



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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2017 AESC SWIM-A-THON



Monday, April 24 AESC kicked off the 2017 Swim-A-Thon! The goal: One bald Swim Coach V by raising \$30,000 (Yes I know there isn't much hair at the top!)

All swimmers have received their pledge packets and people can make a donation by going to our team website. Yes it is that easy! Have your friends, neighbors, relatives, and colleagues simply go to our website to make a donation. There are many prizes swimmers may earn from Coach for the Day, to Get Out of A Set card, swim caps, and team wear.

The funds raised with this Swim-A-Thon go to benefit the entire team. Thank you for your time, effort, and support.

RECORDS CONTINUE TO FALL

The 2017 Long Course Season got off to a great start April 21 & 22 when Peyton Ross set a new 10 & Under 400 Freestyle record with a 5:27.29. The previous record was set by Gracie Shaphard (5:29.10) in 2014.

Congratulations to Peyton for a great swim!

AESC SWIMMERS SIGN LETTERS OF INTENT



Amberly White and Andrew Assaleh signed their collegiate letters of intent earlier this month. Amberly will be swimming for Olivet Nazarene University in Chicago, Illinois. Andrew will be swimming for Oklahoma Christian University. Both Amberly and Andrew exemplify that diligence and effort in the classroom and in the pool. We know that both collegiate programs are receiving high quality student-athletes!

FORBES CARLILE: MOVER DOWN UNDER PART VII

“Create an environment where champions are inevitable”

- Forbes Carlile



In 1971, State Plan 14:25, the official East German program, systematically doped DDR athletes from

1973 – 1989, and swimming found itself at a critical impasse as science and doping were used to manufacture elite athletes. The “superior” DDR athletic program was unveiled in the 1976 Olympics as the DDR women won all the events with the exception of the 4x100m Freestyle Relay. Coaches and athletes were astounded by the bulky, masculine voiced East German girls and it was evident that the success of the East German women was due to chemistry, not only to superior training.

Forbes was an important leader in the charge to bring about changes in FINA with regards to doping. Carlile went to work on his typewriter composing numerous letters to politicians and the media addressing FINA’s non-action towards steroid use. In the 1990’s, on the initiative of the American Swim Coaches Association Cecil Colwin (Canada), John Leonard (United States), and Forbes were elected to a three man international task force to influence FINA to act against the use of drugs in swimming.



A FINAL FAREWELL GIFT. AFTER 1973 VISIT

During the Cultural Revolution, the Chinese coaches were cut off from all swimming research. In September 1973, under the auspices of Speedo, the Carliles were invited by the Chinese government to travel throughout China to open the door to their coaches on modern methods and research. It was the first of eight trips to China for the Carliles.

A sound program takes time and patience before it produces results and until 1991 the Chinese national swimming program was obscure at best. All that would change in 1985 when the East German advisors introduced the Chinese to doping. A meteoric rise in world swimming is not cause to accuse a country of using performance enhancing

drugs; however the Chinese women’s meteoric rise coinciding with physical characteristics –



AESC AT MITCH PARK IN MAY

The entire team will be practicing at Mitch Park for the entire month of May. The EVENING schedule is:

Monday (Clinic)

Pre-Competitive 5:30–6:00
 Bronze 5:30–6:15
 Silver 6:15–7:30
 Gold 6:15–7:30
 Sr. B 6:15–7:30
 Sr. A 5:30–7:30
 Elite 5:30–7:30

Tuesday

Pre-Competitive 5:30–6:00
 Bronze 5:30–6:15
 Silver 6:15–7:15
 Gold 7:15–8:30
 Sr. B 7:00–8:30
 Sr. A 5:30–7:00
 Elite 5:30–7:30

Wednesday

Pre-Competitive OFF
 Bronze OFF
 Silver 5:30–6:30
 Gold 6:30–7:45
 Sr. B 7:00–8:30
 Sr. A 5:30–7:00
 Elite 5:30–7:30

Thursday

Pre-Competitive 5:30–6:00
 Bronze 5:30–6:15
 Silver 6:15–7:15
 Gold 7:15–8:30
 Sr. B 7:00–8:30
 Sr. A 5:30–7:00
 Elite 5:30–7:30

Friday

Pre-Competitive 5:30–6:00
 Bronze 5:30–6:15
 Silver 6:15–7:15
 Gold 7:15–8:30
 Sr. B 7:00–8:30
 Sr. A 5:30–7:00
 Elite 5:30–7:30



MARK YOUR CALENDARS

May 5–7: EAT Early Bird Meet

May 19-21: Jenks Aloha Meet

May 29: NO Practice

June 2-4: Stars of Summer Meet (Bartlesville)

June 16-18: AESC Summer Splash

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



“Produce elite and national caliber athletes on a consistent basis.”





FORBES CARLILE: MOVER DOWN UNDER (CONTINUED)

“deep voices, acne, abnormally heavy musculature”, along with the movement of top East German sports scientists and coaches after the fall of East Germany to China made a propelling case against China. Now Forbes’ battle-front changed. In addition to writing letters, Forbes publicized articles which reached millions. *Inside Sport* published Carlile’s article *Why China Must Not Swim At Atlanta ‘96* in which he argued against China’s participation in the 1996 Olympic Games in Atlanta, Georgia. Forbes waged war on FINA for taking no action against the Chinese who for four years had a total of 19 positive tests from China’s swimmers – more than double that of the rest of the world put together. Carlile then continued to present evidence of doping by the Chinese and the position of FINA which “appears paralyzed into inaction by vested interests and its links with the IOC, there are obviously some members committed to cleaning up swimming.” The apex of the war against doping was in Perth; site of the 1998 Swimming World Championships. The Chinese were outstanding and Forbes was outspoken on every news

channel, sports commentary, and press. Forbes still has the letters from the Australian Olympic Committee threatening to sue him for his “defamatory criticism”. FINA finally changed its position and from that point “FINA took more action to clean its own house.”

After doping came the swim suit issue. Carlile was complaining from the 1990s about the use of long suits to ankles and wrists without success. Then in February 2008, at Short Course Nationals in Manchester, England the floating suits were introduced with a plethora of outstanding world records; many of which stand to this day. Carlile advocated strongly for use of brief suits. At the 2009 World Congress of FINA, FINA’s actions in allowing the suits was soundly condemned by the Assembly of Nations and strictly textile suits became mandatory. However, the fact that suits are still permitted to reach the knees is still a bone of contention with Carlile who strongly advocates that the textile demand should be extended to cut out all possible water exposure of the suit which would mean no extension to the knees with either males or females. He believes that still it is unfair that by paying a large

amount of “compressibility” and without strict control of what might be attained in the material surface and water. Carlile argues it is fundamentally wrong that by paying exorbitantly to the financial advantage of the manufacturers for a swim suit could make an unequal playing field and some swimmers.

As the precursor to the Carlile Swim School Empire, was at Drummoyne after 1955. Carlile understands that swimming is a process and in order for a competitive program to thrive it needs a feeder program beginning with a child in swimming lessons to the elite swimmer. Forbes primed the pump of his program by incorporating lessons.