



## Commemorating Forbes & Ursula Carlile's Contribution to Swimming Over 50 Years

Forbes and Ursula Carlile founded the Ryde Swimming Club in 1961 at the new Ryde Swimming Centre on this site.

They are renowned in the world swimming community and have contributed greatly to the health, fitness and swimming success of the youth of the Ryde district and surrounding area.

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# **Forbes & Ursula Carlile's Contribution to Swimming**

## **Ryde**

Forbes and Ursula Carlile obtained the coaching rights at the Ryde Swimming Centre from its opening in November 1961, and formed the Ryde Swimming Club the same year.

The Carlile organisation has been there ever since, catering for the youth of the district wanting to develop swimming skills through to those aspiring to competitive success. In its 50 years Ryde Swimming Club has produced Olympic champions, world record holders and many Australian representatives and international medallists. The best known of these is Shane Gould. During its 'golden era' in the 1960s and 1970s, the name 'Ryde' was known throughout the world as being synonymous with swimming excellence.

Both are still actively involved in the coaching organisation, with Ursula still working at Ryde pool every afternoon.

## **General**

Forbes and Ursula Carlile are revered in the world swimming community. Both have been Australian team coaches on many occasions, and are life members of Swimming Australia and the Australian Swimming Coaches and Teachers Association.

They now oversee the largest learn-to-swim business in Australia and three competitive clubs, which continue to produce champion swimmers.

In addition to their success as coaches, Forbes in particular is world-renowned as one of the sport's greatest advocates, having made major contributions to the increased recognition of coaches, improved administration, the fight against drugs in sport and many other significant issues.

## **Competitive Swimming**

Forbes has coached many Australian champions and Australian team representatives. Among these were Olympic champions and medallists, and world record holders. Shane Gould is the best known of these, having won 3 gold, 1 silver and 1 bronze medals at the 1972 Olympic Games in Munich. Shane broke 11 world records in her career and at one stage held the world record in every freestyle event (100, 200, 400, 800 and 1500 metres). She also broke the 200 individual medley world record in winning this event in Munich.

1968 Olympic bronze medallist Karen Moras broke three world records over 400 and 800 metres freestyle in 1970 and 1971, and 1975 World Champion Jenny Turrall broke seven world records over 800 and 1500 metres freestyle between 1973 and 1975.

Inspired by his mentor, Sydney University Professor Frank Cotton, who was regarded as the father of sports science in Australia, Forbes was one of the first

coaches in the world to introduce science to swimming coaching. Through research, testing and experiment, he strove to understand the effects of training on the body in an attempt to use this knowledge to design training methods and provide adequately for recovery. He was also the first to use lane ropes and pace clocks in training, and, with Professor Cotton, was the first to introduce the concept of 'tapering' for major competition, now used in many sports.

Since retiring from the pool deck, Forbes has maintained his involvement in his competitive coaching programs and employed coaches that have continued to produce Australian champions and international medallists.

Forbes and Ursula have set up the Carlile Foundation, which supports highly successful Carlile competitive programs for three clubs, namely Carlile (based at Narrabeen), Ryde-Carlile and Cherrybrook Carlile.

The Carlile competitive programs still use the same mission statement Forbes adopted many years ago:

*"Our object is not to produce A champion, but to provide an atmosphere where champions are inevitable. However, swimming is a means to an end...to build self-confidence, self-discipline, integrity and courage for life."*

### **Learn-to-Swim**

While competitive swimming has been Forbes' primary passion, he has been a pioneer in the development of learn-to-swim techniques, especially in the area of baby swimming.

Forbes' learn-to-swim business has grown to the extent that Carlile Swimming now operates from eight locations in Sydney and one in Melbourne, and has commenced operations in the US. The organisation employs over 600 staff and gives over 1 million lessons per year.

In over 50 years, Carlile learn-to-swim centres have no doubt taught more Australians to swim than any other learn-to-swim school.

Forbes' guiding principle for the learn-to-swim programs is encapsulated in his motto: *"To swim well is an asset for life."*

### **Advocacy**

Forbes has become known throughout the swimming world as one of its greatest advocates, and he continues in this role to the present day.

He has always been willing to speak out for what he believes is best for his beloved sport, and been fearless and unrelenting in fighting for administrative and policy change, and the recognition of coaches; and against the use of performance-enhancing drugs, amongst many other issues.

## Australian Representatives

**We are also delighted to unveil a new honour wall with photos of our Australian Representatives**

Ryde-Carlile Swimming Club has had 22 Australian representatives, including 18 swimmers, one diver, two coaches and one manager. Many represented at more than one Olympic Games, Commonwealth Games or World Championships.

- Forbes Carlile (Coach)
- Ursula Carlile (Coach)
- John Bennett
- Sharon Booth
- Jane Comerford
- Evelyn Dill-Macky (Manager)
- Shane Gould
- Gillian de Greenlaw
- Ronald Jackson
- Paul Jarvie
- Sally Lockyer
- Karen Moras
- Jan Murphy
- Gail Neall
- Nadine Neumann
- John Pakarinen (Diver)
- Russell Phegan
- 'Buddy' Portier
- Diana Rickard
- Virginia Rickard
- Margeurite Ruygrok
- Jenny Turrall

All apart from Nadine Neumann who was finalist in 200 BS 1996 OG, and Manager Evelyn Dill-Macky, represented Australia in what was a golden era for the club between 1962 and 1976.

The Club has had representatives at 15 major international swimming meets, including 7 OGs, 5 CGs and 3 WCs. Swimmers have represented at 11 of these meets, including 5 OGs, 4 CGs and 2 WCs.

The Club has also had members represent other countries; with Roger van Hamburg representing Holland in the 1972 OGs, and Jimmy Carter representing Scotland.