

JULY 2025 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of July?

- New Team Members
- School Holiday Crunch&Sip Come and Trys
- Academy Trials
- Youth Camp at the AIS

Welcoming our New Team Members



Eden Worsley
DEVELOPMENT OFFICER



Josie Tomic
REGIONAL AND SCHOOLS
DEVELOPMENT OFFICER

We're pleased to welcome two new team members to Artistic Swimming WA.

Eden Worsley joins us from New Zealand as our Development Officer. Eden brings a strong background in artistic swimming and grassroots program delivery, and will be focused on supporting the growth of artistic swimming across the state.

Josie Tomic, a former Australian Track Cyclist and Olympian, has joined the team as our Regional and School Development Officer. With extensive experience in elite sport and youth engagement, Josie will lead our efforts in expanding artistic swimming into schools and regional communities.

We're excited to have them both on board and look forward to the valuable contributions they will bring to the sport.

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July School Holidays Crunch&Sip Come & Try Sessions

This term we had some really successful Come & Try sessions, with 86 participants, including 27 from regional areas!

We ran sessions in Craigie, Beatty Park, Scarborough, Claremont, Riverton, Cockburn, Booragoon, Fremantle, Belmont Oasis, Bunbury, Donnybrook, Mandurah and Rockingham.

The swimmers really enjoyed the sessions and gave their best in the water, we were super impressed with the level of some of them! And we were very happy to see 4 boys joining in this time too.

Term 4 is just around the corner, and with the good weather coming back, we're planning more sessions, we hope to see even more kids, more fun and more smiles in the pool!

Huge thanks to all the clubs for their help and support, and also to Crunch&Sip for the awesome caps!



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Academy Trials 2025 at Perth HPC

On Saturday, 20th July, Artistic Swimming WA held its Academy Trials at the Perth High Performance Centre, welcoming 10 & Under and 12 & Under athletes from clubs across the state.

The ASWA Academy Program is designed to support the development of young, aspiring artistic swimmers by offering additional training opportunities and skill development pathways outside of their club environments.

Athletes were assessed by experienced coaches Bene and Amie across a variety of land-based and water-based skills. The trials aimed to identify athletes with strong technical foundations, athletic potential, and a commitment to progressing within the sport.

We are excited to announce that nine athletes have been selected for the 2024/25 ASWA Academy Program. This is a fantastic achievement and an important step forward in their artistic swimming journey.

Congratulations to all who trialled — your effort, enthusiasm, and passion for the sport were truly impressive. We look forward to seeing the successful athletes continue to grow and thrive in the Academy environment.



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Youth Camp at the Australian Institute of Sport (AIS)

Over the recent school holidays, 14 of Australia's top youth artistic swimmers gathered at the Australian Institute of Sport (AIS) for a 10-day national training camp — their final lead-in to the Youth World Championships, to be held in Greece at the end of August.

Athletes from across the country came together to continue refining their Team and Free Combination (Combo) routines, with final athlete selections for each made at the conclusion of the camp. The camp marked a pivotal moment in their preparation for international competition.

The program was supported by Bene, ASWA High Performance Coach, who provided expert guidance throughout the camp. Bene's leadership and technical insight have been instrumental in helping the athletes progress and perform at their best.

In addition to their routine training, the athletes participated in acrobatic gymnastics sessions in collaboration with ACT Acrobatics — a long-standing partnership that has been part of their development since January last year. These sessions continue to enhance essential skills such as strength, elevation, and body control.

The 10-day camp focused not only on refining performance but also on building team unity, confidence, and competition readiness. With just a few weeks to go, the athletes are entering their final phase of preparation before heading to Greece.



WHAT'S ON IN AUGUST...?



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HIGH PERFORMANCE CAMP

- 1ST - 3RD AUGUST - PERTH HPC
- ## SENIORS COME AND TRY
- 8TH AUGUST - BUNBURY
- ## SPORTS INTEGRITY WORKSHOP
- 15TH AUGUST - ROYAL LIFE
- ## SAVING BUILDING BLOCKS
- 17TH AUGUST - PERTH HPC



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