



Issue 7
February 2017

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DATES FOR THE DIARY

March 6-16

Senior National Squad Camp
Brisbane

March 7

Parents Meeting re Nationals,
LeisureFit Booragoon Meeting
Room

March 18th-19th

State Championships,
HBF Stadium

April 14th-17th

Australian Open and Age Group
Championships, Melbourne

April 18th

Senior Squad Team Selection
Melbourne

April 19th—23rd

Junior National Squad Training
Camp, Melbourne

SupaNova

Synchronised Swimming Club

MESSAGE FROM THE PRESIDENT

Dear Members,

Here we are at the pointy end of the 2016/17 Synchronised Swimming Season! Only a few weeks left until the State Championships and then only another month beyond that and our athletes will be competing at the National Championships!

This year has already been extremely hectic with our Head Coach Sara running a camp over two weeks at the end of January, then relocating to Broome. We wish Sara well and thank her for all the time, knowledge and energy that she shared with all our athletes. Also, best wishes to coach Debbie Tsai as she has left us to continue her education in Melbourne.

We are very excited to have Danielle Kettlewell step up to be our Head Coach for the rest of the 2016/17 season. I am utterly confident that the entire coaching staff from Recreational, to States and Nationals is committed to training our athletes to enable them to do their very best in everything they do.

It was also wonderful to see the exhilarated faces of the girls after their two sessions with the National Coach Lilianne Grenier. What a fantastic opportunity for them just before States!

The Committee has already begun work on planning for SupaNova's next season. Look out for updates soon.

Also parents, a reminder that our daughters' chosen sport cannot run without volunteers. Our Secretary Tammie has sent out a request for volunteers to man various positions at the State Championships on March 18/19. Whether your child is in the recreational, state or national stream, or even if you have never volunteered before please give an hour or two of your time. Many hands really do make light work.

Kindest Regards,

Lisa Galt

President

LEARNING HOW TO COACH CULTURALLY DIVERSE MEMBERS



Nicole and Lauren from the Communicare Get Active Project conducted a very informative Coaches' course for all Synchro WA coaches explaining facts and fiction related to culturally and linguistically diverse members of the community wishing to participate in sporting Clubs. Some very good tips were given to all the Coaches to ensure cultural aspects are understood and respected and some wonderful ideas were given to the Club as to how they can reach their objective of being all-inclusive. Many thanks to all our Coaches who attended and participated well, to Alex for arranging it and to Helen for providing the venue.

CLASSES FOR CULTURALLY DIVERSE MEMBERS



The Department of Sport and Recreation enabled SupaNova to hold a week long synchronised swimming course in conjunction with RLSSA and Communicare targeting girls from culturally and linguistically diverse backgrounds. The classes were held at Cannington Leisureplex and Gosnells Leisure World. These classes were very well attended with 26 happy participants many of whom have gone on to join the StarBurst recreational classes.

It was a very worthwhile experience for all involved. A huge thanks is extended to Alex Miller for arranging and coordinating the classes, the coaches—Alex Miller, Amanda Johns and Hannah Burkhill and Supa Supporters Helen Hopewell and Jan Rose.



Department of
Sport and Recreation

The State government through the Department of Sport and Recreation is a major supporter of synchronised swimming in Western Australia. Sport and recreation builds stronger, healthier, happier and safer communities.



Our Coach and Club Member, Deborah Tsai represented Australia as one of 27 Australia Day Ambassadors chosen by Australia Day WA to represent her country. Debbie took part in the City of Cockburn celebrations at Coogee Beach honouring the day and promoting our sport.

SAD FAREWELLS

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January was a particularly sad month farewelling two of our key Coaches. Sara Estebainha has moved to Broome with her partner, Andrew—we wish them both all the very best in the land of fabulous sunsets.

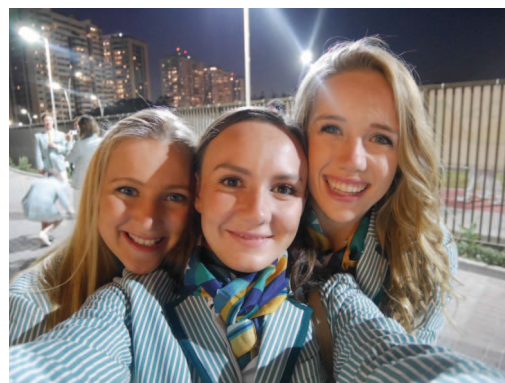


Debbie Tsai has moved to Victoria to continue her studies. We will hopefully be seeing Debbie at Nationals and wish her all the best when she joins Golden Fish next year. She has been with SupaNova since it's inception and will be sorely missed by all.



WARM WELCOME

A very warm welcome and our heartfelt thanks are extended to Danielle Kettlewell, our Head Coach that will take SupaNova through to Nationals—and to Rose Stackpole who is coaching many of our routines. It is so wonderful to have both of you on board with Amie and Jess and we cannot thank you enough for your time, efforts and substantial contributions. It makes us very proud to be part of such a wonderful synchronised swimming community.



VISIT BY NATIONAL COACH —

SupaNova (along with all Australian Clubs) have been very lucky to have had Lilianne Grenier, the National Coach run several of our sessions this week. Lilianne is very highly regarded both domestically and internationally and the Australian synchronised swimming community is very fortunate to have her help all our girls at every level.



All of us at SupaNova would like to thank Lilianne (and SSAI) whole-heartedly for generously sharing her skills and words of wisdom with our members.



FIGURES TUTOR AVAILABLE....

