

# SupaNova

Synchronised Swimming Club

## Issue 2 March 2016

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TWD

TWD are proud to sponsor SupaNova Synchronised Swimming Club and wish the team the very best of luck for the upcoming National titles.

At TWD we deliver value through the new world approach of transparent and certainty based financial advice. If you would like to find out how we can synchronise your financial future please contact us on (08) 6363 5300 or [info@twd.com.au](mailto:info@twd.com.au) and let us know you're from SupaNova!

### From The President

It was such a pleasure watching SupaNova at the recent States championships. All I kept thinking was wow! This club is sensational! There are girls up there competing, doing well and supporting each other. They are swimming routines prepared by creative Coaches who have cared and worked hard with the girls. Costumes and headpieces are being worn that were painstakingly designed and decorated by parents, Coaches and some by the girls themselves. There are SupaNova volunteers on deck making significant contributions to ensuring all is running smoothly.

The tracksuits, towels and banners made us look very professional (we received so much positive feedback) and many thanks are extended to our sponsors – Bendigo Bank, The Wealth Designers and Kapture Photography for making these so much easier for our families to purchase. A huge thanks also to Jan who had to “locate” the tracksuits that were misplaced by the delivering couriers the day before the States competition!

How far have we come and how wonderful to see everyone supporting each other – it was a very proud President standing and absorbing in the background. I feel like I can never thank everyone enough for how

much effort has been put in.

The hugest of all thank yous is extended to our Under 10 States girls, Jessica and Lucy who have competed in their last competition for the year (although they will be displaying at Nationals) and to their Coaches Hannah and Kazia. We also want to thank the wonderful Angela Lillyman who performed her solo so well at States (and will not be available for the National competition) and to her Coach, Danielle.

A huge congratulations to our well-deserved trophy winners - Hannah Burkhill for winning the Roberts trophy for the most consistent Junior at States Championships and to Debbie Tsai and Erin O'Mahony for winning the prestigious Marsea Nelson award for significant contributions to the sport of synchronised swimming in every capacity.

The month of April is massive for SupaNova and the Australian synchronised swimming world. Not only will SupaNova be competing alongside approximately 11 national and international Clubs, the Olympic selections are being made (only 9 from the current team of 12 can go to Rio) and every ounce of good luck is being sent to our wonderful Coaches Amie, Debbie and Danielle who

have worked so hard for this opportunity. The Nationals is also very important to our Junior competitors as some will be selected (based on their figures results) to go to Fiji in July to compete at the Oceania competition and then to Kazan for the Junior Worlds. Sending every ounce of luck to Kazia, Hannah and Alessandra as they compete for their place.

“Intent to Register” forms have been distributed asking if you will do SupaNova the honour of being part of our team next year - we hope every one of you will re-join SupaNova and swim with us again. The Committee encourages feedback and values learning from experiences so if anyone has comments on those things that have worked well or has suggestions as to how SupaNova can improve moving forward, please email or talk to me directly.

SupaNova has only been running for 8 months and here we are revved up and ready to compete in our first National event! Good luck to every single competitor, please enjoy the event and stop every now and then to congratulate yourself and your team mates for how much you have achieved. You are SupaNova Stars!

**Keri Zenke**

## State Competition Results

### Figures

#### Figures 10 & Under (SS)

- 1st—Lucy Isbell (SN)  
2nd—Jessica Galt (SN)

#### Figures 12 and Under (NS)

- 1st—Zoe Hewson (WCS)  
2nd— Olivia Penney (SN)  
3rd—Caroline Sigueira Borrher (WCS)

#### Figures 13-15's (NS)

- 1st—Gabby Percic (WCS)  
2nd— Emily Holloway (WCS)

- 3rd—Jessica Eidne (WCS)

#### Figures Junior (NS)

- 1st—Hannah Burkhill (SN)  
2nd—Gabby Percic (WCS)



