

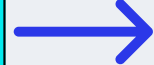
Athlete Development Pathway – Artistic Swimming WA



AquaStART Introduction to Synchro

AquaStART

- Beginner (1 hour)
- Intermediate (1:30 hours)
- Achieve star 1 and 2



AquaStART

- Advanced (1:30 hours).
- Fun sessions
- Star 3 introduction
- Display at States

Participation

State Stream State competition

- Aqua Basics 1 (Star 3)
- Aqua Basics 2 (Star 5)
- Aqua Pro 1 (Star 7)
- Aqua Pro 2 (Star 9)
- 5 hours per week

Masters

*Competitive or
Non-competitive*

- Divided by age groups
- 18+ in WA
- Reduced trainings

National Stream Competitive

- 10&under (Figures and routine)
- 12&under (Figures and routine) - 3 to 4 times per week, 2,3 hours.
- Youth (Figures and routine) - 4/5 times per week, 3 hours session.
- Junior (Technical and Free routine)- 5/6 times per week, 3,5 hours per session
- Senior (Technical and Free routine) 5/6 per week, 3,5 hours per session.

High Performance International Competition

- National team
- Intensive training
- Technical and free routines

Club Membership

AquaStART Schools program

- Aquafun.
- Aquafusion
- Aquaskills

AquaStART for Seniors

- 'Dance' in the water
- 4 to 10 sessions per term

Train to win

Train to compete

Train to improve

Learn to train

Active Awareness

