

NOVEMBER 2025 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of November?

- ASWA AGM
- Regional Spirit Carnivals!
- Building Blocks Session No. 4
- First Routine and Figures Competition of the season
- HP Camp

Artistic Swimming WA AGM

Following the successful first Routine and Figures Competition of the season on 22 November, Artistic Swimming WA held its Annual General Meeting, bringing together members, coaches, volunteers, and supporters from across the community.

A key highlight of the AGM was the unveiling of the 2025–2030 Strategic Plan, outlining our vision for growth, development, and long-term sustainability in artistic swimming across Western Australia. The new plan focuses on strengthening athlete pathways, enhancing coach and official development, expanding community engagement, and elevating the overall profile of our sport.

We extend a warm thank you to everyone who attended, contributed to the discussions, and continues to support our organisation. Your commitment helps us shape a vibrant and inspiring future for artistic swimming in WA.

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Regional Spirit Carnivals with Royal Life Saving!

This month, Artistic Swimming WA had the incredible opportunity to collaborate with Royal Life Saving WA for two Spirit Carnivals in the North. We were in Port Hedland on the 6th of November and Halls Creek on the 27th. Both events were a huge success!

It was truly inspiring to see so many young people getting involved, having fun, and engaging with a sport that was completely new to many of them. The energy, enthusiasm, and willingness to give artistic swimming a go made both carnivals unforgettable.

We're so proud of the fantastic outcomes from these visits and look forward to continuing our partnership with Royal Life Saving WA to bring more opportunities like this to regional communities.



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Building Blocks Session No. 4

On 16 November, young athletes from across all WA clubs came together at the Perth HPC for Building Blocks No. 4, and once again the turnout was nothing short of fantastic. The energy, enthusiasm, and dedication shown by our developing swimmers continues to impress and inspire.

This session focused on refining the essential fundamentals that underpin strong artistic swimming. Athletes spent time improving their sculling technique, ensuring they build precision, control, and confidence in the water. Coaches also guided swimmers through the foundational mechanics of ballet legs and barracudas, reinforcing the importance of solid basics before progressing to more advanced skills.

The commitment displayed by these young athletes shows great promise for the season ahead and for the future of our sport in Western Australia. A big thank you to our coaches, volunteers, and the Perth HPC for supporting another successful development session.

We can't wait to see everyone back for the next Building Blocks program!



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First Figures and Routine Competition on the season!

The first Routine and Figures Competition of the season, held on 22–23 November at the Perth HPC, was a wonderful success and an exciting showcase of the hard work happening across all our WA clubs. Over two days, athletes demonstrated impressive skill, teamwork, and creativity as they unveiled the routines they've been building in the early part of the season. It was inspiring to see such polished performances this early on, with outstanding results across every age group.

Thanks to the collaborative efforts of our community, the event ran smoothly from start to finish. A heartfelt thank you goes out to our dedicated judges, hardworking volunteers, and the ASWA staff, whose professionalism and support ensured a seamless and enjoyable competition environment.

The event set a positive tone for the season ahead, and we look forward to watching our athletes continue to grow, refine, and shine. Congratulations to everyone involved on a fantastic start to the year!



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High Performance Camp

Over the final weekend of November, the Perth HPC was buzzing with energy as our Junior and Youth athletes came together for an inspiring High Performance (HP) Camp. The atmosphere was filled with focus, determination, and enthusiasm as swimmers worked intensively to elevate their skills.

Junior athletes concentrated on technical team work, sharpening their synchronisation, precision, and performance quality. Meanwhile, our Youth athletes dedicated their sessions to refining figures and essential technique, building confidence and consistency in the foundations that drive strong results throughout the season.

It was fantastic to witness the progress made over just a few days. The commitment, effort, and positive attitude shown by every athlete reflected their passion for growth and excellence.

A heartfelt thank you goes to Bene and Amie, whose leadership, expertise, and motivation ensured another highly successful HP Camp. Their guidance continues to help shape the next generation of high-performing artistic swimmers in WA.

We are incredibly proud of all our athletes and look forward to seeing these improvements shine in upcoming competitions!



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Crunch&Sip Recipes!

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

Fake Baked Loaded Sweet Potato

Ingredients

- 4 sweet potatoes
- 1 cup reduced-fat mozzarella cheese, grated
- 300 g cooked or BBQ chicken breast, sliced or shredded
- 250 g cherry tomatoes, halved
- 1 cup basil leaves
- to taste pepper

Variations

Top with other salad ingredients such as baby spinach leaves, microwaved sliced red onion, canned corn kernels or beans, sliced red capsicum, mushrooms or spring onions. Add drained artichokes, olives, sundried tomatoes, roasted pepper strips or other chargrilled vegetables. Top with dried chilli flakes or chopped red chilli for some heat. Replace basil with fresh coriander leaves and sprinkle yoghurt with ground cumin or paprika for a Mexican-style flavour.

Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.
2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes, turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle halves with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and black pepper and serve.

Blueberry Pikelets

Ingredients

- 1 cup wholemeal self-raising flour
- 1/2 tsp baking powder
- 1 tbs sugar
- 1/2 tsp vinegar
- 1 cup reduced-fat milk
- 1 tsp vanilla extract
- 200 g blueberries, washed
- olive oil

Variations

Can be dairy-free if using a plant based milk.

Make gluten free by swapping the flour for a self-raising gluten free variety and using a gluten free baking powder (available in the baking section of major supermarkets).

Method

1. Mix dry ingredients in a bowl.
2. Mix wet ingredients in a jug.
3. Use a whisk to gradually mix the wet ingredients into the dry.
4. Heat a little oil in a large frypan.
5. Use a large spoon or small measuring cup to pour equal sized dollops of batter into the pan. Drop about 8 blueberries in each pikelet.
6. Cook on a medium heat for 2-3 minutes, until you see bubbles come to the surface and the bottom is golden brown. Flip and cook on the other side for another 2-3 minutes. Repeat till all pikelets are cooked.

Storage instructions: As these are 100% wholemeal flour, they are best eaten on day of cooking. But they freeze really well and defrost quickly in the lunchbox or microwave.

Freezing instructions: Lay pikelets in a single layer on a plate or tray and freeze solid. Then transfer to a sealed bag or container.

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

WHAT'S ON IN DECEMBER...?



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WE ALL SWIM TOGETHER DISABILITY DAY

- BEATTY PARK - 6TH

BUILDING BLOCKS

- PERTH HPC - 7TH

CRUNCH&SIP COME AND TRY

- PERTH HPC - 14TH

OFFICE CLOSURE DATES

- 22ND TO 5TH



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