

# FEBRUARY 2025 NEWSLETTER



Artistic  
Swimming  
WA

## What's been happening in the month of February?

- Crunch & Sip Come and Try Events
- High Performance Camp
- Bene's regional visit
- Supanova Relaunch Day

## Crunch & Sip Come and Try Sessions Make a Splash Across WA!



On Sunday, 2nd February 2025, we hosted a fantastic Crunch&Sip Come & Try session at Craigie Leisure Centre. The sun was shining, the water was perfect, and everyone had a wonderful time, enjoying every moment with big smiles and lots of laughter.

From trying new moves to experiencing the beauty of artistic swimming, the energy in the pool was amazing. It was great to see so much enthusiasm and excitement throughout the session.

A huge thank you to Camille for making everything run smoothly and to Crunch&Sip for their continued support in promoting an active and healthy lifestyle.

We're already looking forward to the next one and to welcoming even more people into the world of artistic swimming!



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## WA High Performance Squad - February Training Camp

In February, the WA High Performance Squad went all in for an intense three-day training camp at the HPC Stadium in Perth, focusing on refining technical skills and perfecting national team routines. It was a weekend of hard work, with athletes putting in countless hours to sharpen their acrobatic skills, an essential part of artistic swimming.

A huge shoutout to Aldo, who has been working online with WA Artistic Swimming, providing invaluable technical feedback to help take their performance to the next level.

This camp wasn't just about improving technique, it was about building resilience, mental toughness, and getting competition-ready. WA's top athletes are stepping up, determined to show their full potential on the national stage.





## Successful Artistic Swimming Promotion in Coorow

From February 20-22, there was a successful trip to Coorow to promote artistic swimming in Western Australia, focusing on engaging local communities and coaches. In partnership with Royal Life Saving, the initiative aimed to introduce the sport to new areas and provide education on its fundamentals.

During the visit, the team hosted a "Come and Try" event, inviting local children to experience the excitement of artistic swimming. The event was a great success, sparking enthusiasm among young participants. Additionally, the trip included collaborations with local schools to integrate artistic swimming into their programs.

Local coaches participated in specialised educational sessions designed to enhance their understanding of the discipline and its techniques. The trip also identified promising opportunities for future collaborations to grow the sport in the region. Follow-up efforts with interested individuals and ongoing support will be key to further developing artistic swimming in Coorow and the wider Western Australia area.





## SupaNova Relaunch Day

On Sunday, 9th February, SupaNova hosted its Relaunch Day, an exciting morning filled with fun, smiles, and positive energy. People of all ages came together to enjoy a day full of activities and celebrations.

The event began with four different Come & Try sessions, giving participants the chance to experience artistic swimming for the first time. After the sessions, a BBQ was held, offering a perfect chance to relax and mingle with new friends.

An inspiring speech from the club highlighted their achievements and future goals. One of the day's most memorable moments was the photo signing with Olympic swimmers, allowing attendees to meet these incredible athletes and take home a special souvenir.

To close the day, the club display was a stunning showcase of talent, leaving the audience in awe of the swimmers' dedication and skill. The event was a massive success, an unforgettable day that will surely help SupaNova grow and thrive. It was a day full of great memories, and they can't wait to host more exciting events in the future!



# WHAT'S ON IN MARCH...?



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## JENNY GRAY COACHES AND JUDGES WORKSHOP

- 16TH OF MARCH - ROYAL LIFE SAVING SOCIETY

## GIORGIO MINISINI COACHES WORKSHOP

- 31ST OF MARCH - ROYAL LIFE SAVING SOCIETY

## 2025 CRUNCH&SIP WA STATE TITLES AND WESTRALASIAN CUP

- 29TH AND 30TH MARCH - PERTH HPC

## THE RISING STARS HOUR

- 29TH MARCH AT 3PM - PERTH HPC



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



Artistic Swimming WA

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