

CVB TRUST 2026: Session: 1: COACH evaluation sheet for TEAM: KAZS

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

Coaches: Valvekens Cindy HEADCOACH

PB => Personal Best time

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

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 14:13	
Heat: 1/2 Lane : 2 Athlete: VANHELMONT DANTE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 14:13	
Heat: 1/2 Lane : 3 Athlete: WILLEM ARTHUR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 14:13	
Heat: 1/2 Lane : 4 Athlete: VERBRUGGEN MATS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 3: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 14:13	
Heat: 1/2 Lane : 7 Athlete: VERVLOESSEM FRITS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:16	
Heat: 2/2 Lane : 2 Athlete: VERHEYEN STEPHEN							Q-time: 02:59:59	
PB (25m pool): 02:59.59 Sportoase De Watermolen 21/07/2026 PB (50m pool): 03:14.00SB: no time								
	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		00:36.97		01:22.01		02:10.80		02:59.59
	00:36.97		00:45.04		00:48.79		00:48.79	
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:16	
Heat: 2/2 Lane : 3 Athlete: WOUTERS HANNES							Q-time: 02:47:82	
PB (25m pool): 02:47.82 Aarschot 26/04/2026				PB (50m pool): no time SB: no time				
	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		00:37.38		01:21.59		02:05.61		02:47.82
	00:37.38		00:44.21		00:44.02		00:42.21	
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:16	
Heat: 2/2 Lane : 4 Athlete: DE WITTE LEO							Q-time: 02:29:23	
PB (25m pool): 02:29.23 Aarschot 26/04/2026			PB (50m pool): no time SB: no time					
	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		00:32.32		01:09.46		01:49.23		02:29.23
	00:32.32		00:37.14		00:39.77		00:40.00	
								

Coach feedback:

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Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:16	
Heat: 2/2 Lane : 5 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 02:34:70	
PB (25m pool): 02:34.70 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time								
	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		00:32.26		01:10.86		01:51.83		02:34.70
	00:32.26		00:38.60		00:40.97		00:42.87	
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:16	
Heat: 2/2 Lane : 6 Athlete: VETS SIEBE							Q-time: 02:50:52	
PB (25m pool): 02:55.43 LEUVEN 26/02/2023							PB (50m pool): 02:50.52SB: no time	
	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		no time		no time		no time		02:55.43
	no time							
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:16	
Heat: 2/2 Lane : 7 Athlete: VETS WANNES							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:33	
Heat: 3/5 Lane : 3 Athlete: DE CAT DO							Q-time: 02:34:98	
PB (25m pool): 02:33.53 Mol 29/12/2024							PB (50m pool): 02:34.45SB: no time	
	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		00:35.59		01:14.64		01:54.88		02:33.53
	00:35.59		00:39.05		00:40.24		00:38.65	
								

Coach feedback:

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Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:33	
Heat: 3/5 Lane : 5 Athlete: SILVERANS MILA							Q-time: 02:32:61	
PB (25m pool): 02:33.93 Aarschot 04/05/2025				PB (50m pool): 02:32.61SB: no time				
	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		00:35.68		01:16.07		no time		02:33.93
	00:35.68		00:40.39					
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 14:37	
Heat: 4/5 Lane : 4 Athlete: GERARD CARYS							Q-time: 02:25:51	
PB (25m pool): 02:25.51 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:29.34SB: no time								
	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		00:32.29		01:09.46		01:47.93		02:25.51
	00:32.29		00:37.17		00:38.47		00:37.58	
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 14:40	
Heat: 5/5 Lane : 2 Athlete: WOUTERS STIEN							Q-time: 02:23:57	
PB (25m pool): 02:23.57 Mol 28/12/2025				PB (50m pool): 02:27.93SB: no time				
	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		00:34.41		01:11.18		01:48.44		02:23.57
	00:34.41		00:36.77		00:37.26		00:35.13	
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 14:40	
Heat: 5/5 Lane : 4 Athlete: MEYER THYRVI							Q-time: 02:11:23	
PB (25m pool): 02:11.23 LEUVEN 23/11/2025				PB (50m pool): 02:15.81 SB: no time				
	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		00:30.83		01:04.36		01:38.87		02:11.23
	00:30.83		00:33.53		00:34.51		00:32.36	
								

Coach feedback:

