



SupaNova

Synchronised Swimming Club

Issue 4
July 2016

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DATES FOR THE DIARY

6 August

Competition
LeisureFit Booragoon

19 August 7.30pm

Movie/Olympics Night
Winthrop Scout Hall
DETAILS ON FLYER

21 August

Big Sync
LeisureFit Booragoon
(more info page 5)

28 August 9-4pm

Bunnings BBQ
Melville

MESSAGE FROM THE PRESIDENT

Hi All

What a brilliant start to the new synchronised swimming year we have had with the commencement of our new Head Coach, Sara Estebainha who started with us the day after landing in Australia. Sara has a wealth of experience being a synchronised swimmer herself for over 11 years and starting and "Head Coaching" a new Club in Spain that grew to more than 90 members. We have already been very impressed with the plans she has for our girls for the year ahead – Nationals; watch out for SupaNova.

A huge thanks is extended to Alex and Caelie who have helped Sara incredibly at a time we have been low on Coaches helping to ensure the success of the July holiday camp held in the beautiful location of the Melville Water Polo pool in Bicton.

Internationally the Juniors did very well in Fiji with Australia winning gold in every event. The Junior Worlds in Russia was a completely different style of competition where the standards were incredibly high. It was a brilliant learning experience for Kazia, Hannah and Alessandra and has given them an insight as to what lies ahead. Welcome home girls.

Danielle, Amie and Debbie were officially announced and welcomed onto the Olympic team and have left Perth for their last training camp in Canberra before heading to Rio. It is a very exciting time for them and they have greatly appreciated the support given to them by SupaNova. There are

plans afoot to watch their Olympic performance together – details will be revealed soon.

Our girls heading to the New Zealand Nationals have been training hard in preparation for their trip in September – it is all systems go!

SupaNova is supported by an amazing group of people on the Committee and I am always in absolute awe of the number of hours and the amount of effort put in to keep SupaNova moving forward. This Newsletter I would particularly like to spotlight our amazing Treasurer, Carol Easton. Carol manages all of SupaNova's finances via MYOB and spends hours and hours costing up schedules, calculating the feasibility of financial requests, future events and competitions - while always wearing the two hats of "what is best for SupaNova" and "how can I make this work the best way I can for the families". We are so very lucky to have Carol working on the Committee and thank her so much for her reports, graphs, spreadsheets, recommendations, support and the amazing number of hours she puts in.

We have set up a Facebook Group for parents to try and circulate information more quickly and efficiently. It would be great if all parents and coaches could join; just search "SupaNova Parents" on Facebook and request to join the group.

It is going to be a big year with many exciting times and opportunities ahead for the competitive swimmers and we are looking forward to seeing the results of everyone's huge efforts.

Keri Zenke



BBQ FUNDRAISERS

SupaNova have been lucky to secure two Bunnings BBQs this year. These events are a valuable source of income for the club but are labour intensive so we will need your help. Please mark the 28th of August and/or the 12th of November in your calendar to ensure you are available to assist. A volunteer schedule will be circulated at the end of July for the August BBQ. Your acceptance of ONE timeslot will ensure the workload is shared. Should you be unavailable for the August BBQ, you will be rostered on the November BBQ. There are several timeslots and jobs throughout the day to accommodate everyone's time requirements.

Tammie Crawley & Emma Gerovich



QUIZ NIGHT

Friday the 13th of May was anything but unlucky for SupaNova raising a total of \$3,346 in one evening! 105 people converged on the Kardinya Bowling Club, many dressed in their scary themed attire. The SupaNova girls did a marvellous job working all night manning the door, collecting coins for the games and selling baked goods for the Juniors side fundraiser for Fiji/Kazan. Not everyone went home a winner but the silent auction winners went home happy with their prizes parting with a total of \$1477. Many thanks again to our quiz master, markers and many sponsors including major sponsor Roots and All for their contribution to a successful and profitable event. Please acknowledge their generosity by supporting these businesses in our community.

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

So on Saturday 8th July, the Olympic Synchronised Swimming Team was officially announced. It was the most amazing 30 hours of my synchro career. On that day, we all came into training elated beyond description, the tension was over and we could finally relax into our official announcement. We spend that day on land, working with the WAIS Gymnastics coach, who helped us monumentally with our walk ons and deck work, teaching us about performing and how to project the emotions that we need to in our routines.

That evening we had the Premiers Olympic Dinner, which was an official fundraiser and send off for the olympic team. It was a black tie event; as one can imagine, we were more than happy

to get out of the bathers and into the gowns and look/feel like a princess for an evening.

The next morning we woke up super early to attend our official announcement ceremony, where we received our Qantas boarding passes to Rio. They're not our actual passes that we take to the airport, but it's a bit of a metaphor saying that you've got your flight and you're definitely off to the Games.

As you can imagine, this weekend was amazing and tiring all at the same time. We then went into a week of training at WAIS, working a lot on the changes to our routines and also getting the privilege to have four Olympians to come in on separate

days and tell us about their experience and hand over a bit of advice. We need to be as prepared as possible for the Olympic Village and the Games, which includes so much more than just endless hours in the pool. These talks with the Olympians have not only inspired us all, but also opened our eyes to the excitement of the Olympic Games and prepared us for it all, which will hopefully give us that extra edge to our performances once over there.

We leave to Rio on the 1st of August. Be sure to catch our swims on Channel 7!

