol 04/10/2026			PB (50m pool): 00:29.69 SB: 00:29.21 Mol 04/10/2026		
	2 5 M	5 0 M			
PB		00:29.21			
	00:29.21				
					

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:2, starttime: 16:02
Heat: 2/4 Lane : 5 Athlete: VERNIERS NIME							Q-time: 02:15:86
PB (25m pool): 02:15.86 Mol 28/12/2025				PB (50m pool): 02:17.27 SB: 02:19.55 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		00:32.03		01:06.67		01:41.69	02:15.86
	00:32.03		00:34.64		00:35.02		00:34.17
							

Coach feedback: