

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 07:15 untill 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Schepers Jérôme

Coaches: De Smedt Leny HEADCOACH

PB => Personal Best time

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

## Event number: 2: 200M BACKSTROKE MEN 15+

Heat:2, starttime: 09:08

Heat: 2/5 Lane : 3 Athlete: VAN DE WINKEL MILAN

Q-time: 02:40:97

PB (50m pool): 2:40.97 Aalst 11 May 2025

PB (25m pool): 2:30.49 SB: 02:40.97 Aalst 11/05/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	36.70	1:18.06	1:59.73	2:40.97	
	36.70	41.36	41.67	41.24	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

## Event number: 3: 100M BUTTERFLY MEN 11-12

Heat:3, starttime: 09:26

Heat: 3/6 Lane : 3 Athlete: BOEL ELIAS

Q-time: 01:49:59

PB (50m pool): 1:49.59 Antwerpen 14 Jul 2024

PB (25m pool): 1:35.25 SB: no time

	5 0 M	1 0 0 M	
PB	49.72	1:49.59	
	49.72	59.87	
	. . . . .	. . . . .	

Coach feedback:

## Event number: 4: 200M MEDLEY MEN 13-14

Heat:1, starttime: 09:34

Heat: 1/12 Lane : 4 Athlete: SCHEPERS RUBEN

Q-time: 03:23:90

PB (50m pool): 3:07.00 Aalst 28 Jun 2025

PB (25m pool): 3:06.26 SB: 03:07.00 Aalst 28/06/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	40.54	1:26.67	2:24.14	3:07.00	
	40.54	46.13	57.47	42.86	
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 4: 200M MEDLEY MEN 13-14					Heat:6, starttime: 09:53
Heat: 6/12 Lane : 8 Athlete: VAN DEN EEDE ELIAS					Q-time: 03:03:00
PB (50m pool): 3:03.00 Aalst 11 May 2025					PB (25m pool): 3:10.11 SB: 03:03.00 Aalst 11/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.15	1:27.21	2:20.92	3:03.00	
	43.15	44.06	53.71	42.08	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

Event number: 4: 200M MEDLEY MEN 13-14					Heat:8, starttime: 09:59
Heat: 8/12 Lane : 2 Athlete: LUYPAERT EDEN					Q-time: 02:54:77
PB (50m pool): 2:54.77 Antwerpen 12 Jul 2024					PB (25m pool): 2:50.18 SB: 02:55.68 Aalst 21/12/2024
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	38.26	1:26.39	2:15.28	2:54.77	
	38.26	48.13	48.89	39.49	
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Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 10:29
Heat: 5/9 Lane : 5 Athlete: KERREMANS NORA					Q-time: 02:53:48
PB (50m pool): 2:53.48 Antwerpen 12 Jul 2024					PB (25m pool): 2:53.09 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	38.21	1:21.45	2:14.80	2:53.48	
	38.21	43.24	53.35	38.68	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 15+					Heat:3, starttime: 10:47
Heat: 3/8 Lane : 8 Athlete: DE COCK MATZ					Q-time: 00:39:34
PB (50m pool): 39.34 Aalst 11 May 2025					PB (25m pool): 39.05 SB: 00:39.34 Aalst 11/05/2025
	5 0 M				
PB	39.34				
	39.34				
	. . . . .				

Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 7: 200M FREESTYLE MEN 11-12					Heat:6, starttime: 11:11
Heat: 6/8 Lane : 5 Athlete: BOEL ELIAS					Q-time: 02:51:72
PB (50m pool):					PB (25m pool): No time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
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Coach feedback:

Event number: 8: 4x50M MEDLEY MEN 11-14					Heat:2, starttime: 11:24
Heat: 2/2 Lane : 8 Athlete: TEAM AZL					Q-time: 02:34:29
PB (50m pool):					PB (25m pool): No time SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	.....	.....	.....	.....	

Coach feedback:

Event number: 9: 4x50M FREESTYLE MEN 15+					Heat:1, starttime: 11:27
Heat: 1/2 Lane : 5 Athlete: TEAM AZL					Q-time: 02:05:46
PB (50m pool):					PB (25m pool): No time SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
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Coach feedback: