

## 2021 Annual Report

The Carlile Swimming Team has made considerable progress with its aim of providing our swimmers with Australia's leading environment for optimal participation, development, and support throughout our fifth year of operation.

We extend our thanks and appreciation 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 Martin Rolfe for your contribution and support throughout the year. Martin has provided valuable input and feedback to ensure our success both in and out of the water.

As the world continues to navigate through the uncertainty of the COVID-19 pandemic, the swimming community was forced to evolve and adapt traditional practices to ensure our athletes had the opportunity to compete. Swim meets operated under very different circumstances to what we were accustomed to, including the introduction of self-marshalling to all meets (from district through to National Championships), dedicated and restricted swimmers seating, ticketing and mask wearing.

We were incredibly fortunate that most meets over the course of the 2020/21 Summer season went ahead as planned, with the exception of State and National Open Water that were postponed due to COVID-19 outbreaks. For the first time in two years, our swimmers finally had the chance to compete against the country's best athletes at the National Championships in April 2021. Plenty of lessons were gained from this experience; for many it was not only their first National competition but was also held at an outdoor facility. Just a few months later history was made, with Se-Bom Lee qualifying for the Tokyo Olympics – the first Carlile athlete to do so in 20 years. Se-Bom's selection was even more remarkable when seen in the context of a shoulder injury that he had to manage in the months leading up to the Olympic Trials. To overcome this setback took both determination and belief – congratulations to Se-Bom and coach Misha Payne on a fantastic achievement.

Unfortunately, the 2021 Winter season didn't run quite so smoothly, with another COVID-19 outbreak locking down Greater Sydney from the end of June. This forced the cancellation of most short course competitions, including the Metropolitan, State and National Championships. To ensure the health and safety of all guests and in line with Government restrictions, access to our Ryde training facility was also closed from late June until the time of writing.

The timing of the lockdown also coincided with several coach appointments and staffing changes. In May we formally announced the appointment of Chris Nesbit to lead the high-performance program at Carlile Swimming. We are thrilled to welcome a coach of Chris' calibre to our program and expect him to commence on pool deck with us towards the end

of this year. In July 2021, we virtually welcomed Danny Marshall to lead the Age Performance Squad & Adam Mallett to assist the High Performance Squad. Our coaching team was further enhanced with the appointment of Michaela Pattinson to guide the National Performance Squad from August 2021. The appointments are a positive step forward as we strive to build a program, culture and swimmers that will re-establish Carlile as a force in competitive swimming across Australia and the world.

Along with several exciting coach appointments, we finalised and secured the longest ever lease to operate at the world class Ryde Aquatic Leisure Centre, which includes an increase in lane space for our competitive squads. We are also in the final stages of reaching an agreement with Macquarie University in which we are hoping to acquire access to additional lane space for some of our senior squads.

Throughout the lockdown period our coaching staff worked closely with our service team to support our members. With guidance from our strength & conditioning and physiotherapy team, we held online dryland sessions to maintain the swimmer's physical fitness. We arranged webinars for both swimmers and parents with our CST sport psychologist and kept our members engaged and connected through quiz challenges, cooking challenges, social catchups, and an Olympic Games challenge.

We continued with our Testing and Screening program throughout 2020/21. This data will prove particularly useful when we monitor how the athletes handled the temporary cessation of training over the COVID-19 closure. Work placement students from Sydney University assisted with this data collection, providing valuable insight into performance tests and physiological measures relating to swimming and their course of study.

The difficult decision was once again made to cancel our 2021 Summer Camps planned for all squads in Thredbo and Nelson Bay due to a COVID-19 outbreak. While our swimmers and staff were eager for these to go ahead, it would have been inappropriate for us to go against Government advice and risk transmitting the disease to regional areas in NSW. We are hoping to resume our Summer Camp program in 2022 at the AIS and Thredbo.

In addition to the usual Friday Night Races held at Ryde Aquatic Centre, we continued to run our CST Twilight Meets at Macquarie University. These were held on an as needed basis, for race practice and to gain qualifying times in preparation for major meets. We continue to develop a strong partnership with Wests Illawarra Aquatic Swim Club by giving swimmers from both clubs the opportunity to compete at interclub meets. Our JPS & APS squads thoroughly enjoyed the WIAQ Twilight Meet that was held at the McKeon's Swim Centre in May this year. We thank both Ryde Carlile and Wests Illawarra for their partnership and support.

The membership of the Carlile Swimming Team declined through the period, primarily due to the loss of swimmers associated with the forced termination of our lease at Oakhill College. The Carlile Swimming Team currently has a total of 73 active members comprised of 47 swimming members, 23 non-swimming members and 3 Life Members. Midway through the membership period and prior to the commencement of the short course season, CST transferred from Swimming Metro North East to Swimming Metro North West. This allowed

us to align our area affiliation with the geographic location of the coaching program at Ryde Aquatic Centre and aligned the competitive activities of CST with that of the Ryde Carlile Swimming Club, which is an affiliate of the Metro North West area.

As in past years, we have appreciated the constructive relationship with the Ryde Carlile club and look forward to continued partnership 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.

We extend a huge thanks to our coaching staff for their contribution and efforts during a challenging and trying year. Your unwavering commitment to the program and our swimmers is greatly appreciated.

Thank you also to the parents, friends and supporters of our members. Your ongoing support allows our swimmers to train, compete and enjoy our sport.

Finally, we congratulate the following swimmers that were selected on State and National teams/squads:

**2020 Australian Olympic Team**

Se-Bom Lee

**2021 Australian Junior Team**

Olivia Wunsch

**NSW Flippers Squad**

Se-Bom Lee

Edward Marks

Olivia Wunsch

**NSW Performance Squad**

Francesca Fitzhenry

**NSW Open Water Performance Squad**

Tayla Martin

**NSW Para Potential Squad**

Chloe Osborn

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

Tim Ford

**On behalf of the Carlile Foundation Board**