

MAY 2023 NEWSLETTER



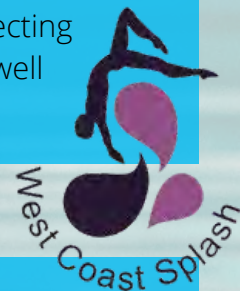
Artistic
Swimming
WA

What's been happening in the month of May?

- ASWA State & National Stream pre-season begins
- Introduction of the Star skills Program
- Dare to Care Bully Prevention workshop

Pre Season

The end of May is the beginning of pre season training for our State Stream and National Stream swimmers. After the completion of the 2023 Hancock Prospecting Artistic Swimming Australian National Championships our swimmers had a well deserved 6 week break are back and ready for the new season ahead.



AquaStar

Artistic Swimming WA is excited to announce that beginning this term, Artistic Swimming Recreational, State and National members will be guided by a new program called AquaStar.

The program aims to support the acquisition of skills in a clear progression to develop our athletes and coaches, so further improving our level of performance in WA. The AquaStar program is the thread that links together all levels in our sport, from Recreational through to High Performance.



Regional

This month, the training at our regional clubs and centers has been in full swing. In June, Camille Claudino, the Development Officer of ASWA, looks forward to visiting the regional areas to evaluate the participants progress with their star skills in June. We extend our best wishes to all!

Dare to Care Bully Prevention Workshop

The ASWA community attended the Dare to Care Bully Prevention Workshops this month. This proven and award-winning program was chosen because bullying has no borders.

These workshops provided the education, tools and support to help the ASWA community to recognise the signs of bullying and other challenging behaviours; our community is now equipped to mobilise and act against these behaviours, ensuring a safe, caring and inclusive environment for all.



A big thank you to
Lisa Dixon-Wells
for facilitating this workshop!

2023/24 SEASON


CALENDAR Artistic Swimming WA

2023



18th June	Annual Coaches Workshop
24th June	High Performance Trials
1st - 3rd July	High Performance Camp
30th July	Building Blocks Part 1
4th - 6th August	High Performance Camp
19th August	Building Blocks Part 2
TBC August	Coach Workshop - Paula Klamburg
4th - 10th Sept	High Performance Camp (Geraldton)
23rd - 25th Sept	Star Skills Testing Week
1st October	Building Blocks Part 3
8th October	Figures Competition
21st - 22nd October	High Performance Camp
25th - 26th November	Routine & Figures Competition

2024



21st January	Building Blocks Part 4
2nd-4th February	High Performance Camp
24th-25th February	Routine & Figures Comp
23-24th March	WA State Championships
2nd-6th May	Hancock Prospecting Nationals



WHAT'S ON NEXT MONTH...?



Artistic
Swimming
WA

COME & TRY'S:

- **3 JUNE**
 - Bayswater Waves at 1pm
- **17 JUNE**
 - Bunbury - Sport West Sports Centre at 10am
 - Busselton - Geographe Leisure Centre at 1pm

COACH WORKSHOP:

- **18 JUNE:**
 - Royal Life Saving WA 9am-4pm

HIGH PERFORMANCE TRIALS:

- **24 JUNE:**
 - HBF Stadium

