

2020 Annual Report

In our fourth year of operation, the Carlile Swimming Team has made further progress against its aim of providing our swimmers with Australia's leading environment for optimal participation, development and support.

Thank you to the Forbes and Ursula Carlile Foundation and the Foundation's Directors for their continued belief and commitment to the Carlile Swimming Team. As the major funding entity of the Carlile Swimming Team, we are grateful for the Foundation's unique support and generous assistance to help Carlile swimmers train and compete at Area, State, National and International levels.

Thank you to Rob Thorpe and Martin Rolfe for your contribution and support throughout the year. Rob and Martin have provided valuable feedback on behalf of the parent group which has been vital to our success both in and out of the water. We look forward to your continued involvement over the coming period.

Our goal with the establishment of the Carlile Swimming Team, as it was Forbes' and Ursula's, was to maintain a healthy network of Heritage Clubs working in collaboration with the Carlile Swimming Team. The Heritage Clubs complement the Carlile Swimming Team by providing a local entity to belong to, a social platform for healthy swimmer interaction, and a positive and meaningful forum for parent connection. Given the passage of time and a range of circumstances, Ryde-Carlile is the only Heritage Clubs still in existence. We look forward to continued partnership with the Ryde-Carlile club to ensure we nurture a positive environment that accommodates a variety of pathways our swimmers may wish to take – with all, ultimately, fostering a lasting enjoyment of swimming.

The 2019/20 season raised many challenges for the team to overcome including the Summer bushfires followed by the COVID-19 pandemic. The bushfires resulted in the cancellation of NSW State Open Water Championships, along with the 2020 Summer camps planned for all squads in Thredbo and the AIS in Canberra. Fortunately, both the Thredbo and AIS camp bookings were able to be rolled over, and we hope to resume the Summer Camp program in 2021.

Unfortunately, the COVID-19 pandemic meant that the National Championships, Olympic Trials and Junior State Age competitions for the 2019/20 Summer season were cancelled. To ensure the health and safety of all guests, access to the Ryde and Oakhill training facilities was also closed from late March to late June 2020.

Through this time, the sport science and support services (physiotherapy, strength and conditioning, nutrition and sport psychology), alongside our coaching staff enabled the Carlile Swimming Team to continue to support our members through the shutdown period.

The coaching staff ran regular Google Hangout online meetings with their squads. We tapped into the expertise and knowledge of our sport science team to run weekly parent and swimmer webinars, while also providing a training program for swimmers to enable them to return to training in the best possible condition. Thank you to the CST Directors for their continued support and investment in these services throughout the shutdown period.

We continued with our Testing and Screening program throughout 2019/20. This data was particularly useful to monitor how athletes handled the temporary cessation of training over the COVID closure.

The Testing and Screening program remains an important component of our program, offering quality data to our coaches and staff, in the support of the swimmers.

The 2019/20 season saw the launch of our relationship with Technical Consultants Leigh Nugent and Bill Sweetenham. Both Leigh and Bill are world class coaches and mentors, and it is a privilege for us to have them visit and work alongside our swimmers and coaches. Their support is invaluable as we work to provide the best possible environment for success.

During the October school holidays, an in-house camp was held for the National Performance Squad at Macquarie University. The camp included long course training, yoga sessions, a presentation from Melissa Wu (Olympic/World Championship diver) and a presentation from Bill Sweetenham to the swimmers.

In addition to the usual club race nights held at Oakhill College, this season saw the implementation of the Carlile Swimming Team Twilight Meets held at Macquarie University in December and February. These were very well attended and provided valuable racing opportunities for both our junior and more senior age group swimmers. These meets were followed by dinner and a social activity nearby for parents, swimmers, and technical officials.

In October 2019, the difficult decision was made to close the Carlile Swimming competitive squads based at the Narrabeen Academy of Sport. This resulted in a decrease in membership for the Carlile Swimming Team over the 2019/20 period in comparison to 2018/19.

The membership of the Carlile Swimming Team was consistent through the period with a total membership of 248 members, made up of 176 swimming members, 68 non-swimming members and four Life Members. The 2019/20 membership period also saw the ongoing implementation of Swim Central by Swimming Australia and Swimming NSW. Swim Central is a whole of sport membership and administration platform, that provides for the utilisation of the system across meet entries and an enhanced results database.

Thank you to our tremendous coaching staff for the strength of their drive, passion and skill in working with our swimmers as they strive to reach their goals and follow their dreams. Thank you also to the parents, friends and supporters of our members. Your support and assistance enable our swimmers to train, compete and enjoy our sport. Your help is very much appreciated.

We congratulate the following swimmers selected on State and National teams/squads:

SAL Youth Transition Squad

Se-Bom Lee

SNSW Gold Performance Squad

Se-Bom Lee

SNSW Silver Performance Squad

Edward Marks, Francesca Fitzhenry

SNSW Bronze Performance Squad

Jeremy Lagonilla, Mia Rolfe

SNSW Sharks Gold Squad

Robert Thorpe, Isabella Johnson

Best wishes to all as we move into our fifth year!

Tim Ford

On behalf of the Carlile Foundation Board