



Issue 3 May 2016

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JOB VACANCIES

Job Title: Unskilled volunteers

Time requirements: Two hours
on Sunday 22nd of May
06:00 - 8:15am or 08:15-10:30am

Location: Rotary Markets - Mel-
ville Plaza, Canning Highway

Required: Sit/stand, smile and
say thank you!

Optional: Fold out chair

SupaNova is looking for 4 morn-
ing people 16 years or over to
man a gate at the local Rotary
Market.

This is perfect for those who
have limited time availability
and/or no synchro volunteer
training to date.

Enjoy the company of a fellow
parent and perhaps a coffee
whilst earning a sizable purse
for the club.

All donations collected at your
gate are 100% profit!

To jump on this crazy easy vol-
unteer position, call Tammie on
0431 701 436 or

enforcer@iinet.net.au.

NATIONALS RESULTS

Figures

U12 Figures

1st Anneke Bak – PLC

2nd Zoe Poulis - Gold Coast Mer-
maids

3rd Anastasia Kusmawan –
Golden Fish

13-15 Figures

1st Gabby Percic – West Coast
Splash

2nd Kiera Gazzard – Sydney
Emeralds

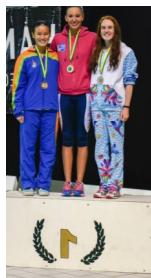
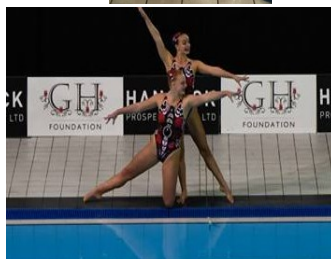
3rd Tamila Andreeva – West
Coast Splash

Junior Figures

1st Cristina Sheehan – Gold
Coast Mermaids

2nd Emily Rogers – Golden Fish

3rd Gabby Percic – West Coast
Splash



U10 Duet Display

Lucy Isbell & Jessica Galt

Level 1 StarBursts Display

Heidi Godwin, Audria Tong,

Faye Kelly, Zoe Selsmark,

Rebeka Rong, Sophia Johnson,

Lia Rafart, Bianka Albrecht.

Level 2 StarBursts Display

Ona Rafart, Ruby Ducat,

Lara Isbell, KateHoward,

Sarah L'Aiguille.



Routines

U12 Solo

1st – Zoe Poulis – Gold Coast Mer-
maids

2nd – Anneke Bak – PLC

3rd – Anastasia Kusmawan – Golden
Fish

Jnr Solo

1st – Emily Rogers – Golden Fish

2nd – Rachel Presser – Gold Coast
Mermaids

3rd – Alessandra Ho – SupaNova

U12 Duet

1st – Gold Coast Mermaids

2nd – Gold Coast Mermaids

3rd West Coast Splash

4th SupaNova – Amy / Olivia

13-15 Duet

1st West Coast Splash

2nd – West Coast Splash

3rd Gold Coast Mermaids

Jnr Duet

1st Gold Coast Mermaids

2nd SupaNova – Kazia / Hannah

3rd West Coast Splash

U12 Team

1st – Gold Coast Mermaids

2nd SupaNova – Leah, Sarah,
Anne, Holly, Meg, Olivia, Amy,
Chantelle

3rd – West Coast Splash

13-15 Team

1st West Coast Splash

2nd – SupaNova – Ksenya,
Kathryn, Charlotte, Celeste

3rd PLC



Please visit our Facebook Page to see lots more photos and Nationals News... Our website will also be coming soon.....


BOUNCE INC


BUNNINGS
warehouse

 Proudly presents the SupaNova
QUIZ NIGHT

The countdown is on to our BIG night!

 Please remember to place your pizza orders by the 11th of May.
BYO nibbles welcomed but drinks to be purchased from the bar.

 SupaNova would like to thank our many sponsors for their
contributions to our sensational prizes and silent auctions.


Mt Pleasant



Fish & Chips



BABYSITTERS AVAILABLE....

Hannah & Kazia, from our Junior team, and Coaches of the U10s would be happy to babysit for your children. They have WWC checks, First Aid qualifications, offer competitive rates and have lots of experience with children! Please call: Hannah 0449 909 002 or Kazia 0431 735 063

News from the SupaNova Coaches: National Team

It's been a pretty busy April for the National Team! We had Olympic trials at the beginning of the month, and after 3 days of trials, Danielle, Amie and I were selected for the Olympics in Rio!

On the 8th of April, we reconvened as a team of 9 and started a training camp in preparation for the Japan Open at the end of the month. Our focus was on adding and changing choreography, as well as coming together as a team. We performed our new technical routine at Nationals, and it was great to perform in front of an Aussie crowd, a rare occurrence

for us.

We flew to Japan on Anzac Day. The team was extremely excited, as this was our first international competition since the World Championships in Kazan last year. Going over to compete with our new team and 3 brand new routines,



we didn't really know what to expect. As it turned out, we came 2nd out of the international competitors in the team event. Our performances were not perfect, but this competition was still a promising start to our Olympic campaign.

At this time, the Olympic team has not yet been officially announced by the AOC. We are hoping that this will happen very soon, so watch this space!

Debbie Tsai
Junior Coach

Australian Junior National Team



Kazia, Hannah and I placed in the top 12 in Junior figures at Nationals so we were successful in gaining selection into the Australian Junior National Team. From the swimmers that were selected into the Junior

National Team 7 were from Perth, 2 were from Gold Coast and 3 were from Sydney. From the 14-23 of April we had a training camp in Perth where we trained a total of 72 hours. We generally started at 7am and finished at 4pm with an hour break in the middle of the day. During this camp we worked on increasing our fitness and skill level while also working on figures and our 2 routines: Junior team and Junior combo. We have become really close as a team and we are all super excited and are training hard for the upcoming competitions. We will be competing at the Oceania Championships in Fiji, in June and the Junior World Champion-

ships, in Kazan, Russia in July.

Alessandra Ho
Junior Team, SupaNova



SSAI

Rio 2016

It is getting to the pointy end of the 2016 Olympic campaign. We currently have the Olympic team moving into high gear with several training camps at the AIS facility in Canberra as well as international competitions to acclimatise the athletes to the stresses of high end competitions. The international competitions, while not quite at the Olympic scale, are important to help develop the team's ability to deal with the various distractions that go with these events.

SSAI Activities

The Board of SSAI continues to focus on supporting and developing synchronised swimming in Australia as a whole. While Rio 2016 figures heavily in the current focus of the Board, we are also looking at securing further support for the sport from various Australian Government bodies as well as private sponsors. Part of this process will be the submission of a 5-year plan from SSAI to the AIS. This 5-year plan has been compiled with the support for the wider synchro community and is based on the recent survey completed. A big thank you for all those people that took the time to provide their thoughts and feedback.

SSAI

Frank ZENKE

Secretary & Vice President



From The President

Unbelievable SupaNova. You are unbelievable! There I was blown away at States never expecting every single one of our National team competitors to come home as NATIONAL CHAMPIONS! You are ALL up there with the VERY BEST IN AUSTRALIA! You did that. All your hard work and effort and the amazing routines and teaching methods of your Coaches have done that! Judges from all around the World have rewarded your efforts. You are all, quite simply, amazing. I hope you all went home feeling like the Champions you are.

Because of your huge effort, SupaNova, our Club that has not been operating for a full year, ranked 4th out of 7 Australian Clubs. If we had a combo routine, even if we had come last in that routine, we would have come third. How great is that! Our routines were wonderful, our StarBursts sparkled in their lovely costumes and our U10 State Stream girls bought smiles to everyone's faces.

