

# OBC 25M 2025: Session: 3: COACH evaluation sheet for TEAM: ROSC

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Valcke Rik

Coaches: Dobbelaere Nele HEADCOACH

Coaches: Ryckeman Brian

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

| Event number: 17: 50M BACKSTROKE MEN       |           |  |           |  |  |  |  |  |  | Heat:3, starttime: 09:40 |  |
|--------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|--------------------------|--|
| Heat: 3/7 Lane : 4 Athlete: VANDYCKE LUCAS |           |  |           |  |  |  |  |  |  | Q-time: 00:28:15         |  |
| PB (25m pool): 28.15 Leuven 23 Nov 2024    |           |  |           |  |  |  |  |  |  | PB (50m pool): 29.49 SB: |  |
|                                            | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                          |  |
| PB                                         |           |  | 28.15     |  |  |  |  |  |  |                          |  |
|                                            |           |  | 28.15     |  |  |  |  |  |  |                          |  |
|                                            | . . . . . |  | . . . . . |  |  |  |  |  |  |                          |  |

Coach feedback:

| Event number: 19: 200M BUTTERFLY MEN             |           |           |           |           |           |           | Heat:3, starttime: 10:00   |           |
|--------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|----------------------------|-----------|
| Heat: 3/4 Lane : 5 Athlete: VANSIELEGHEM KILLIAN |           |           |           |           |           |           | Q-time: 02:07:28           |           |
| PB (25m pool): 2:07.28 Diksmuide 12 Oct 2025     |           |           |           |           |           |           | PB (50m pool): 2:11.32 SB: |           |
| PB                                               | 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   |
|                                                  |           | 28.57     |           | 1:01.54   |           | 1:34.70   |                            | 2:07.28   |
|                                                  | 28.57     |           | 32.97     |           | 33.16     |           | 32.58                      |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                  | . . . . . |

Coach feedback:

| Event number: 21: 50M BREASTSTROKE MEN            |           |  |           |  |  |  |  |  |  | Heat:4, starttime: 10:20    |  |
|---------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-----------------------------|--|
| Heat: 4/8    Lane : 3    Athlete: VANHOUTTE WARRE |           |  |           |  |  |  |  |  |  | Q-time: 00:30:68            |  |
| PB (25m pool): 30.68    Gent 10 Nov 2024          |           |  |           |  |  |  |  |  |  | PB (50m pool): 31.10    SB: |  |
|                                                   | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                             |  |
| PB                                                |           |  | 30.68     |  |  |  |  |  |  |                             |  |
|                                                   | 30.68     |  |           |  |  |  |  |  |  |                             |  |
|                                                   | . . . . . |  | . . . . . |  |  |  |  |  |  |                             |  |

Coach feedback:

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|                                                  |           |           |           |           |                          |
|--------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 25: 100M FREESTYLE MEN             |           |           |           |           | Heat:9, starttime: 11:05 |
| Heat: 9/9 Lane : 6 Athlete: VANSIELEGHEM KILLIAN |           |           |           |           | Q-time: 00:50:59         |
| PB (25m pool): 50.59 Zwevegem 11 May 2025        |           |           |           |           | PB (50m pool): 52.87 SB: |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                               |           | 23.81     |           | 50.59     |                          |
|                                                  | 23.81     |           | 26.78     |           |                          |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback: