

2022 Annual Report

The Carlile Swimming Team has seen remarkable progress towards its aim of providing our swimmers with Australia's leading environment for optimal participation, development, and support despite another COVID-19 lockdown across Greater Sydney.

While Sydney was subjected to a second COVID-19 lockdown lasting over 100 days, we welcomed several key staff members to the team. Both Adam Mallett and Danny Marshall relocated to Sydney in July 2021, with Adam guiding our senior athletes and Danny taking on our Age Performance Squad. Michaela Pattinson commenced with Carlile in August 2021 to coach the National Performance Squad on a permanent basis. We introduced the coaches to our swimmer and parent body through virtual meet and greets, online catchups and dry land training sessions. These were well received and proved particularly beneficial in allowing the swimmers to maintain their fitness levels, strength and mobility while also providing some structure to their day. A number of lockdown challenges were created to keep the swimmers engaged and connected, including quiz challenges, cooking challenges and an Olympic Games challenge. We appreciate the commitment, enthusiasm, and professionalism our coaches showed during what was a challenging time for all.

Carlile's newly appointed Head Coach, Chris Nesbit, officially commenced with us in January 2022. Chris has brought a wealth of knowledge and experience to Carlile and has already implemented some positive changes to the program from a culture and high-performance perspective. We recruited four swimmers from Chris' program on the Gold Coast down to Sydney, including 2020 Tokyo Olympians Kai Edwards and Maddy Gough. After only six months at the program, Chris was able to guide Se-Bom Lee to qualify for the World Championships and Commonwealth Games in the 200m and 400m Individual Medley and he was appointed as a team coach for the Games in Birmingham.

Chris places significant importance on the learning and development of his staff, with professional development opportunities forming a key component of the program. Throughout 2022, Jodi had the opportunity to visit the TSS and Nudgee College programs in Queensland, Adam visited the Nunawading program in Victoria and Gina was provided the opportunity to attend a sports science course in Canberra. Our female staff members are fortunate to be undertaking a leadership course with former international cricketer Belinda Clark – we are excited to work with someone of Belinda's expertise and high-performance experience.

The impact of our newly assembled coaching team, and the hard work and dedication of our swimmers, was evident in improved results at State and National Championship events. Carlile finished 4th overall at the NSW Senior State Age Championships in 2022, compared to 10th in 2021. Our ranking at a National Age level also improved dramatically, finishing 23rd in 2022 compared to 43rd in 2021. Our junior swimmers from Ryde Carlile also excelled at the NSW Junior State Age Championships, progressing from 9th in 2021 to 3rd in 2022.

Our squad program has grown considerably to a point where many squads are almost at capacity. To help us manage the increasing number of swimmers within the squads, we introduced attendance and performance requirements during the 2022 Short Course season. We also renamed the squads to Rays (formerly JPS), Piranhas (formerly APS), Crocs (formerly NPS) and Seniors (formerly YPS). The expansion of our squad program has equated to a growth in membership numbers. The membership of the Carlile Swimming Team has advanced to 108 active members comprised of 80 swimming members, 25 non-swimming members and 3 life members.

Competitive Program staff have worked thoughtfully to strengthen relationships with our Carlile swim schools since returning from the 2021 lockdown. We are collaborating closely with Operation Managers from all swim school facilities, especially those at Five Dock, Cross Street, Carlingford, and Lane Cove West with the introduction of the Otters Squad. This has seen eligible swimmers from local pools relocate their lessons to Ryde with the aim of beginning and exposing them to the competitive pathway at an earlier age. In addition to this, we are in regular communication with Kim Purnell and Paige Oliver who have done an admirable job guiding the PTS swimmers at Killarney Heights. We have provided these talented swimmers the opportunity to attend Rays Squad training sessions and compete at Friday Night Races.

The Carlile Swimming Team rolled out a new uniform at the beginning of the 2021/22 membership season. We introduced a new club polo shirt and shorts that were a modern, navy design and consistent with Carlile swim schools' uniform range. We are very appreciative of the help and support of Gary Gabriel from Dynasty Sport and look forward to working with him well into the future. We are also currently working with Speedo Australia on some new club swim caps and hope to have these available by the beginning of the 2022/23 long course season.

Our partnership and lease with the Ryde Aquatic Leisure Centre (RALC) continues to provide swimmers with valuable access to a 50m indoor competition pool, wide and deep lane space and international standard competition starting blocks. We are highly appreciative of the staff at RALC who work tirelessly to ensure our training requests are met. Our agreement with Macquarie University began in November 2021 which provided additional lane space for some of our senior squads. The senior swimmers also complete their Strength & Conditioning program at Macquarie University with gym facilities all housed onsite. We look forward to continuing to work with both the Ryde Aquatic Leisure Centre and Macquarie University in years to come.

Strength and conditioning remains an integral part of our squad training program. Dean McNamara and his team at Sydney Sports & Exercise Physiology continue to deliver the gym program for our senior athletes at Macquarie University. We have also welcomed Tamika Kosasih from Virtus Movement to provide strength and conditioning services for our age-group swimmers. These are delivered in the concrete outside area at Ryde Aquatic Centre, with all required equipment stored on site. We are currently in discussions with Ryde Council regarding construction of our own gym and office based at the pool.

Through our ongoing relationship with Sydney University Sport and Exercise Science program we've had four placement students work with Gina over the course of the past year, gaining experience as well as the successful completion of our second Intern, Josh Wooldridge at the end of 2021. Josh was our first Intern to combine his internship alongside an Honours Degree within the Carlile Competitive Program. The project was entitled: *The Effect of Kick Plate Position and Anthropometric Characteristics on Block Start Performance in Junior Swimmers* and was completed from a retrospective data collection during the 2021 COVID lockdown. Despite this, Josh achieved a First-Class Honours mark. His supervisors were Dr Gina Sacilotto (Carlile) as well as Dr Allan Fu, Dr Chris Papic, and Professor Ross Sanders (Sydney University).

Exciting development has continued using the Carlile Smartabase platform as our athlete data management system. We have built an innovative coach prescription and session data form and are able to better capture and present athlete data through weekly log sheets. Work has also commenced on moving across our strength and conditioning prescription from TeamBuildr to Smartabase to streamline our data capturing. Moving all our data capture, analysis, and presentation dashboards into Smartabase has allowed our program to have complete control and creativity when it comes to collecting valuable information for our coaches and athletes. Gina wishes to thank Maddie from Smartabase for her assistance so far this year.

Since returning from the lockdown, we have drilled down on some expenditure items in the budget, namely areas relating to sports science where services can be provided by NSWIS. We no longer utilise the TeamBuildr or Commit Swimming platforms and athlete gym services are no longer delivered at Next Gen given our agreement and access to Macquarie University.

After a three-year hiatus, we were finally able to resume our Summer Camps in January 2022. The National Performance Squad attended a 4-day camp at Milson Island Sport and Recreation Centre, followed by a 3-day combined Age Performance Squad and Junior Performance Squad camp. Swimmers were well behaved and kept busy outside of their sessions in the pool with raft building, archery, bush walks, trivia, and a movie night. The senior swimmers attended a two-week training camp on the Sunshine Coast in March which unfortunately didn't go quite to plan, with several swimmers testing positive and forced into isolation with COVID.

We continue to work with the Ryde Carlile Swimming Club to streamline our junior and senior performance pathways. The club have done a tremendous job to support the development of our junior athletes, providing them with the opportunity to regularly race at Friday Night Races and travel to camps.

We extend our thanks to the coaching team and staff who, despite the challenges of the past 12 months, have demonstrated professionalism and dedication to go above and beyond in supporting our swimmers. We would particularly like to acknowledge the passion, dedication and commitment of Sophie Taylor who provides the CST with a unique blend of administrative excellence, technical skill and broad swimming knowledge. We are a deceptively complex operation to run, and we are so fortunate to have someone as talented

as Sophie to ensure that the many different components of our organisation operate effectively and efficiently.

Thank you also to the parents, friends, and supporters of our swimmers. Your support enables our swimmers to train, compete and enjoy our sport and your help is very much appreciated.

Finally, thank you to the Forbes and Ursula Carlile Foundation and the Foundation Directors for their unwavering belief and commitment to the Carlile Swimming Team. As the major funding entity of the Carlile Swimming Team, the Foundation ensures the legacy of Forbes and Ursula Carlile will continue to live on well into the future. We are grateful for their unique support and generous assistance.

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

Swimming Australia Squads

2022 FINA World Championships

Se-Bom Lee

2022 Australia A Team

Maddy Gough

2022 Commonwealth Games

Se-Bom Lee

Chris Nesbit (Coach)

2022 FINA Marathon Swim World Series

Kai Edwards

2022 Junior Pan Pacific Championships

Olivia Wunsch

Michaela Pattinson (Coach)

Duel in the Pool

Kai Edwards (Open Water)

Se-Bom Lee (Pool)

Swimming NSW State Squads

2022 Podium Categoricalised Athletes

Se-Bom Lee

2022 Target Squad

Ben Comer

2022 Flippers Squad

Olivia Wunsch

2022 Target Transition Squad

Abby Gibson

Gus Gyllenhammer

2022 Open Water Target Squad

Tayla Martin

Josh Kingston

Shawn Marston

Dale Rodda

Jason Yeou

Wishing continued success and best wishes as we move into our seventh year!

Tim Ford

On behalf of the Carlile Foundation Board