

# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: TSZ

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verluyten Philippe

PB => Personal Best time

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

| Event number: 12: 100M FREESTYLE MEN 15+          |           |           | Heat:7, starttime: 14:38                                  |
|---------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 7/15 Lane : 4 Athlete: EL BOUJADDAYNI DAOUD |           |           | Q-time: 01:02:47                                          |
| PB (50m pool): 01:02.47 Antwerpen 19/04/2026      |           |           | PB (25m pool): 01:00.40 SB: 01:02.47 Antwerpen 19/04/2026 |
|                                                   | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                | 00:29.91  | 01:02.47  |                                                           |
|                                                   | 00:29.91  | 00:32.56  |                                                           |
|                                                   | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 15+     |           |           | Heat:11, starttime: 14:44                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 11/15 Lane : 2 Athlete: BOEL LIAM      |           |           | Q-time: 01:00:93                                          |
| PB (50m pool): 01:00.93 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:01.13 SB: 01:00.93 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:29.67  | 01:00.93  |                                                           |
|                                              | 00:29.67  | 00:31.26  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 200M MEDLEY MEN 11-12                    |           |           |           | Heat:6, starttime: 15:13                                                |
|------------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------------|
| Heat: 6/9 Lane : 3 Athlete: EL BOUJADDAYNI YAHYA           |           |           |           | Q-time: 03:18:47                                                        |
| PB (50m pool): 03:18.47 Sportoase De Watermolen 24/05/2026 |           |           |           | PB (25m pool): 03:14.22 SB: 03:18.47 Sportoase De Watermolen 24/05/2026 |
|                                                            | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M                                                                 |
| PB                                                         | 00:48.71  | 01:38.60  | 02:34.20  | 03:18.47                                                                |
|                                                            | 00:48.71  | 00:49.89  | 00:55.60  | 00:44.27                                                                |
|                                                            | . . . . . | . . . . . | . . . . . | . . . . .                                                               |

Coach feedback:

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| Event number: 17: 100M BACKSTROKE MEN 15+                                                                                          |           |           | Heat:7, starttime: 16:17 |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 7/9 Lane : 3 Athlete: BOEL LIAM                                                                                              |           |           | Q-time: 01:09:79         |
| PB (50m pool): 01:09.79 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:11.18 SB: 01:09.79 Sportoase De Watermolen 29/03/2026 |           |           |                          |
|                                                                                                                                    | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                                 | 00:33.48  | 01:09.79  |                          |
|                                                                                                                                    | 00:33.48  | 00:36.31  |                          |
|                                                                                                                                    | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 18: 50M BUTTERFLY WOMEN 11-12                                                                                        |           |  | Heat:5, starttime: 16:29 |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 5/10 Lane : 2 Athlete: HERREGODTS INA                                                                                        |           |  | Q-time: 00:46:21         |
| PB (50m pool): 00:46.21 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:44.45 SB: 00:46.21 Sportoase De Watermolen 29/03/2026 |           |  |                          |
|                                                                                                                                    | 5 0 M     |  |                          |
| PB                                                                                                                                 | 00:46.21  |  |                          |
|                                                                                                                                    | 00:46.21  |  |                          |
|                                                                                                                                    | . . . . . |  |                          |

Coach feedback: