

AUGUST 2025 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of August?

- Youth World Championships
- High Performance Camp
- First Building Blocks session of the season
- Sports Integrity Workshop

WA Athletes Represent at Youth World Championships

Five WA athletes Isabella, Yolanda, Maya, Leslie and Charlotte proudly represented Australia at the Youth World Championships in Athens. Facing the best young artistic swimmers from around the world, they showed incredible determination, resilience and teamwork, leaving their mark on the international stage.

We could not be prouder of the way they carried both Australia and Western Australia throughout the competition. This milestone is an important step in their journey, and a true inspiration for the next generation of athletes in our community.



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High Performance Camp

From August 1st to 3rd, our High Performance athletes came together at the Perth HPC for the first camp of the season. Led by High Performance Coaches Amie and Bene, the camp provided athletes with an intensive training environment designed to sharpen skills, build strength, and set the tone for the season ahead.

Across the three days, athletes focused on refining technique, increasing endurance, and strengthening team dynamics in and out of the pool. Beyond the water sessions, the group also enjoyed a fun twist on team bonding with a line dancing session that had everyone laughing, moving, and connecting in a new way. It was the perfect reminder that team spirit and enjoyment are just as important as hard work and discipline.

We are proud of the effort and energy shown by all athletes who attended and look forward to seeing this momentum carry into the season.



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First Building Blocks of the Season

On August 17th, Artistic Swimming WA kicked off the 2024/25 season with the first Building Blocks session at the Perth HPC, welcoming athletes from across Western Australia.

The Building Blocks program is designed to nurture the next generation of artistic swimmers, offering opportunities to refine skills, build confidence, and develop their abilities. With athletes attending from a variety of WA clubs, the session also provided a fantastic chance for connection, collaboration, and shared learning.

The inaugural session set a strong foundation for the season ahead, with athletes showing great energy, enthusiasm, and commitment throughout the day. Bene and Eden led the session, with coaches from West Coast Splash, South West Kwilena, and Southern Swans in attendance, supporting the athletes and helping create an inspiring training environment.

We look forward to seeing how the Building Blocks program continues to support and motivate our young athletes as they work towards their future goals.



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Strengthening Child Safe Environments in Aquatic Sport

At Artistic Swimming WA, we are proud to stand alongside our fellow aquatic sports — Swimming WA, Royal Life Saving Society WA, Diving WA, Water Polo Western Australia, and Masters Swimming WA — in partnering with the Department of Creative Industries, Tourism and Sport and Sport Integrity Australia to deliver safeguarding training for our Board, leadership teams, and staff.

This initiative reflects our proactive commitment to the National Principles for Child Safe Organisations, ensuring that safeguarding and integrity education remain central to everything we do across artistic swimming and the wider aquatic community in Western Australia.

By participating in these workshops, our staff and Board are strengthening their knowledge and capability to create safer environments for children, young people, and all participants. This training reinforces our shared values of integrity, inclusion, and respect, and underlines our dedication to placing the safety and wellbeing of our athletes at the heart of our organisation.

A special thank you to Mathew, Wendy, and Helen from Sport Integrity Australia for their expertise and support in guiding this important work.



WHAT'S ON IN SEPTEMBER...?



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WA

CELEBRATING 20 YEARS OF CRUNCH&SIP

- 5TH SEPTEMBER
FIGURES COMPETITION
- 7TH SEPTEMBER - PERTH HPC
RLSWA COME& TRY
- 13TH SEPTEMBER - PERTH HPC
2025 ASWA AWARDS EVENING
- 19TH SEPTEMBER - THE LEFT BANK
LEILANI WORKSHOP
- 20TH SEPTEMBER - ONLINE
BUILDING BLOCKS
- 21ST SEPTEMBER - PERTH HPC



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