Amie Thompson
SupaNova Coach

Australian Junior National Team



Fiji was one of the most amazing and fun competitions I had ever been to. It was very formally run and was live-streamed worldwide everyday with most days having over 20 000 viewers, I was even asked to do an interview for Fiji TV (the live streamers) which was nerve racking but really cool. The only countries competing in synchro were New Caledonia, New Zealand North

and New Zealand South. The competition ran for about 5 days and the pool was outdoor and not very chlorinated which made swimming without goggles really easy! We would eat breakfast and an early lunch at the hotel everyday before leaving by bus at 12 for competition, we always ate dinner at the pool. In Junior duet Hannah and I placed 3rd, the other Australian duet came first and the New Zealand North duet came 2nd. Hannah and I were very happy with our swim of duet even though I had forgotten my duet bathers at the hotel! Alessandra placed 2nd in her Junior solo, 1st place went to the other Australian solo. Alessandra did an awesome job and should be super proud of herself! Our junior team placed first, we were the only junior team, and our combo also won gold which was awesome for us because

there was a lot of pressure on us to beat both New Zealand combos. There were a lot more countries competing in the swimming side so every night before dinner we would sit in the stands and cheer on the Aussie swimmers, a couple of nights the Aus swimmers came and sat with us which was really nice. The hotel we stayed in was not top end but all the staff were incredibly nice and we didn't spend much time at the hotel anyway. We felt like celebrities in Fiji, everyone wanted to interview us for papers and get our autographs or have a photo with us, it was really special. If I had the choice, I would be back to Fiji in a heartbeat!

Kazia Zenke

New Zealand Nationals

SupaNova is attending New Zealand Nationals in September in Tauranga. It's been an exciting time for all swimmers, coaches and Committee members. It is the first routine competition of this season for these swimmers and they are all looking forward to travel to New Zealand to show how hard they have been training.

To New Zealand, we are taking two U12 Solo's, an U12 Team, a 13-15 Team and a Duet; these routines were performed last April at nationals in Perth.

As a coach, my goal for this competition is to increase the difficulty of the routines as they have been swimming these since last year and are now able to swim at a more advanced level. We are also focusing on figures, as the score represents 50% of the final score of the routine.

This is the first time I'm travelling as Head Coach of SupaNova and I would like the swimmers to enjoy it, to build a nice and strong friendship and to come home happy after doing their best at NZ Nationals .

Sara Estabainha
Head Coach

Meet the 12&Unders



Sarah Gerovich — I am nearly 11 years old and I'm in Year 5 at Brentwood Primary School. I have 5 brothers. Synchro is fun and challenging and it is all about the girls. I also like to dance and sing and I'm learning the guitar



Lara Isbell—I am eleven. My school is Applecross Primary School. What I like about synchronized swimming are the girls they are so kind and really funny. My other interests are netball and gymnastics. I am really good at netball my favourite position is wing defence also I am really good at looking after little kids. (right of photo)

Lucy Isbell—I'm 9 years of age, I go to Applecross Primary school. I like Synchro because the girls are very nice and you can make friends easily. I also like making people laugh and being funny. I am special because I have a freaky foot and I'm one of a kind. (left of photo)



Nayeli Van Amersfoort—I go to Kingsway Christian College in Darch. At Synchro I like that there are heaps of teammates. But I don't like the figures much. I am also interested in dancing and music. I would like to be better in splits and be more flexible. I want to be a vet when I am older.



Meg Selsmark — I go to Mount Pleasant Primary School. I started synchro because my friends were doing it and I thought it might be fun. I love synchro as I get to make new friends, have fun whilst competing, and now will be getting to travel a bit. I like most sports but I especially love synchro, swimming and netball. I can be a bit crazy sometimes but I really just like having fun with my team mates!!!



Anne Matthew — I am 11 years old. I go to Yidarra Catholic Primary School. The thing I like about synchro is that you can make a lot of friends and that there is a lot of sportsmanship and that team bonding is just great. Well that's all about me and my synchro.



Jessica Galt—. I just turned 10 years old. I love Synchronised swimming because you get to spend time as a team and wear spangly costumes



From Our Head Coach

A new chapter started in SupaNova and I'm extremely happy to be part of it. I Landed in Perth almost a month ago and jumped directly to this new great position as a head coach. SupaNova is such a beautiful club with lots of friendly smiles, support words and dedicated swimmers.

We had an intense and challenging training during the school holidays at Bicton pool and our swimmers did an amazing job. Seeing their tired but smiling faces at the end of each training session makes all the effort worthwhile and the coaching team are really proud. This is just the beginning but I wish SupaNova grows in very different aspects and we can be known by one of the best clubs in Australia.

For the upcoming season I hope to raise the standard, to improve their synchro skills and have great routines to show off at nationals. It's coming a hard but, I'm sure great time, to all of us and I can't be

more happy and proud to be part of it.



Thanks to everyone that trusts in me and put all their effort to make SupaNova even better.

Sara Estebainha

The Big Synch

Synchro WA is aiming to break its own record for the biggest mass synchronised swimming routine in Australia. Watch 62 swimmers complete the same routine for 60 seconds and go into the record books, or you can join them. To get involved, you need to be able to swim 25 metres unaided and be at least 6 years old. If you're a beginner don't worry because you'll be swimming alongside an experienced swimmer who'll be in the water with you. There's no need to register in advance. Just head down to the pool at **2.30pm on August 21st** and join the fun! **Cost – pool entry fees of around \$5.00. PLEASE BRING AS MANY FRIENDS AS YOU CAN!**

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

For info contact Amanda on masc1@wasp.net.au

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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