



VISION 2020



INSIDE THIS ISSUE:

Championship Meets 2
Forbes Carlile 2
Team Trip 3
Calendar 3

Special points of interest:

- 2017 AESC Winter Ice Breaker Meet
- AESC Mission & Vision Statements
- Forbes Carlile: Mover Down Under
- Championship Meets
- Team Trip

AESC WINTER ICE BREAKER MEET

This weekend we will be hosting the 2017 AESC Winter Ice Breaker Meet. This year we have over 600 swimmers entered into the meet!

There will be many fast swims at this meet as swimmers are fine-tuning for the upcoming championship meets (DII and State Meet are at Mitch Park so be sure to register). The meet will begin Friday evening which features the 12 & U 200 & 500 Freestyle and Senior 1000 and 1650 Freestyle events.

On behalf of the AESC Coaching Staff, I want to thank you for all the work you do to help us host wonderful meets. Hosting a meet is a tremendous task and you have worked so hard to host wonderful meets. With the size of this meet we are in need of more volunteers. Please contact Brandi Parks to volunteer! Our meets have a strong reputation for organized and

well operated, and timely because of the work you put in.

Thank you in advance for all the work you do!

GO AESC!



Warm-Up Schedule (*Please arrive at least 15 minutes prior to warm-up*)

Friday	4:00 PM—4:20 PM
Saturday (12 & U)	7:30 AM—7:50 AM
Saturday (Seniors)	12:30 PM—12:50 PM
Sunday (12 & U)	7:30 AM—7:50 AM
Sunday (Seniors)	12:30 PM—12:50 PM

AESC MISSION & VISION

Mission: *Develop leaders with integrity, discipline, and excellence in the water, in families, and in the community.*

Vision: *Our vision is twofold:*

- To produce elite and national caliber athletes on a consistent basis.
- To foster communities where water safety and swimming are accessible to all.



The championship season is upon us! We are fortunate that Division II Championships and State Meet will both be at Mitch Park. Championship meets are important for the development of the swimmer and our program. You might recall some of the stories from the 2016 Olympic swimmers whose first championship meet was their local age group event. These meets are in our backyard and *we should all jump at the opportunity to push AESC onto victory!*

- Division II: February 11 & 12
- State Meet: February 24 – 26

FORBES CARLILE: MOVER DOWN UNDER (PART I)

*“Create an environment
where champions are
inevitable”*

- Forbes Carlile



Modest Carlile 1920s home (second story bedroom added) with Sydney’s first indoor heated lesson pool

It is 5AM.

In their modest 1920’s home at 16 Cross Street, Ryde, Sydney, Forbes Carlile (93) and his wife Ursula, a spritely 77, are extracting the most from the day. Forbes is at his desk opening overnight emails and Ursula will soon return from her Gym/Swim workout. She has been up since 3:30AM feeding the cats, attending to desk-work and house-hold duties. She calls Forbes for breakfast.

In the back yard of the Carlile home is the first indoor swim school in Sydney, built by the Carliles in 1962. It soon will be busy teaching children, many with parents and even grandparents who themselves had learned to swim the “Carlile way” at Cross Street.

A knock on the backdoor results in “come in”, a hearty handshake and entrance to a treasure-trove of swimming history packed on walls, shelves and in many boxes. The walls are covered by numerous photo-

graphs, some attesting to many awards including his 1973 award from ASCA for his life-time contributions to swimming. Forbes explains he is in the process of sorting out this material, to be viewed for the first time in more than half a century. Much of this memorabilia is to be found across a connecting bridge in the Carlile’s next door house which they purchased 30 years ago to accommodate their already burgeoning “historical” collection.

More impressive than the stacks of research, articles, and letters written and received from coaches spanning numerous decades are the endearing qualities of Forbes and Ursula who welcome you into their home with charm and hospitality. It does not take long before one truly experiences Forbes’ passion for swimming. Indeed, one only needs to quickly scan his current office to witness his dedication to his wife, swimming, and learning. When asked what has allowed him to be an instrument of change Forbes replies “I have always grasped the opportunity to be my own boss”; in a word freedom. Freedom has given Forbes the means to make decisions that are aligned with his vision for swimming; whether conducting research, standing up to the governing bodies of Australian Swimming or FINA, or allowing him to overcome many obstacles. As we shall see, Forbes Carlile is a man of many parts—a man of yesterday and today.

FORBES CARLILE: MOVER DOWN UNDER (CONTINUED)



Forbes, named after his mother's surname, born in Armadale, Victoria on the 3rd of June 1921, was the only child of Oswald Carlile and Florence Forbes, who met in England during Oswald's service in World War I. His father was an accountant and company secretary while Florence was in the nursing profession. When Forbes was 2, the family moved to Sydney and always lived close to the Harbour. He was first introduced to swimming at the age of eight at the Balmoral Rock Pool; a reluctant participant at first he soon took to the water and a year later competed in his first race. Soon enthusiasm for the sport grew and Forbes, in his late teenage years, began amateur coaching. While he experienced success in the pool, he was not excelling in the classroom; a teacher wrote to his parents "His low marks are a natural result of neglected homework and poor concentration". As a result of his lack-luster academic performance, his parents decided to send him to The Scots College so that he may better focus on his academics; a decision which proved very fortuitous since Forbes distinguished himself both academically and athletically being becoming the Deputy Head Prefect (1939), Honour Cap for sport (1939), the Blackwood Cup for Sport and Studies, captain of the swim team, and awarded colours nine times in swimming, shooting, rugby and athletics. (To be continued...)

***Picture above: One of many shelves in the Carlile home filled with over 50 years of swimming articles and research.**

2017 SAN ANTONIO TEAM TRIP

Mark your calendars for **June 23 – 25** as we will be racing in San Antonio! We will be in the same facility as our 2016 Olympic Team trained as they prepared to go to Rio!



"Produce elite and national caliber athletes on a consistent basis."

MARK YOUR CALENDARS



Please be sure to mark your calendars with the following events.

Thursday, January 26: NO EVENING PRACTICE

Tuesday, January 31: DII Entries will be submitted.

Saturday, February 11: Sunday, February 12: DII Championship Meet (Mitch Park)

Thursday, February 16: NO EVENING PRACTICE (Staff Meeting)

Friday, February 17: State Meet entries submitted

Friday, February 24—Sunday, February 26: Age Group State Meet (MP)

Wednesday, March 8—Sunday, March 12: Sectional Championship Meet

Monday, March 13—Sunday, March 19: NO PRACTICE

Monday, March 20: Practice Resumes

Business Name

Primary Business Address

Address Line 2

Address Line 3

Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

We're on the Web!
example.com

Business Tagline or Motto



Organization

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

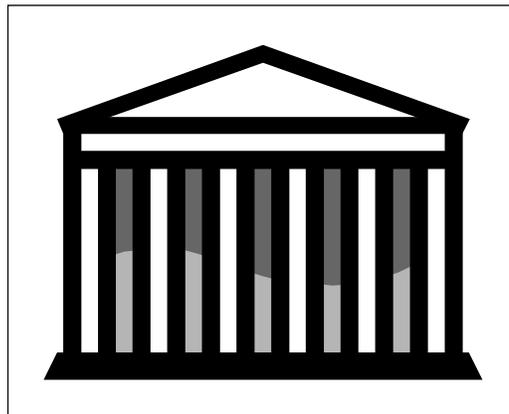
BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees. If you have any prices of



Caption describing picture or graphic.

such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event,