

# OBC LCM 2026: Session: 6: COACH evaluation sheet for TEAM: LAQUA

Coachinfo: Warming up from: 15:00 untill 16:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Tampieri Matteo HEADCOACH

Coaches: Hendrickx Lander

PB => Personal Best time

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

| Event number: 41: 4x100M MEDLEY WOMEN        |           |           |                |           |           |           | Heat:1, starttime: 18:16 |           |
|----------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/1   Lane : 8   Athlete: TEAM LAQUA 1 |           |           |                |           |           |           | Q-time: 04:34:94         |           |
| PB (50m pool):                               |           |           | PB (25m pool): |           |           | SB:       |                          |           |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M        | 2 0 0 M   | 2 5 0 M   | 3 0 0 M   | 3 5 0 M                  | 4 0 0 M   |
| PB                                           |           |           |                |           |           |           |                          |           |
|                                              |           |           |                |           |           |           |                          |           |
|                                              | . . . . . | . . . . . | . . . . .      | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 42: 4x100M MEDLEY MEN            |           |           |                |           |           |           | Heat:1, starttime: 18:22 |           |
|------------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/1    Lane : 1    Athlete: TEAM LAQUA 1 |           |           |                |           |           |           | Q-time: 04:00:06         |           |
| PB (50m pool):                                 |           |           | PB (25m pool): |           |           | SB:       |                          |           |
|                                                | 5 0 M     | 1 0 0 M   | 1 5 0 M        | 2 0 0 M   | 2 5 0 M   | 3 0 0 M   | 3 5 0 M                  | 4 0 0 M   |
| PB                                             |           |           |                |           |           |           |                          |           |
|                                                |           |           |                |           |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . .      | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: