



# VISION 2020



## AESC Mission

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

## AESC Vision

**To produce elite and national caliber athletes on a consistent basis.**

**To foster communities where water safety and swimming are accessible to all.**

## Coach Van Slooten's Office Hours:

- Monday 10:00 AM—1:00 PM
- Tuesday 2:00 PM—5:00 PM
- Wednesday 10:00 AM—1:00 PM
- Thursday 2:00 PM—5:00 PM
- Friday 10:00 AM—1:00 PM

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## THE AESC WAY



The AESC Way has a simple and clear focus: Honor. Integrity. Discipline. Excellence. We want to conduct ourselves honorably and with integrity while being disciplined in our thoughts, our words, our actions, and our motives, particularly as we participate as a member of the American Energy Swim Club which will produce excellence in all we do.

### Winning and Losing

*The AESC Way says that if you have done your best, you are a winner regardless of the scoreboard. By all means we strive to win, but winning is secondary to our ultimate goal of giving 100% of ourselves to the team effort.*

### Competition

One of our main goals is to practice hard in order to beat our opponents, and during meets/games we

do everything within the bounds of fair competition to achieve victory.

### Attitude and Hard Work

The AESC Way is all about attitude. A great attitude is the overriding feature of success in the American Energy Swim Club programs. Second, our teammates should have the attitude of being coachable, willing to listen, and eager to improve. The AESC Way finds no substitute for hard work. Our athletes should work harder than any team.

### Unity

Unity within our team is an essential ingredient for success according to The AESC Way. Though you may not be close friends with everyone on our team out of the pool, teammates must be "best friends" in the pool. Encouragement is vital to team strength, while criticism stemming from petty jealousy will always weaken the team effort. Every member of the team is important.

### Sportsmanship

The AESC Way is characterized by sportsmanship. Good sportsmanship is a positive reflection on your school, your team, and yourself. We always shake hands with opponents after each race/ meet, being gracious in victory or defeat. We hold our heads up and look the other team in the eye as we congratulate them on their effort.



This weekend the following AESC Swimmers will be representing their schools in their high school state meet. Swim like a CHAMPION! We are proud of you.

5A		6A	
Milly Bock	Ashton Niemann	Emily Fry	DJ Scott
Austin White	Landon Clark	Hannah Hamilton	Kellie Fischer
Amberly White	Justin Rein	Riley Powelson	Josh Lee
Devon Schimbeno	Jackson Tidland	Reagan Hilley	Jonathan Smith
Austin Holland	Tony Owens	Olivia Cleburn	
Ryan Clark	Julian Messick	Sophia Mower	
Dewi Blose		Solomon Harrison	
Hanna Newby		Evan Drum	
Cecilia Smith		Andrew Assaleh	

### FORBES CARLILE: MOVER DOWN UNDER PART IV

*“Create an environment  
where champions are  
inevitable”*

- Forbes Carlile

*There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things. Because the innovator has for enemies all those who have done well under the old conditions, and lukewarm defenders in those who may do well under the new. – Machiavelli from “The Prince” (1446 – 1507)*

From an early age, Forbes’ swimming world-view was being shaped; from his successes in swimming, rugby, épée (fencing) and running to his work with Professor Cotton in sports science and success in developing elite swimmers. Forbes has been at the forefront of the fight against the Australian Swimming Union, doping, buoyance suits, and physical education reform in Australia. At the front line of these battles has been his closest advisor and confident; his wife Ursula.

Forbes met Ursula Allen in early 1956 while she was visiting her parents in Sydney during break in the final year of studying physical education at The University of Adelaide; where she was to graduate top of her year. Her father, currently serving as the Geography Master at Trinity Grammar School, where Forbes coached the swim team, highly recommended Forbes to teach her how to swim. After Ursula graduated with honors she then went on to work with Forbes in running the swim school and helping in his research. The two were married in 1958. Forbes is quick to acknowledge that Ursula performed many laborious tasks in collecting the data for his research papers and co-writing articles. When asked about the influence Ursula has on him, Forbes responded, “She challenges my thinking. She is not afraid to disagree and tell me when I am wrong”. From 1962 until the Tokyo Olympics in 1964, Forbes served as the Head Coach, assisted by Ursula, of the Dutch National Team. Then in 1972 Ursula was the Assistant Olympic Coach to Don Talbot, and worked closely with Shane Gould, while Forbes continued his association with radio and television broadcasting.



# SWIM PARENT'S TOOL BOX TOOL:USA SWIMMING DECK PASS

**What is Deck Pass?** Deck Pass is an online platform that tracks swimmers' times and rewards them with digital incentives. USA Swimming members can track their best times, set goals, check their IMX scores and earn digital patches for their achievements. All swimmers can track their times via the log book and also set personal goals. Deck Pass also allows you to connect with friends and family and you can also share your achievements by connecting your account to Facebook.

**How do I get Deck Pass?** Anyone can register for a Deck Pass account, just login to the app or [www.usaswimming.org/deckpass](http://www.usaswimming.org/deckpass). Once you sign-up, you'll need to connect your account to your USA Swimming membership in order for your times to show up on your Scoreboard.

**Is it free?** Yes, Deck Pass for both USA Swimming members and non-members. Deck Pass Plus is also available for \$1.99, which has all of the original functionality of Deck Pass...PLUS some new sweet features!

**Do I have to be a certain age to have Deck Pass?** No, Deck Pass is for everyone; USA Swimming members, coaches, non-members and fans. There are no age restrictions to have a Deck Pass account; however, children under the age of 13 cannot link their Deck Pass account to Facebook. Facebook is available only to users 13 years of age or older.

For more information, please go to [USASwimming.org](http://USASwimming.org)

### Fun Facts: San Antonio

We are looking forward to the team trip to San Antonio for the George Block Invitational. Here are some fun facts about this great city

1. The first five air conditioned buildings in America were located in San Antonio.
2. Sea World San Antonio is the world's largest marine life park in the world.
3. The Tower of the Americas is 750 feet tall and provides an amazing panoramic view.

*"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, 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

## Age Group State Meet Information

Date: February 24-26

Location: Mitch Park YMCA

Type of Meet: Qualification Meet Prelims and Finals (Only those swimmers who have swum qualifying times may participate).

Warm-Up (Friday, Saturday, and Sunday): 7:30 AM—8:10 AM Meet Starts 8:30 AM

Finals:

Friday & Saturday: 3:30 PM-4:00 PM 10U 4:00 PM-4:40 PM 11-19

Sunday: 3:00 PM-3:30 PM 10U 3:30 PM-4:0 PM 11-19



### FORBES CARLILE: MOVER DOWN UNDER (CONTINUED)

After a proud record in earlier Olympics, Australian swimming “had slipped so badly [in international competitions] by 1936. We only had one finalist, Percy Oliver, who finished 7th in the 100 meter backstroke. Our fall continued into the 1940s. Something needed to be done.” In 1946, Forbes, with Professor Cotton as Scientific Advisor, formed a scientific training group at Palm Beach (north of Sydney) which was sponsored by the Surf Life Saving Club. Up until that time, the Americans, who led the world, trained no more than a mile a day which was considered excessive. At Palm Beach the group lifted this to as far as 5 miles a day and introduced a number of new concepts which were to be embraced in training in Australia and the rest of the world. One of these core items was the idea of repeat ‘efforts’ at various distances, some at close to race pace, monitored by heart rate counts. To do

this, it was necessary for swimmers to monitor their own times and heart rates, resulting in the first ever pace clock being installed at a swimming pool. Pace clocks are now seen at practically every training pool worldwide. It was at Palm Beach that ‘interval training’ was introduced into Australian swimming with repeat 50m swims at high intensity and also ‘broken efforts’. At that time there was quite a lot of easy recovery swimming, called ‘basic’. Swimmers personal log books were introduced. ‘Tapering’ for an important meet was a concept introduced and named by Forbes in 1946, and according to Maglischo this was not used by Americans until 1960. Forbes and Cotton insisted that his swimmers raced at ‘even-pace’. For competitions,

the concept of passive heating (hot baths) in the warm-up was introduced to raise body temperature to improve performance, after research using hypodermic needles with a thermocouple. To strengthen swimmers, Forbes in 1942 had introduced to Australia the newly developed dry land exercises of Bob Kiphuth. The scientific work of Cureton, Dill, Robinson and other Americans inspired original ideas in Cotton and Carlile. The impetus of science in American practice transferred to Australia.

1948—First Pace Clock. Palm Beach Swimming Teram

