

# MAY 2026 NEWSLETTER



Artistic  
Swimming  
WA

**May was a big one - here's your full wrap-up!**

**Star Testing - Bunbury Road Trip**

**Celebrating our Volunteers**

**Goldfields Spirit Carnival**

**Kalgoorlie Instructor Course & Come and Try**

**Season Directive Launch**

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**State Meeting Recap**



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## Star Testing — Bunbury Road Trip



This month, Eden and Suzie made the trip down to Bunbury to assist with Star testing at South West Kwilena Club. The Star Testing is a huge part of our development pathway and an important step for athletes working through their skill progressions. Thank you to Clair and all the swimmers and their parents. It's always wonderful to see our community showing up for each other, and Eden and Suzie's dedication to supporting athletes outside of Perth is a brilliant example of what makes ASWA so special. More Star assessments are coming up, so watch this space!



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## Celebrating our Volunteers



May was a month of giving back to the people who give so much to us. ASWA was proud to host a Volunteer Morning Tea on 23 May. Thank you to Volunteering WA and Lotterywest for making our morning tea possible. Events like this don't happen without the support of organisations who believe in the power of community, and we are so grateful for their generosity and commitment to recognising volunteers across WA.

Our own volunteers were also recognised at the SportWest Volunteer Breakfast — a wonderful acknowledgement of the incredible work done behind the scenes across our sport.

During National Volunteer Week, we celebrated some of our incredible community members:

★ Abigail (South West Kwilena, Bunbury) — At just 16, Abi stepped up as assistant coach for her club's newest members. Six months in and already making a real difference!

★ Emma-Mae (President, SupaNova) — Building club policies, coach development and a community where every athlete, parent and volunteer feels they belong.

★ Swan River Sirens Parent Committee — Tara, Lauren, Oa, Lissette, Calvin, Cara, Tony and Luke — the backbone of the Sirens from day one.

From poolside support to admin, event coordination to coaching assistance — our volunteers are the heart of artistic swimming in WA. Thank you, from the bottom of our hearts. 💙



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National 18-24 MAY 2026  
**Volunteer**  
YOUR YEAR TO VOLUNTEER **Week**

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## Season Directive Launch



May marked an exciting milestone with the official launch of our Season Directive. This is the guiding document that sets the direction for the season ahead. This is a key piece of work that helps our clubs, coaches and athletes plan and align, and we're thrilled to have it out in the community.

If you haven't had a chance to read through it yet, make sure you do — there's plenty to look forward to this season!

Read the Season Directive here - [2026-2027 Season Directive](#)



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## Goldfields Spirit Carnival — 157 Students!



It was a privilege to join Royal Life Saving Society WA for another amazing Regional Spirit Carnival, here in the Goldfields! Thank you for including us in your endeavours.

We had an incredible 157 students participate across the event, with many trying Artistic Swimming for the very first time — and they absolutely loved it! From learning basic skills to experiencing the creativity, teamwork and fun of the sport, it was amazing to see so many smiling faces and enthusiastic kids in the water throughout the day.

A huge thank you to everyone involved in making the event such a success. We are so excited to continue growing Artistic Swimming opportunities throughout regional WA and sharing our amazing sport with even more communities! ✨



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## Kalgoorlie — Instructor Course & Come and Try



ASWA also headed up to Kalgoorlie to run an Instructor Course alongside three Come and Try sessions. The kids absolutely loved getting involved straight after their swimming lessons, bringing so much energy and enthusiasm to every session.

We're excited to share that we're hoping to have classes up and running in Kalgoorlie from Term 3 — and we can't wait to be back poolside with everyone again soon!

A huge congratulations to our two new qualified instructors, and a big thank you to the local community for making us feel so welcome. See you again soon, Kalgoorlie! ❤️



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## Key Competition Dates 26/27



Get these dates in your calendar — it's going to be a big season!



 27 Sep 2026 — Figures Competition | HPC

 17 Oct 2026 — Figures Competition | Regional TBC

 21-22 Nov 2026 — Figures/Routine Competition | HPC

 20-21 Feb 2027 — Figures/Routine Competition | HPC

 27-28 Mar 2027 — State Titles | HPC

 19-24 Apr 2027 — National Championships | HPC

Full details are available in the Season Directive. We can't wait to see everyone poolside for another incredible season! ❤️





## Toasted Breakfast Bars

DAIRY FREE

EGG FREE

VEGETARIAN



Prep: 5 mins



Cook: 45 mins



Serves: 8



### Ingredients

2 ripe bananas

1 tsp vanilla extract

1 tsp ground cinnamon

1 1/3 cups untoasted muesli

2/3 cup bran sticks (e.g. Allbran™)

### Method

1. Preheat oven to 180°C (160°C fan forced). Line base and sides of a 20 x 20cm cake tin with baking paper.
2. Mash bananas and vanilla in a medium bowl with a fork. Add remaining ingredients and mix until well combined.
3. Spoon mixture into prepared tin, smoothing the surface to an even thickness. Bake for 20 minutes until golden, remove from oven and allow to cool in tin for 5 minutes. Cut into 8 pieces then return to the oven and bake for a further 20 minutes to crisp up. Once cool to touch, allow bars to cool completely on a wire rack.
4. Before serving, place in a toaster to reheat and crisp up.

### Variations

Replace muesli with 1 cup rolled oats and 1/3 cup dried fruit such as cranberries, currants, sultanas or chopped dates, figs or apricots. Include a tablespoon of chia seeds or chopped nuts. Vary the flavour with a teaspoon of almond essence.

### Nutrition information

	per serving	per 100g
Energy	554 kJ	881 kJ
Protein	3.5 g	5.5 g
Fat, total	3.4 g	5.4 g
— saturated	0.6 g	1 g
Carbohydrate	19.9 g	31.7 g
— sugars	9 g	14.2 g
Sodium	24 mg	39 mg
Fibre	4.5 g	7.1 g

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

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## State Meeting Recap

**Our State Meeting was held in May, bringing together key stakeholders from across the ASWA community. It was a productive and positive session, with important discussions around the season ahead and the continued growth of artistic swimming in WA.**

**Thank you to everyone who attended and contributed — your input helps shape the future of our sport. 💙**





## EYES ON JUNE

### Pre-Season Kicks Off

June marks the start of pre-season – a great opportunity to get back in the water and reconnect with your club. Check with your club for training times and details.

### Further Star Assessments

More Star assessment opportunities are coming up for athletes working through their development pathway. Keep an eye on the ASWA socials and your club communications for dates.

### Key Competition Dates – 26/27 Season

The season is coming! Make sure you've got the full competition calendar in your diary. Check out page 8 of this newsletter for all the key dates.



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