

# NOVEMBER 2024 NEWSLETTER



Artistic  
Swimming  
WA

## What's been happening in the month of November?

- Routines and Figures Competition
- Building Blocks to Brisbane 2032 Development Session 5
- Coaches Workshop with Anastasia Petrenko
- Seniors Have a Go Day
- Seniors Come and Try at HBF Stadium
- World Aquatics Level 1 Coaches Course

### Figures and Routines Competition at HBF Stadium

On the 23rd and 24th of November we held our Figures and Routines Competition at HBF Stadium. We had 90 athletes compete and we are so impressed with the performances we saw over such a great weekend! Congratulations to all our award winners for your outstanding achievements!



### Building Blocks to Brisbane; Development Session 5

Our 5th Building Blocks to Brisbane 2032 was held on the 17th of November where the athletes had a wonderful time developing their skills. We would like to extend a heartfelt thank you to the coaches for their unconditional support and guidance.

We're eager to keep this journey going and can't wait for the next session.



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## Coaches Workshop with Anastasia Petrenko

On the 30th of November and 1st of December, we ran an online coaches workshop with Anastasia Petrenko, which was an incredible opportunity for our coaches to learn new skills and the updated World Aquatics rules. Thank you Anastasia for working with our coaches, and thank you to Benedetta for organising such an informative workshop!



## Seniors Have a Go Day

The ASWA team attended the Have a Go Day in Burswood Park on the 13th of November, where they were able to showcase the sport of Artistic Swimming. We are so grateful for this experience and we can't wait to see the impact we can make on the Seniors community! We had 80 enthusiastic seniors sign up to give Artistic Swimming a go and we can't wait to see them shine in the pool.



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## Seniors Come and Try Event

We also held a Seniors Come and Try Event on the 16th of November, which included 6 enthusiastic women and was super fun for everyone involved. Thank you to Camille and Mai for their incredible work in the Seniors community.



## World Aquatics Level 1 Coaching Course

Some of our WA coaches travelled to the Gold Coast for the World Aquatics Level 1 Coaching Course. Thank you to Emily Rogers, Hannah Burhill, Beth Morley, Rose Stackpole, Natalia Malinowski and Eve Wakeb for taking the time to attend such a valuable course and bringing the skills back to our community! We are so excited to see how these coaching skills can be put into practice and how it will improve our swimmers skillsets. Thank you to Lilianne Grenier for running the workshop and sharing invaluable skills with our coaches

