

OCTOBER 2025 NEWSLETTER



Artistic
Swimming
WA

What's been happening in the month of October?

- School Holiday Crunch&Sip Come and Trys
- First Regional Figures Competition
- Building Blocks Session No. 3
- Crown Towers Display
- HP Camp

School Holiday Crunch&Sip Come and Trys

Over the last school holidays, Artistic Swimming WA hosted a series of Crunch&Sip Come and Try sessions across Perth and the Peel region — and what a fantastic turnout we had!

From Riverton Leisureplex and Belmont Oasis to Scarborough Pool, LeisureFit Booragoon, Mandurah MARC, Rockingham AquaJetty, and Bold Park Aquatic, young swimmers had the chance to dive in and experience the fun, fitness, and creativity of artistic swimming.

It was wonderful to see so many enthusiastic new faces giving our sport a go and discovering the strength, teamwork, and joy that come with it. A big thank you to our coaches and volunteers who helped make each session a success, and to Crunch&Sip for supporting this initiative to keep kids active and healthy!



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Our First Regional Competition!

On Sunday, October 19th, Artistic Swimming WA held its first regional competition at the Mandurah Aquatic and Recreation Centre, marking a wonderful milestone for our growing community. The event brought together athletes from across Western Australia — with participants representing all our metropolitan clubs, as well as our regional teams from Bunbury, Mandurah, and Rockingham.

The competition focused on figures, giving athletes of all ages and levels the opportunity to showcase their technical skill, strength, and precision in a supportive and encouraging environment. It was inspiring to see such a strong turnout and the enthusiasm from every swimmer, coach, and supporter who made the trip to be part of this exciting day.

A special thank you goes to the Southern Swans for hosting the event so beautifully, and to all the volunteers, judges, coaches, and parents whose time, effort, and passion made the day such a success. Events like these simply wouldn't be possible without the dedication of our wonderful community.

Despite the cloudy weather, spirits were high throughout the day. Spectators were treated to some spectacular displays, including routines from the Senior National Team solo and duet, which highlighted the athleticism and artistry at the top level of our sport. The Southern Swans recreational swimmers also delighted the crowd with a fun and creative performance, showcasing the joy and inclusivity that artistic swimming brings.

Overall, the first regional competition was a fantastic success — a testament to the growth of artistic swimming across Western Australia and the strength of our regional programs. We can't wait to see this momentum continue as we head toward future events!



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Building Blocks Session No. 3

On Sunday, October 12th, we held our third Building Blocks session, bringing together our developing athletes for another fantastic day of learning and skill-building. This session focused on one of the most important aspects of artistic swimming — transitions with music, including tempo, counts, and musicality.

Athletes worked both in the water and on land, refining their routine skills and gaining a deeper understanding of how to connect movements smoothly and purposefully. The session placed a strong emphasis on extension, body alignment, and agility, helping swimmers enhance their performance quality and flow between elements.

It was wonderful to see the athletes' focus and enthusiasm throughout the day, as they challenged themselves to match precision with expression — an essential part of artistic swimming's unique blend of sport and art.

A huge thank you to our dedicated coaches for guiding the session and sharing their expertise, and to all the athletes for their hard work and positive energy. Each Building Blocks session continues to show just how much growth and development is happening across our community!



Athletes Display at Crown Towers!

On Wednesday evening, our athletes had the incredible opportunity to showcase their routines at the final gala event held at Crown Towers Perth, part of the prestigious ATEC Meeting Place 2025 — a major tourism-industry conference bringing together more than 500 national and international delegates.

Our athletes brought energy, artistry and precision to the stage — representing us with pride and demonstrating what it means to be part of the Artistic Swimming WA community. Their routines lit up the evening and beautifully complemented the sophisticated setting of the gala venue.

A huge thank you goes to everyone who made this moment possible: our athletes for their tremendous effort, the coaches and support staff for their planning and guidance, and the parents and volunteers whose support behind the scenes enabled this success.

We're proud of our team's presence and representation last night — it was a wonderful showcase of our sport's grace, strength and teamwork on a big stage.



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High Performance Camp

Over the weekend, our High Performance athletes came together for another focused and productive High Performance Camp, led by Amie and Bene, who once again delivered an inspiring and well-structured program.

The camp built on key foundations of technical precision, consistency, and control across all skill levels. The Youth Squad worked on refining figures and foundational elements, while the Junior Squad focused on routine refinement and synchronization in preparation for the Junior National Team Camp in Canberra this December.

Athletes also took part in land-based training to strengthen endurance, flexibility, and overall conditioning — supporting their in-water performance.

It was a fantastic weekend of hard work, learning, and team spirit. A big thank you to Bene and Amie for another excellent camp and for continuing to guide and inspire our athletes.





Crunch&Sip Recipes!

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

Banana & Passionfruit With Chocolate Slice

Ingredients

1 420 g can no-added-salt cannellini or butter beans, drained and rinsed

2 eggs

40 g canola oil

2 tsp vanilla essence

2 tbs cocoa powder

1/2 cup rolled oats

1/2 cup brown sugar

1/2 tsp baking powder

1/3 cup dark chocolate, chopped

1 cup low-fat vanilla yoghurt, to serve

5 bananas, sliced

170 g passionfruit, to serve

Method

1. Preheat oven to 160C
2. Combine the cannellini beans, eggs, oil and vanilla in a food processor until smooth
3. Add the cocoa, rolled oats, brown sugar and baking powder and blitz again until smooth
4. Stir in the chopped chocolate and spoon the mixture into a 20cm square baking tray lined with baking paper
5. Bake for 25-30 minutes
6. Allow to cool in the tin
7. Cut the slice into 18 pieces and serve each slice with 2 banana slices, a scoop of vanilla yoghurt and a scoop of passionfruit pulp
8. Keep chilled in the fridge until ready to serve

Frozen Fruit Sorbet

Ingredients

440 g can crushed pineapple in natural juice, frozen

Variations

Banana sorbet: Blend 3 ripe bananas (frozen)

Blueberry sorbet: Blend 1 cup blueberries (frozen), 1 ripe banana (frozen) plus 2 tbsps low-fat milk

Mango sorbet: Blend the flesh of 1 mango (frozen), plus the juice of 1 lime

Tropical sorbet: Blend half a 440g can of crushed pineapple in natural juice (frozen), plus 1 ripe banana (frozen) plus the pulp of 1 passion fruit

Method

1. Preheat oven to 160C
2. Combine the cannellini beans, eggs, oil and vanilla in a food processor until smooth
3. Add the cocoa, rolled oats, brown sugar and baking powder and blitz again until smooth
4. Stir in the chopped chocolate and spoon the mixture into a 20cm square baking tray lined with baking paper
5. Bake for 25-30 minutes
6. Allow to cool in the tin
7. Cut the slice into 18 pieces and serve each slice with 2 banana slices, a scoop of vanilla yoghurt and a scoop of passionfruit pulp
8. Keep chilled in the fridge until ready to serve

WHAT'S ON IN NOVEMBER...?



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SPIRIT CARNIVAL

- PORT HEDLAND - 6TH

CRUNCH&SIP COME AND TRY

- KARRATHA - 7TH

SENIORS COME AND TRY

- STIRLING LEISURE - 12TH

BUILDING BLOCKS

- PERTH HPC - 16TH

ROUTINE&FIGURES COMPETITION

- PERTH HPC - 22ND TO 23RD

ASWA AGM

- RLSWA HQ - 22ND

SPIRIT CARNIVAL

- KUNUNURRA - 27TH



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