### Routines

#### Duet 10 & Under (SS)

- 1st—Lucy Isbell & Jessica Galt (SN)

#### Solo 12 and Under (NS)

- 1st— Amelie Carle (WCS)  
2nd—Chantelle Wheatley (SN)

#### Duet 12 and Under (NS)

- 1st— Zoe Hewson & Caroline Sigueira Borrher (wcs)  
2nd—Amy Matthews & Olivia Penney (SN)

#### Team 12 and Under (NS)

- 1st—West Coast Splash  
2nd—SupaNova

#### Duet 13-15's (NS)

- 1st—Tamila Andreeva & Jessica Eidne (WCS)  
2nd— Emily Holloway & Erin O'Mahony (WCS)  
3rd—Celeste Johns & Charlotte Williams (SN)

#### Team 13-15's (NS)

- 1st—West Coast Splash  
2nd—SupaNova

#### Solo Junior (NS)

- 1st—Alessandra Ho (SN)  
2nd—Angela Lillyman (SN)

#### Duet Junior (NS)

- 1st—Gabby Percic & Jane Fruzynski (WCS)  
2nd—Kazia Zenke & Hannah Burkhill (SN)

## New Uniforms

How cool do we look in our colourful SupaNova tracksuits. When we put them on we are reminded that we are part of a club and we are all in this together. I feel super proud to be part of the SupaNova Team. Nationals here we come!

### Leah Crawley, 12 & Under Team

And a big thank you to Mel, Jan and the Junior Committee for all their hard work resulting in these uniforms! (Ed.)



# Are you feeling lucky?

THE *SupaNova*  
Synchronised Swimming Club  
**Quiz Night**

PROUDLY SPONSORED BY



ROOTS  
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GARDEN MAINTENANCE



Save The Date  
**MAY**

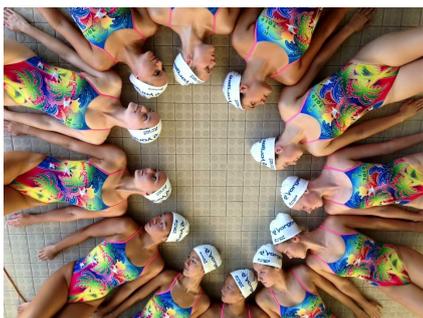
Don't walk under any ladders, don't break any mirrors and don't walk by any black cats but do join us on Friday 13th of May from 7pm at the Kardinya Bowling Club. Roots and All Garden Maintenance proudly presents the SupaNova Quiz Night. With games, prizes and silent auctions galore it is sure to be a Supa Night! Individual tickets \$15 each or Table of 10 for \$130. Start organising your group of 10. Tickets on sale from Sunday 3rd April—please contact Tammie or Emma (details on back page).

**Tammie Crawley**

**Fundraising**

<http://www.rootsandall.com.au/>

## News from the SupaNova Coaches: Olympic Selection



The national team camp was training at the AIS in Canberra from the 29th Feb - 14th March. A lot of progress has been made with the new routines and every day we have seen solid improvement. This has not been without a lot of hard work and long hours. On camp, we have two 3 hour pool sessions, with approximately 3 hours on land around these pool times. In total, we train 9 hours a day. Above and beyond our feelings of exhaustion is our desire to swim

at the Olympics. We will part from each other for 2 weeks, then the National Team will compete in Olympic Selections in Perth, just prior to the Australian National Championships. This will be an exciting and stressful time for everyone on the team, as the Olympics has been each and everyone's goal for a very long time. You'll get to see the National Team display their routines with the newly selected Olympic Team at the Nationals!

### Amie Thompson

"I wish I could describe the variety of emotions I feel in anticipation for Trials. It ranges from anxiety, stress and nausea to excitement and hopefully relief. For many of us we have been swimming longer than the 12 & Unders have been alive. The amount of early mornings wakeups and days of school missed for synchro are mind boggling. We have sacrificed time with

our friends and family at the drop of a hat. Parties, fun holidays and weekends away were given up without question so we could swim. The amount of tears shed over synchro could fill up whole pools. But at the end of the day, none of it matters because synchro has given us determination and fight. ... Our whole synchro career has been leading up to this pinnacle. Now I am sharing this because we really need the whole synchro community on our side. We've been working our butts off but we'll take all the finger crossing, prayers, good wishes we can. Anything to help us all achieve our goal and proudly represent our country in Rio."

### Danielle Kettlewell

(From her blog—to read more go to [http://wais.org.au/other/news\\_detail.php?ID=3040](http://wais.org.au/other/news_detail.php?ID=3040))

## Synchro WA

Last weekend, Synchro WA hosted the Sunsmart State Synchronised Swimming Championships at HBF Stadium.

WA saw some excellent swimming in the tense lead up to Nationals. For the first time 2 clubs competed at the State Championships: our original WA club West Coast Splash and newcomers SupaNova who acquitted themselves very well.

The competition in the pool was of a very high standard and the weekend event drew many spectators especially to watch the routines.

We had wonderful displays from our very youngest to our Masters duet – proving that Synchro is a sport for everyone!

Hannah Burkhill (SupaNova) was the proud recipient of the prestigious Roberts Memorial Shield for most consistent Junior swimmer at States.

This year the Marsea Nelson award was shared by Deborah Tsai and young Erin O'Mahony – both wonderful role models for our sport.

Coaching staff on the sidelines included: Amanda Johns, Sara

Estebainho, Kazia Zenke, Hannah Burkhill, Briana Preiss, Nawal Leon, Jessica Domiro and Natalia Malinowski all of whom have invested so much in their swimmers.



Once again our local judges stepped into the breach and were a picture of intense concentration. We now have full panels of judges allowing for a professional level of competition. Thanks once again to Bridget Ammon for coordinating the panels.

Our referee Briana Preiss kept us all toeing the line!

Nikki Eidne was the chief scorer, ably assisted by Jan Rose and Keri Zenke was fantastic as the Meet Manager. Many other parents acted as volunteers throughout the weekend and as always they have our thanks. Well done Synchro-nuts! And very well done Swimmers!!

Jess Yin,

Synchro WA President

### 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

# Meet the Juniors and 13-15s



**JUNIOR Alessandra Ho** — I'm 16 years old (Year 11) at All Saints' College. I have been doing synchro for 5 years. Synchronised swimming is a beautiful unique sport which I really enjoy doing. I have also been to international competitions in Hong Kong, Singapore and New Zealand where we won a bronze medal in the free age Combo. My other interests include travelling, fishing, reading, One Direction and Lord of the Rings.



**JUNIOR Kazia Zenke** — I am 15 years old and in year 10 at Applecross High school. I have been doing synchro for 5 years, since the start of 2011. I have represented Australia at the 2014 Oceania Championships and I have been to 2 camps with the senior national team and 1 camp with the junior national squad. I am currently aiming to make the Junior National team to compete at the Junior World Championships held in Kazan in the middle of this year.



**JUNIOR Hannah Burkhill** — I was born in Brunei, I am now 15 years old and I've been doing synchro since I was 11. I swim with the SupaNova Junior Team. I've been to a couple of camps with the national team, Oceania's in New Zealand 2014 and hope to make the Junior National Team this year. I go to Applecross Senior High School. I love synchro because you get to meet so many people and you make the best friends!



**JUNIOR Angela Lillyman** — I'm 15 years old and in year 10 at All Saints' College. I've been doing synchro since the beginning of 2014. I love synchro because it has helped me make so many new friends, and I also love the routine bathers.



**13-15 Charlotte Williams** — Hi, I'm Charlotte and I have been doing synchro for two years. I love it because it is fun, challenging and incorporates all the sports I enjoy the most. I go to school at Kennedy Baptist College. I was born in East Sussex, UK and have lived in Australia for 12 years now. I also enjoy dancing, swimming, triathlons and drawing.



**13-15 Kathryn McKernan** — I am a year 8 student in the Marine Studies Programme at South Fremantle SHS. I got into Synchro completely by chance - the right place at the right time. I was swimming in the deep end of the pool and this woman told me the area was booked. I got out and she said "Hey, would you like to try out?". I don't think I even knew what Synchro was. It was fun so I joined and have been doing it ever since. The woman was Amanda 😊. I love Synchro, it keeps me fit and I don't see myself quitting any time soon!



**13-15 Celeste Johns** — I attend Melville senior high school I'm in year 8. I have been doing synchro for about 4 years. I love how your team mates can help you with absolutely anything. I also love every single SupaNova girl.



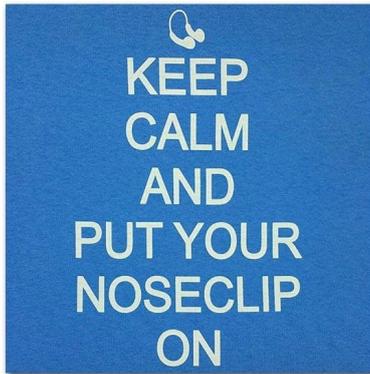
**13-15 Kseyna Kerapa** — I attend All Saints' College and I am in year 8. I have been doing synchro for 3-4 years. I like doing synchro because as a club/team we all show lots of support for each other. I enjoy learning more skills and bonding more with other team mates.



# SupaNova

Synchronised Swimming Club

## From our head coach



AS the temperature outside begins to cool down, things at the pool are heating up. With only a few weeks to the finale of the synchro season, the Nationals, everyone is on a high level of energy and excitement.

Our wonderful swimmers are training extra hard and our fantastic coaches are putting the finishing touches on the routines. You can feel the buzz of excitement running through every swimmer, coach and parent.

This Nationals will be a great

experience, not only for the swimmers but for the parents too. It is the accumulation of a tonne of hard work from everyone and I am sure you will all find the experience rewarding and ultimately it makes all the running around, hours of training and total commitment worthwhile.

I am positive all the girls will do well but more importantly, I want all of you to have fun. Enjoy!

Nationals will be followed by a few weeks well earned break. Take the time to enjoy your family and friends and I look forward to seeing all of you back on deck ready for a new season of fun and synchro on Monday 2nd May.

**Amanda Johns**

**Don't forget our End of Season Celebration on Wednesday 13th April— from 6pm—open to all competitors and their families! Details will follow from the organiser, Mel Baker.**

## 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**

**Thursday 5-6pm Level 1**

**Thursday 6-7pm Level 2**

## 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

### Contact details:

President - Keri Zenke - [fkzenke@bigpond.com](mailto:fkzenke@bigpond.com)

Vice President - Helen Hopewell - [hopewell\\_helen@yahoo.com.au](mailto:hopewell_helen@yahoo.com.au)

Secretary - Jan Rose - [jan.rose@optusnet.com.au](mailto:jan.rose@optusnet.com.au)

Treasurer - Carol Easton - [supanovacaz@iinet.net.au](mailto:supanovacaz@iinet.net.au)

Head Coach - Amanda Johns - [m scl@wasp.net.au](mailto:m scl@wasp.net.au)

Fundraising Coordinator - Tammie Crawley/Emma Gerovich - [enforcer@iinet.net.au](mailto:enforcer@iinet.net.au) / [geros@ozemail.com.au](mailto:geros@ozemail.com.au)

Uniform Coordinator - Melanie Baker - [mcbaker@iinet.net.au](mailto:mcbaker@iinet.net.au)

Newsletter - Hannah Penney - [hannah\\_penney@hotmail.com](mailto:hannah_penney@hotmail.com)

Junior Committee - [supanovajc@gmail.com](mailto:supanovajc@gmail.com)



**KAPTURE**  
PHOTOGRAPHY

TWD

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