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Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 14:40	
Heat: 5/5 Lane : 5 Athlete: ASSCHERICKX CHLOé							Q-time: 02:15:68	
PB (25m pool): 02:15.68 Aarschot 26/04/2026				PB (50m pool): 02:17.53SB: no time				
	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		00:31.27		01:05.39		01:40.17		02:15.68
	00:31.27		00:34.12		00:34.78		00:35.51	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:05	
Heat: 4/6 Lane : 3 Athlete: VERHEYEN STEPHEN							Q-time: 02:25:77	
PB (25m pool): 02:25.77 Aarschot 04/05/2025				PB (50m pool): 02:27.74 SB: no time				
	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		00:34.27		01:13.10		no time		02:25.77
	00:34.27		00:38.83					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:05	
Heat: 4/6 Lane : 4 Athlete: VANHELMONT DANTE							Q-time: 02:20:90	
PB (25m pool): 02:20.90 LEUVEN 21/12/2025				PB (50m pool): 02:22.04 SB: no time				
	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		00:33.21		01:10.52		01:46.62		02:20.90
	00:33.21		00:37.31		00:36.10		00:34.28	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:05	
Heat: 4/6 Lane : 6 Athlete: VERBRUGGEN MATS							Q-time: 02:27:25	
PB (25m pool): 02:27.25 Aarschot 04/05/2025				PB (50m pool): 02:34.34 SB: no time				
	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		00:33.93		01:12.11		no time		02:27.25
	00:33.93		00:38.18					
								

Coach feedback:

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Event number: 16: 200M FREESTYLE MEN 11+							Heat:5, starttime: 16:08	
Heat: 5/6 Lane : 4 Athlete: VERVLOESSEM FRITS							Q-time: 02:11:54	
PB (25m pool): 02:11.54 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:20.12SB: no time								
	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		00:30.75		01:04.00		01:38.63		02:11.54
	00:30.75		00:33.25		00:34.63		00:32.91	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:5, starttime: 16:08	
Heat: 5/6 Lane : 5 Athlete: WOUTERS HANNES							Q-time: 02:12:39	
PB (25m pool): 02:12.39 Aarschot 26/04/2026							PB (50m pool): 02:16.09SB: no time	
	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		00:30.99		01:04.70		01:38.95		02:12.39
	00:30.99		00:33.71		00:34.25		00:33.44	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 16:11	
Heat: 6/6 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 02:10:41	
PB (25m pool): 02:10.41 Aarschot 27/07/2026							PB (50m pool): 02:13.02SB: no time	
	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		00:30.15		01:03.93		no time		02:10.41
	00:30.15		00:33.78					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 16:11	
Heat: 6/6 Lane : 3 Athlete: VETS WANNES							Q-time: 02:05:79	
PB (25m pool): 02:05.79 Sinbad 22/07/2025				PB (50m pool): 02:08.72SB: no time				
	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		00:29.02		01:00.85		no time		02:05.79
	00:29.02		00:31.83					
								

Coach feedback:

CVB TRUST 2026: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 16:11	
Heat: 6/6 Lane : 4 Athlete: DE WITTE LEO							Q-time: 01:58:97	
PB (25m pool): 01:58.97 Aarschot 27/07/2026				PB (50m pool): 02:06.36 SB: no time				
	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		00:27.62		00:57.59		no time		01:58.97
	00:27.62		00:29.97					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 16:11	
Heat: 6/6 Lane : 5 Athlete: VETS SIEBE							Q-time: 02:00:79	
PB (25m pool): 02:00.79 Aarschot 27/07/2026				PB (50m pool): 02:06.10 SB: no time				
	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		00:28.07		00:58.50		no time		02:00.79
	00:28.07		00:30.43					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 16:11	
Heat: 6/6 Lane : 6 Athlete: WILLEM ARTHUR							Q-time: 02:07:07	
PB (25m pool): 02:07.07 Aarschot 26/04/2026				PB (50m pool): 02:08.99SB: no time				
	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		00:28.60		01:00.82		01:34.34		02:07.07
	00:28.60		00:32.22		00:33.52		00:32.73	
								

Coach feedback:

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 16:14	
Heat: 1/2 Lane : 5 Athlete: WOUTERS STIEN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

CVB TRUST 2026: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:18	
Heat: 2/2 Lane : 2 Athlete: GERARD CARYS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:18	
Heat: 2/2 Lane : 4 Athlete: MEYER THYRVI							Q-time: 02:29:89	
PB (25m pool): 02:29.89 Mol 28/12/2025				PB (50m pool): 02:33.20SB: no time				
	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		00:34.37		01:13.06		01:52.79		02:29.89
	00:34.37		00:38.69		00:39.73		00:37.10	
								

Coach feedback:

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:18	
Heat: 2/2 Lane : 5 Athlete: ASSCHERICKX CHLOé							Q-time: 02:50:41	
PB (25m pool): 02:50.41 Aarschot 04/05/2025			PB (50m pool): 03:01.78SB: no time					
	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		00:34.83		01:17.38		no time		02:50.41
	00:34.83		00:42.55					
								

Coach feedback:

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:18	
Heat: 2/2 Lane : 6 Athlete: SILVERANS MILA							Q-time: 03:10:81	
PB (25m pool): 03:10.81 Aarschot 04/05/2025				PB (50m pool): 03:16.32SB: no time				
	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		00:39.87		01:27.92		no time		03:10.81
	00:39.87		00:48.05					
								

Coach feedback:

CVB TRUST 2026: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:18	
Heat: 2/2 Lane : 7 Athlete: DE CAT DO							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback: