

# FSC 25: Session: 1: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Van Breusegem Mathias

Coaches: De Backer Bart

PB => Personal Best time

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

## Event number: 4: 400M MEDLEY MEN 15+

Heat:3, starttime: 10:25

Heat: 3/6 Lane : 6 Athlete: DE SMAELE KEYON

Q-time: 05:08:79

PB (50m pool): 5:08.79 Antwerpen 28 Jul 2024

PB (25m pool): 5:07.89 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	31.02	1:09.85	1:52.47	2:33.25	3:14.45	3:56.56	4:34.77	5:08.79
	31.02	38.83	42.62	40.78	41.20	42.11	38.21	34.02
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Coach feedback:

## Event number: 6: 200M BACKSTROKE MEN 15+

Heat:2, starttime: 11:15

Heat: 2/6 Lane : 2 Athlete: VERHEYDEN VINZ

Q-time: 02:26:46

PB (50m pool): 2:26.46 Antwerpen 26 Jul 2024

PB (25m pool): 2:20.96 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.04	1:10.94	1:49.45	2:26.46	
	34.04	36.90	38.51	37.01	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

## Event number: 8: 100M BREASTSTROKE MEN 15+

Heat:4, starttime: 11:40

Heat: 4/8 Lane : 8 Athlete: VAN TRICHT FINN

Q-time: 01:11:79

PB (50m pool): 1:11.79 Antwerpen 21 Jul 2024

PB (25m pool): 1:11.76 SB: no time

	5 0 M	1 0 0 M	
PB	33.72	1:11.79	
	33.72	38.07	
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Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:6, starttime: 11:45
Heat: 6/8 Lane : 7 Athlete: DE SMAELE KEYON			Q-time: 01:07:31
PB (50m pool): 1:07.31 Antwerpen 26 Jul 2024			PB (25m pool): 1:05.53 SB: no time
	50 M	100 M	
PB	32.31	1:07.31	
	32.31	35.00	
	. . . . .	. . . . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:9, starttime: 12:10
Heat: 9/10 Lane : 2 Athlete: TUYSENS EMILE			Q-time: 00:23:97
PB (50m pool): 23.97 Antwerpen 19 Apr 2024			PB (25m pool): 24.17 SB: no time
	50 M		
PB	23.97		
	23.97		
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Coach feedback: