

vjk korte baan25: Session: 1: COACH evaluation sheet for TEAM: SWEM

Coachinfo: Warming up from: untill 09:15. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: Vanderrijst Ananza HEADCOACH

Coaches: De Letter Gerard

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11-12 Heat:2, starttime: 09:33

Heat: 2/17 Lane : 5 Athlete: HEYNZE OTIS Q-time: 01:33:06

PB (25m pool): 01:33.06 WAREGEM 21/04/2025 PB (50m pool): 01:29.16 SB: no time

	25 M	50 M	75 M	100 M
PB		00:47.57		01:33.06
	00:47.57		00:45.49	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11-12 Heat:3, starttime: 09:35

Heat: 3/17 Lane : 1 Athlete: VANDERSCHAEGHE DAAN Q-time: 01:32:83

PB (25m pool): 01:32.83 Sinbad 29/12/2024 PB (50m pool): 01:33.81 SB: 01:33.15 Sint-Amandsberg 19/10/2025

	25 M	50 M	75 M	100 M
PB		00:45.98		01:32.83
	00:45.98		00:46.85	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11-12 Heat:9, starttime: 10:26

Heat: 9/15 Lane : 7 Athlete: VAN GOETHEM LOTTE Q-time: 01:11:37

PB (25m pool): 01:11.37 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:17.08 SB: 01:11.37 Sint-Amandsberg 19/10/2025

	25 M	50 M	75 M	100 M
PB		00:34.32		01:11.37
	00:34.32		00:37.05	

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:3, starttime: 10:42	
Heat: 3/17 Lane : 1 Athlete: HEYNZE OTIS				Q-time: 01:47:76	
PB (25m pool): 01:47.76 TEMSE 18/05/2025			PB (50m pool): 01:48.74 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:51.38		01:47.76	
	00:51.38		00:56.38		
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:3, starttime: 10:42	
Heat: 3/17 Lane : 7 Athlete: VANDERSCHAEGHE DAAN				Q-time: 01:47:38	
PB (25m pool): 01:47.38 Lokeren 05/04/2025			PB (50m pool): 01:51.38 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:50.74		01:47.38	
	00:50.74		00:56.64		
	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11-12				Heat:8, starttime: 11:32	
Heat: 8/15 Lane : 8 Athlete: VAN GOETHEM LOTTE				Q-time: 01:24:66	
PB (25m pool): 01:24.66 Sint-Amansberg 19/10/2025			PB (50m pool): 01:30.31 SB: 01:24.66 Sint-Amansberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:42.34		01:24.66	
	00:42.34		00:42.32		
	

Coach feedback: