



# 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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## BRING A FRIEND TO PRACTICE



Great things are happening in AESC! When great things are happening there is great excitement, and excitement has to be shared!

Monday, February 27 the Bronze, Silver, and Gold groups will be celebrating the conclusion of the short course season at Oklahoma Christian, and what better way to celebrate than with friends! Monday will be Bring Your Friend To Swim Night!!! ALL practices for Bronze, Silver, and Gold will be conducted at OC. There will be NO practice offered at MP Monday evening for Bronze, Silver, and Gold (Elite, Senior A & B will still have practice). Attached is the form we are asking you to print and fill out about you and your friend. Practice will be shorter and a bit easier than you are used to so your friends can participate. The practice times for each group:

Bronze: 6:00-6:30 Silver: 6:45-7:15 Gold: 7:30-8:00

Bring a friend and showing them what being a part of AESC is all about!!

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***“We all have to give up a little bit of something in this sport, and mental toughness is going out there and doing what’s best for the team even though everything isn’t going exactly the way your want it to.”***

- Bill Belichick



### Age Group State Meet Information

Date: February 24-26

Location: Mitch Park YMCA

Type of Meet: Qualification Meet Prelims and Finals (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 Meet Starts: 5:00 PM

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

## 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: MEET MOBILE

Imagine not having to chase your kid around the pool, frantically writing down heat results, lane assignments or missing an important race because you couldn't get the information you needed. Meet Mobile is available to download on the [iTunes App Store](#) and [Google Play](#).

Meet Mobile is a swim app where you can get real-time, customizable access to heat and psych sheets, check event timelines and get event results. **Keep in mind that this is a reference and not official times.**



Be sure to reserve your spot for the June 21—25, 2107 Fiesta in San Antonio! Great memories to be made and fast times to be swum at the 2017 George Block Invitational.

*“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)

**Monday, February 27:** Bring a Friend to Practice (Bronze—Gold)

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

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

**Monday, March 20:** Practice Resumes



**Date:** Sunday, April 2, 2017

**Place:** Oklahoma Christian Edward L. Gaylord Student Activity Center

2501 E. Memorial Rd

Time: 1:00 pm

**Agenda:** 1:00 pm Lunch will be served promptly

1:45 pm Recognition awards

*All Age Group swimmers must be accompanied by an adult.*

## 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

