

JUNE 2025 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of June?

- **New Season Directive Now Available**
- **Crunch&Sip Come and Trys**
- **New State Stream Structure**
- **Healthway Promotion**
- **High Performance Trials**

New Season Directive Now Available!

We're excited to share that the 2025–26 Season Directive is now live and available to view on our website!

This document outlines everything you need to know to prepare for the upcoming season — including key dates, competition structure, program updates, and development opportunities across the state. Whether you're an athlete, coach, official, or club administrator, this directive will help guide your planning for a successful season ahead.

We encourage all members and stakeholders to read the directive thoroughly and reach out with any questions.

Let's make this season our strongest yet!

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Strong Start for Crunch&Sip Come & Try Sessions — More to Come This July!

The first few Crunch&Sip Come & Try sessions at Cockburn, Claremont, Scarborough, and Craigie have been a fantastic success, with young swimmers diving in to experience the fun and creativity of artistic swimming.

Across each location, enthusiastic participants gave it their all — learning new skills, building water confidence, and getting a taste of what it's like to be part of a club. Coaches and volunteers have been thrilled by the energy, curiosity, and teamwork shown by every child who took part.

These sessions also promoted the Crunch&Sip message, encouraging all athletes to stay fuelled with fruit or veggies and water throughout their activities — a healthy habit that supports both wellbeing and performance.

If you missed the first round, don't worry — we have more Come & Try sessions running across the July school holidays, with spots still available in Fremantle, Rockingham, Bunbury, and Donnybrook.

Whether your child is new to the water or already confident in the pool, these fun, friendly sessions are a great way to give artistic swimming a go.



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New State Stream Structure

Artistic Swimming WA is excited to roll out a new, ability-based State Stream structure for the 2025–26 season. Moving away from age-based divisions, the updated structure is designed to better support athlete development and create fairer, more meaningful competition experiences across all levels.

The new format introduces two distinct streams: Aqua Basics and AquaPro.

These categories align with the newly implemented ASWA Star Skills framework, a tiered assessment system that allows athletes to progress through clearly defined stages based on technical skill and readiness.

Aqua Basics is aimed at athletes working through Star Skills Levels 1 to 5. This stream focuses on building fundamental abilities, water confidence, and basic routine participation. Judging in Aqua Basics centres on effort, participation, and execution of simplified figures. Coach-led routines are permitted, creating a supportive environment for younger or less experienced swimmers.

AquaPro, designed for athletes working through Star Skills Levels 6 to 9, emphasises greater technical refinement, independent routine design, and preparation for national competition. Athletes in this stream will perform full figures and routines, with judging based on technical accuracy and overall performance quality.

Progression between Aqua Basics and AquaPro will be guided by athletes' performance in Star Skill Testing Days and judge recommendations. This flexible, skill-based approach ensures that athletes can develop at their own pace, regardless of age, while still being appropriately challenged.

The full 2025–26 Star Testing calendar and figure competition schedules for both streams are now available on the ASWA website, along with detailed explanations of the skill levels and competition formats.

This shift represents a major step forward in aligning artistic swimming in WA with best practices in athlete development and competition. By focusing on ability rather than age, ASWA aims to nurture confident, technically sound athletes who can enjoy long-term success and enjoyment in the sport.

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Healthway Promotion

Artistic Swimming WA is proud to continue our partnership with Healthway to promote healthy lifestyles and positive wellbeing across all our affiliated clubs throughout Western Australia.

As part of this collaboration, all clubs are actively supporting the Crunch&Sip message, encouraging athletes to refuel with fresh fruit or vegetables and rehydrate with water during training and competition. This simple habit supports both physical performance and long-term health, particularly for our younger swimmers developing good routines early.

The Healthway promotion has been embedded into the culture of our sport statewide — with coaches reinforcing healthy snack choices, clubs providing education materials, and athletes setting a strong example for their peers.

You'll see the Crunch&Sip message promoted at Come and Try sessions, training venues, and in club communications, reinforcing the importance of nutrition and hydration in artistic swimming. It's all part of ASWA's commitment to supporting the whole athlete — in and out of the water.

We thank Healthway for their continued support and look forward to another season of building strong, healthy, and confident athletes across Western Australia.



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High Performance Trials Held at Perth HPC

On Saturday afternoon, the Perth High Performance Centre (HPC) hosted trials for Artistic Swimming WA's 2025 High Performance program — bringing together some of the state's most talented and driven athletes.

The trials offered a valuable opportunity for swimmers to showcase their skills, strength, and artistic ability in front of experienced coaches and selectors. Athletes were assessed across a range of technical elements, physical conditioning benchmarks, and routine execution, all designed to identify those ready to take the next step in their high-performance journey.

The atmosphere was one of determination and support, with athletes pushing their limits and cheering each other on. It was inspiring to see such a high level of commitment and potential across all age groups.

Successful athletes will be invited to join the 2025 High Performance Squad, where they'll receive advanced coaching, strength and conditioning support, and preparation for national and international competition opportunities.

A huge thank you to our coaches, selectors, and support staff who made the afternoon run so smoothly, and to all the athletes who came prepared to give it their best.

We look forward to announcing the 2025 High Performance Squad in the coming weeks.



WHAT'S ON IN JULY...?



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CRUNCH&SIP COME AND TRYS

- BEATTY PARK – 3RD JULY AT 4:30 PM
- FREMANTLE – 6TH JULY AT 9 AM
- BELMONT OASIS - 6TH JULY AT 12PM
- BOORAGOON - 6TH JULY AT 1PM
- RIVERTON – 7TH JULY AT 10 AM
- BUNBURY– 10TH JULY AT 11AM
- DONNYBROOK = 10TH JULY AT 1PM
- MANDURAH - 15TH JULY AT 9:30AM
- ROCKINGHAM - 15TH JULY AY 11:30AM



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