



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



Saturday, May 27—The date we need to mark and circle on our calendars. AESC will be holding a Swim-A-Thon at Will Rogers Clark Park 7:00 AM—11:30 AM. Each swimmer will be assigned a time and number of lengths to complete within their assigned time. Pledges will be taken per length OR a blanket donation. This is a great time for our team to come together to support one another and AESC!

Mark your calendars: Saturday, May 27.

More information will follow!

A NOTE FROM COACH SELPH

Dear Swimmers & Parents,

I will be taking a short leave from the pool deck starting April 6, 2017, to focus my attention on an upcoming inspection that I have at work in a couple of weeks. I will return to the pool deck April 25, 2017, to resume working with the swimmers. Thank you for understanding, I will miss being on the deck.

Sincerely,

Coach Selph

SUMMER LEAGUE SWIM COACHING



We have some exciting news! More neighborhoods are forming summer swim teams! Learning how to swim is an essential skill! With more neighborhoods forming summer teams we are in need of summer swim coaches. Never coached before? No worries, you will be given opportunities to build your “Coaching Toolbox”. Those 14 & U may serve as volunteer coaches (great to serve community service hours), 15 & O may serve as head or assistant coaches. Interested? Contact Coach Van Slooten chris.vanslooten@aescok.org

“Create an environment where champions are inevitable”

- Forbes Carlile



FORBES CARLILE: MOVER DOWN UNDER PART VI

Being denied access to his swimmers did not deter Forbes and the other Australian coaches. Carlile exploited his relationship with the news media. While he served as ABC Radio’s expert commentator on swimming, the other three coaches procured Press passes to get on the pool deck.

Throughout his years working with Dr. Cotton, his success in training high caliber swimmers both nationally and internationally, Carlile used the Press to express his views. One of the first steps in advocating change is to mobilize your army, and Forbes used the Press where he could. He became involved in broadcasting in 1946 after a successful trial broadcast at the Manly Pool, Carlile would serve as a specialist commentator from 1946 – 1984 both on radio and television.

Another important contribution to training involved measuring *physiological* changes during training over an 8-week study of the Australian Olympic Swimming Team in ‘hard training’ during its final preparation in tropical Townsville (Queensland) for the 1960 Rome Olympics where he was a coach and scientific advisor. This study on failing adaptation is recognized as one of Carlile’s greatest contributions to exercise physiology. Before and after the Rome Olympics, Forbes and Ursula, were testing and advising athletes



from various disciplines and they published various articles concerning blood pressure and T-wave changes in the electrocardiograms and other factors involved in over training. Forbes extended to athletes the hypothesis of Canadian medical scientist Hans Selye regarding disease, and considering symptoms of overtraining.

Forbes and Ursula with Terry Gathercolein a testing Procedure with Cameron heartometer at the Townsville Olympic Camp.

UPCOMING EVENTS

There are a few other events that the coaching staff asks you to make special note of:

Starting Monday, April 17 all EVENING practices at Mitch Park will begin 30 minutes earlier!

- Elite 5:30 PM–7:30 PM
- Senior A 5:30 PM–7:00 PM
- Senior B 7:00 PM–8:30 PM
- Gold 7:00 PM–8:15 PM
- Silver 6:15 PM–7:15 PM
- Bronze 5:30 PM–6:15 PM

Thursday, April 13. Previously it was noted on the “Mark Your Calendars” section that we would not have practice, but due to recent OC closings we **will have practices the evening of Thursday, April 13.**

During the month of **May**, Oklahoma Christian will be closed for renovations; **all groups will practice at Mitch Park for the month of May.** We will have clinics on the following Mondays:

- May 1
- May 8
- May 15
- May 22

Jenks Aloha Meet (May 19–21) Be sure to sign up for the Jenks Aloha Meet on our team website!

Remember to register for the San Antonio team trip!



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



MARK YOUR CALENDARS



April 14–15: NO PM practices (Good Friday & Easter)

June 16-18: AESC Summer Splash

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)

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



FORBES CARLILE: MOVER DOWN UNDER (CONTINUED)

In 1963, Forbes wrote the influential swimming book *Forbes Carlile on Swimming*, published in 6 languages and reprinted 15 times, is a revolutionary book where the physiological aspects of training are discussed (Forbes is still proud of his book, but is *VERY* quick to point out that he no 50 years later renounces some of his earlier ideas). In 1964, the battle was continuing with the Australian Swimming Union, Forbes wrote a long article, *On the Australian Swimming Union*, Carlile identifies the executives of the Australian Swimming Union as “an inflexible oligarchy...whose self-satisfaction and complacency is doing Australian swimming no good.” Forbes called for the improvement of the Australian Swimming Union suggesting all important policies, decisions and selections should be made, not by men behind the scenes but be ratified by the full Conference of the Union after complete and thorough debate.” To be an agent of change one will be an outlier, heralded by some and considered a crack-pot by many. The ability to be tenaciously passionate is critical for leaders to initiate change.

When he was not making his case in the media for changes to the Australian Swimming Union, Forbes was lobbying

among his peers for changes to the ‘old suits’ of the Union through letters, petitions for changes and approaching his colleagues on the deck at meets and meetings. The voices were being heard, and at the 1962 Commonwealth Games, Talbot and Gathercole were the first professional coaches to be appointed team members. At this time, the Carliles were in Holland coaching the Dutch National Team however Forbes continued to fight until the Union agreed to open its doors and allow coaches into all its meetings and plans. Tabot and Gathercole were appointed Olympic coaches for the Australian Team which signified a large step forward in recognition of professional coaches, but they still not have a seat at the table of the Australian Swimming Union. Gallehger was appointed the coach at Mexico City (1968) while Talbot and Ursula Carlile were the coaches in Munich. 1976 Olympics was a disaster for Australia swimming with one bronze medal. In 1980, Forbes Carlile was elected by his peers for the Moscow Games, but Carlile and a number of swimmers resigned from this team because of the Afghanistan situation.

In 1977, Forbes persuaded coaches at the ASCTA Conference to sign a petition to initiate changes in the Australian Swim-

ming Union. This 18 page typed (single spaced), well-reasoned manifesto, entitled *A VIEW OF AUSTRALIAN SWIMMING: A case for making* changes outlined progress and criticisms of Australian swimming, research based best practices in other countries, and recommendations for improvements. Within the manifesto Forbes asks “How is it that in America, a swimmer could teach or coach at a country club but in Australia they are immediately dubbed professionals?” While the Union allowed professional coaches to be on deck with their athletes, they still did not have a voice in governance, that victory was not had until 1984 when the IOC changed their position in regard to professionals and Australian Swimming was forced followed suit, formally allowing professional athletes and coaches to participate. Finally, the war was over; 34 years of advocating change for professional coaches had given them a seat at the table and a voice in the assembly.