A huge thanks to all of you and to our amazing parents who helped throughout the event. The Nationals would not have been as successful without the tremendous support of Jan Rose, Helen Hopewell, Emma Gerovich, Tammie Crawley, Amanda Johns, Hannah Penney, Sam Williams, Sandi Wheatley, Wilco, Silvia and Thirsa Van Amersfoort, Claire Selsmark, Jeanne Ong, Frank Zenke, Mel Baker, Marie Isbell and Catherine Mathews. Did you know that Jan ran the Administration Office for the entire event? That Emma, Sam and Sandi did all the catering including for the Judges/Coaches Workshop? That Amanda, Tammie and Sandi organised the entire Welcome Party? That Helen and Hannah are the backbone behind making things run smoothly on every front at the pool during the competition? That Catherine sewed an emergency headpiece in half a day? That Tammie oversees all the action in the stands? We are so very thankful to each and every one of you.

The good news just goes on and on. Our very own Coaches – role models who support our girls – Amie, Debbie and Danielle – all of them were successful in obtaining a place on the Olympic team! They are heading to Rio this year to represent Australia – they have worked so very hard for this opportunity and we are “on their shoulders” every step of the way.

Three of our Junior competitors – Kazia, Hannah and Alessandra – made the Australian Junior National Team and have been training ever since. They head to Fiji in June to represent Australia in the Oceania Championships. Not only do they represent Australia in team and combo events BUT they also take their SupaNova duets and solos over as part of the competition! Those routines designed by Debbie are being used to represent Australia! They just get back from Fiji before they head off to Kazan in Russia to compete in the Junior World Championships. Good luck girls. We are so very, very proud.

These great achievements have solidified SupaNova as a Club with a great future – all thanks to each and every one of you.

The SupaNova Committee has been working hard to ensure the Club's successes continue into the future and there will be some new initiatives moving forward including the expansion of the StarBurst programme and the setup of the Club in other pools south of the river. A website is currently being designed and parkas will be added to the SupaNova uniform collection.

Tammie and Emma have worked so very hard on the SupaNova Quiz Night scheduled to be held on Friday May 13 at the Kardinya Bowling Club. A lot of effort has been put into ensuring this night is a success and I hope each and every one of you are planning to attend. With a Fright Night theme, door prizes, silent auction and games being organised it sounds like a night not to be forgotten!

Our new season is commencing and everyone is working hard to ensure the Club expands on its successes and learns from its lessons. Feedback is always greatly appreciated. We look forward to seeing everyone on board again for next season!!!

Keri Zenke





From Our Head Coach



SupaNova did extremely well at our first National Championships coming in 4th in Australia overall. WOW! This is a testament to our wonderful swimmers, who have trained so hard and with such enthusiasm. The routines were all amazing to watch, as were the smiles of achievement on all their faces. Not only did we show our ability in Synchro, we also showed what a strong team spirit of fun and respect for each other that is SupaNova.

Our up and coming Synchro Stars, our Starbursts and U10 State Stream Duet, put on a

fantastic display to lots of zealous applause too. Well Done EVERYONE!

A HUGE thank you to all Parents and Coaches too. Without you none of this could have happened. The smiles on the coaches and parents faces was a pleasure to see.

The most enjoyable part of the National Championships for me, was seeing the strong friendships and relationships between parents, coaches and swimmers that have formed over the last 9 months. We are all one big 'SYNCHRO FAMILY' that I am honoured to be part of.

It's great to see our swimmers back on deck after the short break, ready for a new season with a few new faces joining our team too. Training has begun with a strong focus on fitness and skills. Protesting bodies and the mantra of 'I hate laps' will continue for a few weeks but soon enough routines will start being formed and all the fun of synchro will return.

I look forward to another successful season full of fun, laughter and achievement.

Amanda Johns

StarBursts

Our StarBursts are our recreational synchronised swimmers and up and coming SupaNova stars!

Anyone between 5 and 15, male or female is free to come along and try....

Monday 4-5pm Level 1

Thanks to all of our supporters:

- LeisureFit Booragoon
- The City of Melville
- Grill'd
- SSAI
- Synchro WA
- Department of Sport & Recreation

And a massive thankyou to our sponsors The Wealth Designers, Kapture Photography & Bendigo Bank

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KAPTURE
PHOTOGRAPHY

TWD

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 **Bendigo Bank**