Athlete Development Pathway - Artistic Swimming WA

Artistic Swimming WA

AquaStART
Introduction to Synchro

AquaStART

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

AquaStART Schools program
- Aqua Beginner
- Aqua Intermediate
- Before School 'Synchro'

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

Club Membership

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

Train to win

Train to compete

Train to improve

Learn to train

Active Awareness