

SCZ Recordpoging: Session: 1: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Limme Rajan HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MEN 11+							Heat:1, starttime: 18:00	
Heat: 1/4 Lane : 2 Athlete: SIGSWORTH KAYA							Q-time: 06:19:83	
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 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 18:38	
Heat: 1/2 Lane : 2 Athlete: ARUSTAMYAN 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: 7: 100M BREASTSTROKE MEN 11+							Heat:4, starttime: 19:21	
Heat: 4/5 Lane : 1 Athlete: VERNIMMEN NICHOLAS							Q-time: 01:21:68	
PB (25m pool): 01:21.68 LEUVEN 22/02/2026				PB (50m pool): 01:24.15SB: 01:21.68 LEUVEN 22/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.68		01:21.68				
	00:38.68		00:43.00					
								

Coach feedback:

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Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 19:28
Heat: 2/6 Lane : 1 Athlete: VAN DE WINKEL MAUD					Q-time: 01:56:84
PB (25m pool): 01:56.84 LEUVEN 22/02/2026					PB (50m pool): 01:55.78 SB: 01:56.84 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.91		01:56.84	
	00:55.91		01:00.93		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 19:28
Heat: 2/6 Lane : 4 Athlete: VERMEULEN LOUISE					Q-time: 01:49:30
PB (25m pool): 01:49.30 Tremelo 24/05/2026					PB (50m pool): 02:18.43 SB: 01:49.30 Tremelo 24/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.44		01:49.30	
	00:50.44		00:58.86		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 19:28
Heat: 2/6 Lane : 5 Athlete: CREEMERS LIEZE					Q-time: 01:55:32
PB (25m pool): 01:55.32 Zaventem 08/02/2026					PB (50m pool): 01:57.42 SB: 01:55.32 Zaventem 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.42		01:55.32	
	00:53.42		01:01.90		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 20:17
Heat: 3/3 Lane : 1 Athlete: VERNIMMEN NICHOLAS							Q-time: 02:37:91
PB (25m pool): 02:37.91 LEUVEN 23/11/2025							PB (50m pool): 02:46.37 SB: 02:37.91 LEUVEN 23/11/2025
	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		00:35.45		01:15.93		02:02.38	02:37.91
	00:35.45		00:40.48		00:46.45		00:35.53
							

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 20:34
Heat: 1/2 Lane : 5 Athlete: CREEMERS LIEZE					Q-time: 01:36:22
PB (25m pool): 01:36.22 Meise 21/06/2026			PB (50m pool): 01:43.18SB: 01:36.22 Meise 21/06/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.63		01:36.22	
	00:47.63		00:48.59		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:1, starttime: 20:39
Heat: 1/8 Lane : 5 Athlete: ARUSTAMYAN ARTHUR					Q-time: 01:28:84
PB (25m pool): 01:31.49 Aarschot 29/03/2026			PB (50m pool): 01:28.84 SB: 01:31.49 Aarschot 29/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.66		01:31.49	
	00:42.66		00:48.83		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 20:52
Heat: 1/6 Lane : 3 Athlete: VAN DE WINKEL MAUD				Q-time: 01:34:18	
PB (25m pool): 01:34.18 LEUVEN 22/02/2026			PB (50m pool): 01:33.96SB: 01:34.18 LEUVEN 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.48		01:34.18	
	00:44.48		00:49.70		
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:1, starttime: 21:03
Heat: 1/3 Lane : 2 Athlete: SIGSWORTH KAYA					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 21:09
Heat: 1/5 Lane : 3 Athlete: VERMEULEN LOUISE					Q-time: 01:44:27
PB (25m pool): 01:44.27 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:44.27 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.27	
	no time				
					

Coach feedback: