

APRIL 2026 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of April?

Nationals 2026 — Sydney

Margaret River & Belmont Oasis Come & Try

Thank You, Volunteers

Celebrating Our Community

Nationals 2026 — Sydney

April saw our community travel east in full force, with all 5 WA clubs making the journey to Sydney for the Australian National Artistic Swimming Championships. It was a proud moment watching our state represented so strongly on the national stage.

The effort and commitment our athletes have shown throughout the season was on full display. Every performance reflected the hours of training, the early mornings and the dedication that goes into this sport. Coaches, supporters and families all played their part too, and it showed.

A big thank you to Artistic Swimming NSW for putting on such a well-run competition and for making the whole WA contingent feel so welcome. And the news everyone is excited about — Nationals comes to Perth next year! We can't wait to host the country. ❤️



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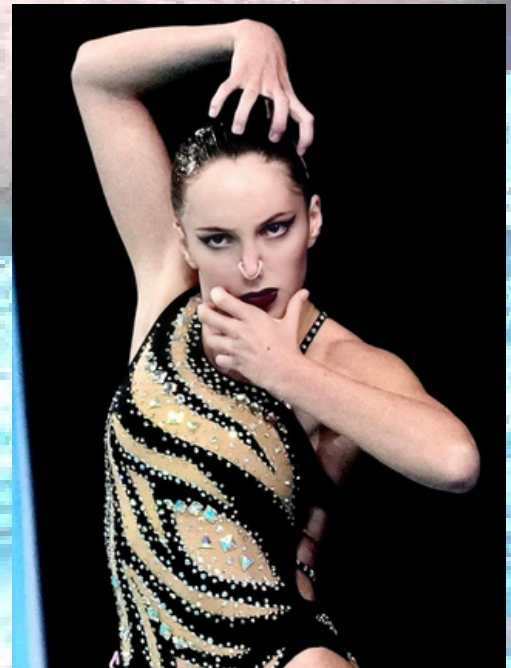
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Growing Our Sport

April was a busy and exciting month for growing our sport, with Come and Try sessions running in both Margaret River and Belmont.

The Margaret River Recreation Centre welcomed a wonderful group of new swimmers over the weekend of the 11th and 12th, with so many people giving artistic swimming a go for the first time. The energy and enthusiasm in the water was fantastic to see.

Over in Belmont, Swan River Sirens hosted a brilliant Come and Try afternoon on 23 April. New faces, big smiles and plenty of fun in the water made it a wonderful session. Thank you to everyone who came along and gave it a go. We hope to see you back in the pool very soon! 💙



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Maragret River AquaStART!

We are excited to officially introduce our AquaStART program in Margaret River, continuing to expand our reach across the South West region.

This term, we are thrilled to have 4 new beginner members getting started in the program; a fantastic foundation as we grow the local community. Leading the program is our new coach, Bec, an experienced aquatic instructor with a strong background in both swimming and surfing. She is now taking on the exciting challenge of sharing artistic swimming with the Margaret River community, and we look forward to seeing the program flourish under her guidance.



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Thank You, Volunteers ❤️

This April and into May, we are celebrating the incredible volunteers who make Artistic Swimming WA everything it is. From the competition floor to the poolside and everything in between, our volunteers give their time, energy and heart to this sport and we are so grateful for every single one of you.

To say thank you properly, we are hosting a special Volunteer Celebration on 23 May. More details will be coming soon, so keep an eye out! We hope to see you there. ❤️



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Celebrating Our Community

Crunch and Move — Coming in May!

Our partners at Crunch&Sip are bringing their popular Crunch & Move event to WA primary schools throughout the month of May, and it is completely free to join in!

The program encourages students to eat more veggies and get moving every day throughout the month. It is a great initiative for our younger athletes and their schools to get behind.

Visit the Crunch&Sip website or reach out to crunchandsip@cancerwa.asn.au to register your school.



Aiming to get WA primary school aged children crunching on veggies and moving their bodies every day in May.

What it's about

Crunch & Move encourages students to crunch on veggies and move their bodies more every day in MAY!

Our annual **Crunch & Move** event has become a much-loved month for students. Taking time to refresh and refuel helps them reset and stay focused for longer, making Crunch & Move the perfect **brain break**.

Register your school or classroom today to receive a resource pack filled with calendar cards, stickers, movement moment prompts, daily brain break motivators and so much more!

CRUNCH

Students stop and refuel with **veggies** every day for the month of may.

MOVE

Students pause from classwork and pick a **movement moment** to refresh and refocus between tasks.

Taking regular brain breaks helps students perform at their best. Crunch & Move aims to encourage students to take a break, refuel and refresh across the day.

Vegetables for **Crunch&Move** are provided daily by parents in the same way as Crunch&Sip.

Want more information? Contact Crunch&Sip via [email](mailto:crunchandsip@cancerwa.asn.au) or phone 08 9212 4333



Celebrating Our Community

Fried Rice

DAIRY FREE

NUT FREE

VEGETARIAN



Prep: 10 mins



Cook: 15 mins



Serves: 6

1 cup brown or basmati rice (uncooked)

2 sprays olive or canola oil spray

2 large egg

1 tsp sesame oil

1 large onion, chopped

1 medium capsicum, chopped

1 large carrot, chopped

2 cups cabbage, chopped

1 cup frozen peas

1 cup frozen corn kernel

1 cup bean sprouts

2 spring onions (including green tops)

3 tbs salt-reduced soy sauce, (or tamari)

1 tbs oyster sauce



Method

1. Cook rice following packet directions drain and cool completely.
2. Lightly spray a heated pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside.
3. Lightly spray the same pan with oil and cook onion until golden. Add capsicum, carrot, cabbage, peas, corn, bean shoots and spring onions. Cover and toss well for several minutes. Add rice extra, teaspoon of oil and sauces. Stir until sauces have mixed through. Fold in sliced omelette. Serve hot.

2 serves of vegies in each serving of this recipe.

More Recipes at <https://www.crunchandsip.com.au/recipes>

WHAT'S ON IN MAY...?



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**CRUNCH & MOVE
ALL OF MAY - FREE FOR WA PRIMARY
SCHOOLS**

**VOLUNTEER CELEBRATION
23RD MAY**

**AQUASTART TERM 2
MARGARET RIVER RECREATION
CENTRE**

**GOLDFIELDS - SPIRIT CARNIVAL IN
COLLABORATION WITH ROYAL LIFE
SAVING WA**

**SEASON DIRECTIVE - TO BE RELEASED
4 MAY**

Thank you to our Sponsors and Partners for their Continued Support of Artistic Swimming in WA



Artistic Swimming WA

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Crunch&Sip

HANCOCK PROSPECTING



GOVERNMENT OF WESTERN AUSTRALIA



Partners



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VENUES WEST

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SPORT WEST