

MARCH 2026 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of March?

- Westralasian Cup & Gala Hour 2026
- Jenny Gray Visit
- Boddington Regional Program
- Celebrating our Community

Westralasian Cup & Gala Hour 2026

What a weekend to remember! The Westralasian Cup & State Titles 2026 at Perth HPC on March 21-22 was a spectacular celebration of artistic swimming and the Bannister Downs Gala Hour on Sunday 22 March was its shining centrepiece.

The international highlights were breathtaking Mikako, Atsushi and Aika from Japan dazzled with four stunning performances across Men's Solo, Women's Solo, Trio and Mixed Duet, while the Philippines Trio brought infectious energy and flair that had the whole crowd cheering. Our WA clubs shone just as brightly Southern Swans, West Coast Splash South West Kwilena and Supanova each brought skill, heart and community pride to the pool.

One of the most moving moments of the entire weekend was our Adaptive Routine. A truly special performance from our incredible athletes who took to the water with courage, joy and undeniable grace. They reminded every single person in that building why this sport is so special, and we are so incredibly proud of each and every one of them.



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Jenny Gray Visit

What an incredible contribution Jenny Gray made during her time in WA! Jenny served as our Referee for the Westralasian Cup and State Titles, ran two judges development workshops, and led a combined coaches and athletes workshop.

Away from competition, Jenny's impact was just as significant. Alongside world-class guests Mayuko Fujiki and Anna Nepotacheva, she worked directly with our High Performance athletes in sessions full of technical refinement, artistry and elite-level insight. She also visited and trained with our clubs and generously gave her time to our visiting Philippines athletes — a truly wonderful investment in the wider Westralasian community.

We are so incredibly grateful to Jenny, for her warmth, expertise and passion. The ripple effects of this visit will be felt throughout our community for a long time to come.



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Regional Outreach

Closer to home, our Development Officer Eden made a wonderful trip out to Boddington this month as part of a regional initiative in collaboration with Royal Life Saving WA and Water Polo WA. Regional kids had the fantastic opportunity to explore artistic swimming alongside water polo and essential lifesaving skills — a truly well-rounded day of water sport!

We are so proud to be part of programs that bring our sport to new communities and inspire the next generation of water athletes. Thank you to Royal Life Saving WA and Water Polo WA for welcoming us, and a huge thank you to Eden for making the journey and sharing her passion.



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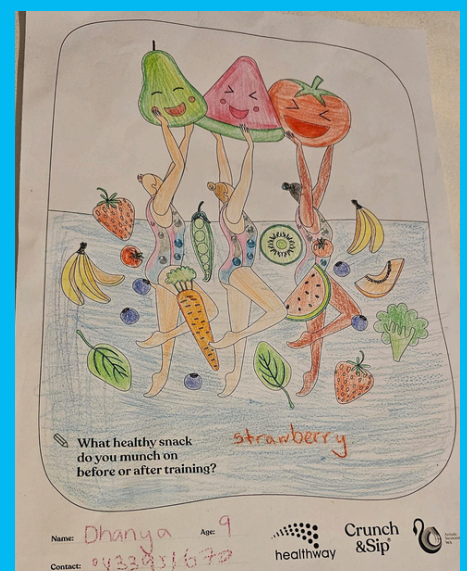
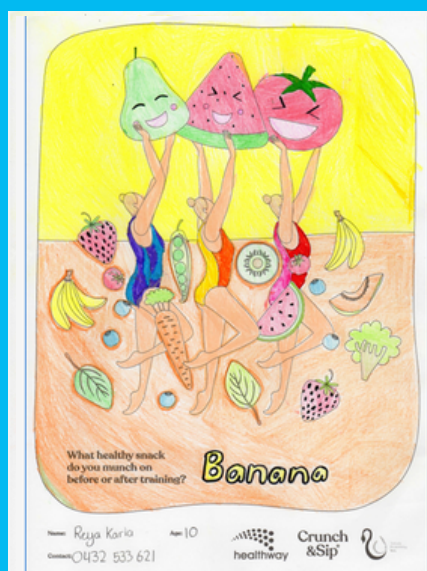
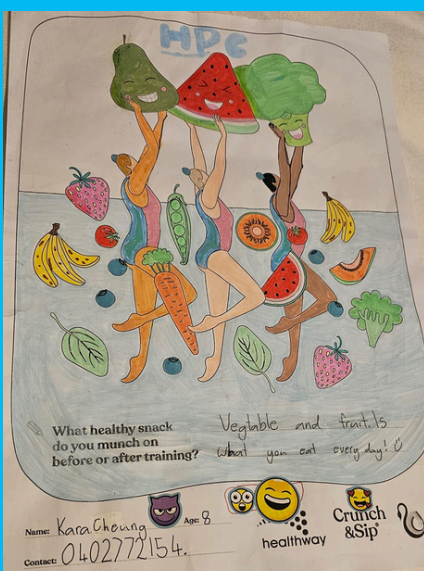
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Celebrating Our Community

Crunch&Sip Colouring competition

Congratulations to the winners of the Crunch & Sip Colouring Competition.

- Reya from Swan River Sirens
- Kara from SupaNova
- Dhanya from West Coast Splash





Celebrating Our Community

Ingredients

olive or canola oil spray

2 cups wholemeal self-raising flour

2 tsp ground cinnamon

1/4 tsp salt

1/2 cup brown sugar

1 cup ripe banana, mashed

1-1 1/2 cups Greek or natural yoghurt

1 tsp vanilla extract

2 eggs

1/4 cup linseeds

Banana Split Muffins



Method

1. Preheat the oven to 180C fan forced (or 200C conventional). Grease a 12 hole muffin tin.
2. Mix the flour, cinnamon, salt and sugar in a large mixing bowl.
3. In a measuring jug, measure 1 cup mashed banana and 1 cup yoghurt. Add the vanilla extract and eggs and mix well.
4. Gently stir in the wet mixture to the dry mixture. Less stirring is better! Depending on your choice of yoghurt and your bananas, you might need to add a bit more to get the right texture. You're looking for a thick batter that will still fall off the spoon. When it's nearly mixed, add linseeds.
5. Spoon mixture into the muffin tray.
6. Bake for 20-25 minutes, until a skewer poked into the middle comes out clean. Let cool on a rack.

Storage: Best eaten on the same day they're baked. Store in an air-tight container at room temperature. They freeze very well. Let defrost in the lunchbox or 30 sec in the microwave.

Looking for other flavours?

Check out our [Peachy Keen](#) and [Pumpkin Spice](#) varieties.

More Recipes at <https://www.crunchandsip.com.au/recipes>

WHAT'S ON IN APRIL...?



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NATIONALS - SYDNEY

- 14TH TO 19TH

MARGARET RIVER COME AND TRIES

- 11TH AND 12TH

EASTER HOLIDAY



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