



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

- **Building blocks session 5**
- **Crunch&Sip Come and Trys**
- **Leilani Workshop**
- **We All Swim Together Disability Day**

### Building Blocks Session 5

Our final Building Blocks session for this series took place on 18 January and was a fantastic way to wrap up a very successful program. The session brought together athletes eager to continue developing their fundamental artistic swimming skills, confidence and love for the sport in a supportive and encouraging environment. It was wonderful to see the progress made across the series, with swimmers growing not only in their technique and strength but also in their teamwork and enjoyment in the water.

Building Blocks has played an important role in strengthening our athlete pathway, helping to establish strong foundations for our younger swimmers and those new to the sport. Each session has contributed to building confidence, refining core skills and fostering a positive team culture that will support athletes as they continue their artistic swimming journey.

A big thank you to Eden for running this final session and for her support in delivering such a positive and engaging experience for our athletes. We also extend our sincere thanks to Bene for coordinating the Building Blocks series and ensuring the program ran so smoothly from start to finish. Their combined efforts have made this series a wonderful success for our developing athletes.

We are incredibly proud of all swimmers who participated and look forward to seeing them continue to grow and thrive in the pool. Thank you to everyone who supported the Building Blocks program – we can't wait to see what the next series brings.

# JANUARY 2026 NEWSLETTER



Artistic  
Swimming  
WA

## January Holidays Crunch&Sip Come and Trys

Our January and summer holiday Crunch & Sip Come & Try sessions were a fantastic success, welcoming many new and returning faces to the pool to experience the fun and creativity of artistic swimming. These sessions provided a wonderful opportunity for athletes to try something new, build confidence in the water and connect with others in a supportive and energetic environment.

Across the holiday period, the pool was filled with enthusiasm as participants learned basic skills, explored movements to music and discovered what makes artistic swimming such a unique and exciting sport. It was especially encouraging to see so many young athletes stepping out of their comfort zones, making new friends and finishing each session with big smiles and a sense of achievement.

These Come & Try sessions play an important role in growing our artistic swimming community and creating accessible entry points for new athletes. The positive feedback received from participants and families highlights just how valuable these opportunities are for introducing the sport in a fun, welcoming and inclusive way.

A heartfelt thank you to all of the coaches and clubs who generously gave their time and energy to support these sessions throughout January. Your passion, teamwork and commitment ensured that each Come & Try was well organised, engaging and enjoyable for everyone involved. The collaboration across our clubs continues to strengthen our community and create positive experiences for new and developing athletes.

We are incredibly proud of the success of our summer Crunch & Sip Come & Try series and look forward to welcoming even more new swimmers into our sport throughout the year.





## Leilani Worksoop

On Saturday 31st, we were pleased to host our third workshop with Leilani Torres OLY, bringing together coaches from across our community for an engaging afternoon of learning and development. The session focused on exploring master difficulty charts, understanding how to complete coach cards effectively and gaining clarity around tricky elements and acro codes — all designed to build confidence and support coaches in creating stronger, smarter routines for their athletes.

The workshop provided a valuable opportunity for coaches to collaborate, ask questions and continue developing their knowledge in a supportive environment. Opportunities like these play an important role in strengthening our coaching pathway and ensuring athletes receive the best possible guidance as they progress through the sport.

Thank you to all the coaches who participated and contributed to such a positive and productive session. We extend a special thank you to Leilani Torres OLY for delivering another fantastic workshop and for sharing her expertise, experience and passion with our coaching community.

The screenshot shows a Zoom meeting interface with a presentation slide. The slide features a photograph of a swimmer performing a T9 element (a handstand) in a pool. The text on the slide is as follows:

*T9's focus on Obvious*  
QUICK VIEW

For angles be aware of:

- Completely Straight
- Lower than 45 degrees or near the surface
- If a rotation is included it has to be maintained all the way through

For Height be aware of:

- Knight - above the knee - (be aware of splashes)
- For ascent A3b - above the knee
- T9's - at the waist



## **We all Swim Together Disability Day!**

We were delighted to celebrate International Day of People with Disability (IDPwD) 2025 with a special inclusive Come & Try artistic swimming session, proudly sponsored by Developmental Disability WA. The event brought together people of all ages and abilities for a fun, welcoming and supportive experience in the pool, highlighting the importance of inclusion and accessibility in sport.

Open to beginners, confident swimmers and anyone curious to try something creative and new, the session focused on participation, confidence and enjoyment. With the support of our dedicated coaches, adapted activities and an encouraging environment, participants were able to explore artistic swimming at their own pace while building skills and connections in the water.

It was wonderful to see so many smiles, new experiences and a strong sense of community throughout the session. Events like this demonstrate the power of sport to bring people together and create opportunities for everyone to feel included and valued.

A heartfelt thank you to Developmental Disability WA for proudly sponsoring this event and supporting inclusive opportunities within our sport. We also extend our sincere thanks to our coaches and volunteers whose time, care and enthusiasm helped make the session such a positive and memorable experience for all involved.



## Crunch&Sip Recipes!

Here are some fun and easy recipes for your kids to enjoy!

### Chocolate Zucchini Muffins

#### Ingredients

spray olive or canola oil spray

---

1/2 cup brown sugar

---

1/2 cup cocoa powder

---

1/2 tsp baking powder

---

1/2 tsp Baking soda (bicarbonate)

---

1 cup plain flour

---

1 cup wholemeal plain flour

---

3 eggs

---

200 mL reduced-fat plain yoghurt

---

2 tsp vanilla extract

---

3 tbs canola oil

---

2 cups zucchini, grated

---

1/2 cup sultanas

#### Method

1. Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.
2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, bicarb and flours, returning husks from the sieve to the bowl.
3. Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.
4. Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

### Egg Bites

#### Ingredients

4 eggs

---

1/2 cup low-fat cottage cheese

---

1 pinch salt, optional

---

sprinkle cheese, grated

#### Method

1. Preheat oven to 160°C fan forced (or 180°C conventional). Use a silicone muffin tray, silicone muffin liners or patty pan liners. Eggs really stick to metal tins (even well-greased).
2. Whisk or blend eggs, cottage cheese and salt (if using) together. Blending gives a slightly lighter and more consistent texture.
3. Put 1-2 tablespoon of fillings of choice in each patty pan. Top with egg mixture. Leave a little space as they will puff up in the oven. Sprinkle with cheese, if using.
4. Bake for 10 - 15 minutes (based on using ¼ cup volume silicone muffin liners). Don't overcook! It's ok if there's a little runniness just on top – this will keep cooking out of the oven. They will also sink as they cool.

**Storage instructions:** These will keep in the fridge for about 4 days.

**Freezing instructions:** These freeze well and can be placed frozen in the lunchbox to defrost.

# WHAT'S ON IN FEBRUARY...?



Artistic  
Swimming  
WA

## YOUTH MASTERCLASS

- PERTH HPC - 7<sup>TH</sup>

## PARENT ENGAGEMENT SESSION

- ONLINE - 7<sup>TH</sup>

## MUSIC PRACTICE

- PERTH HPC - 8<sup>TH</sup>

## ROUTINE & FIGURES COMPETITION

- PERTH HPC - 21<sup>ST</sup> & 22<sup>ND</sup>



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



Artistic Swimming WA

Sponsors

Crunch&Sip

HANCOCK PROSPECTING



GOVERNMENT OF WESTERN AUSTRALIA



Partners



ROYAL LIFE SAVING WESTERN AUSTRALIA

wais

VENUES WEST

BRIGHTSIDE LIVE

audio visual events



SPORT WEST