ROSE STACKPOLE, freshly returned from the Olympics circuit is offering private figures tuition for anyone interested. Rose charges \$25 per hour per girl for 1 girl or 2 girls \$15 each per hour. No more than two girls at one time. Rose can be contacted via email address amberrosetackpole@hotmail.co.nz or mobile number 0431 822 630

BABYSITTERS AVAILABLE....

Hannah & Kazia, from our Junior team, would be happy to babysit for your children. They have Working With Children 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

NATIONALS UPDATE

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How exciting—the Nationals to Melbourne are fast approaching and are promising to be an event to remember.

VSSI, the fabulous organisers of this year's event have indicated that they are expecting close to 200 participants with clubs from New Zealand, Singapore and Hong Kong expecting to attend.

A parents meeting has been scheduled for March 7 at the LeisureFit Booragoon pool meeting room. We look forward to explaining the finer details then!

UNIFORM NOTICE

States and Nationals are approaching fast. Thank you for getting all your uniform orders to me in a timely manner. All uniforms are ordered and are on their way to SupaNova. Please be patient! As soon as they arrive I will contact you to organise a time for delivery at a pool session. As each piece comes in, they will be delivered, so you may find you have a charge for one piece of uniform on one monthly invoice, and further charges on another monthly invoice.

Please ensure you place your name clearly on the inside of the uniform - an iron on label is great!

Please also remember to purchase your nose clips (at least 3 - \$6 each), a plain white cap (\$10), and a SupaNova cap (\$15) from your coaches in the week before the competitions. Also please ensure you have a plain black pair of bathers for the figures competition.

In addition, please return any items you borrowed for the previous competition to DK (your Head Coach) as soon as possible so they can be returned to the Library stock or their owner - this includes green SupaNova shirts, coach shirts, and white polo shirts.

If you have any queries regarding your uniform, please contact me on supanovauniform@gmail.com.

STARBURST CLASSES

StarBurst classes are operating in the following locations:

- * Monday 4-5pm—LeisureFit Booragoon
- * Friday 6-7pm—South Lake Leisure Centre
- * Saturday—9-10am—Fremantle Leisureplex
- * Sunday—11-12pm Riverton Leisureplex
- * Sunday—1-2pm AquaLife Centre, East Victoria Park



Please contact Amanda on 0422 920 088 or email supanovageneral@gmail.com for more information.

HEAD COACH — NON COMPETITIVE PROGRAM

SupaNova StarBursts are off to a fantastic start for 2017. We have grown in numbers and venues with classes now operating from LeisureFit Booragoon, Southlakes Recreation Centre, Riverton LeisurePlex, Fremantle Aquatic Centre and Aqualife Victoria Park!

The StarBurst Girls are busy preparing for routine displays at the State Competition in March. We are hoping to display three wonderful routines! So much fun, laughter, and hard work go into the recreational routines every week and it is an exciting opportunity for the girls to show everyone the routines they have learnt.

It is great to see so many girls taking up this fantastic sport and we ask that you help us to continue to grow by recommending the club and sport to any friends or family that may be interested in joining us. We are also looking for some boys to come and try our sport and encourage all boys to Give It A Go.

As always, please don't hesitate to contact me with any queries. See you all on deck!

Amanda Johns



COMPETITION RESULTS

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A huge congratulations to all our girls who participated in the Figures Group 3 and Routines competition held at HBF Stadium in February.. The results are as follows:

10U SS FIGURES

- 1—Lucy Isbell
- 2—Sophia Johnson
- 3—Zoe Selsmark

12U SS Figures

- 1—Emma Wakeb
- 2—Bridie Kling
- 3—Harriett McRae

12U NS FIGURES

- 1—Caroline Siqueira Borrher
- 2—Bianca Chiira
- 3—Nayeli Van Amersfoort

13O SS FIGURES

- 1—Ashlyn Chong
- 2—Lili Thompson
- 3—Elizabeth Craig

13-15 FIGURES

- 1—Emily Holloway
- 2—Erin O'Mahony
- 3—Marnie Kennedy

JUNIOR FIGURES

- 1—Jane Fruzynski
- 2—Alessandra Ho
- 3—Tamila Andreeva

10U SS TEAM

- 1—SupaNova

12U SS SOLO

- 1—Emma Wakeb

12U SS DUET

- 1—Bridie King, Emma Wakeb
- 2—Meg Gillam, Lara Isbell

12U SS TEAM

- 1—West Coast Splash

13O SS SOLO

- 1—Elizabeth Craig
- 2—Sarah L'Aigulle

12U NS SOLO

- 1—Bianca Chira
- 2—Caroline Borrher Siguera

3-Sarah Gerovich

12U NS DUET

- 1—Bianca Chira, Caroline Siqueria Borrher

2-Meg Selsmark, Nayeli van Amersfoort

12U NS TEAM

- 1—SupaNova

13-15 SOLO

- 1—Emily Holloway
- 2—Beth Morley

13-15 DUET

- 1—Marnie Kennedy, Erin O'Mahoney
- 2—Natalia Caloiero, Eve Wakeb
- 3—Thirsa Van Amersfoort, Chantelle Wheatley

13-15 TEAM

- 1—West Coast Splash (Nawal)

2—SupaNova

- 3—West Coast Splash

JUNIOR SOLO

- 1—Tamila Andreeva

2—Kazia Zenke

3—Charlotte Williams

JUNIOR DUET

- 1—Hannah Burkhill, Alessandra Ho

- 2—Michelle Ammon, Jess Eidne

JUNIOR TEAM

- 1—West Coast Splash

OPEN FREE SOLO

- 1—Danielle Kettlewell

2—Amie Thompson

- 3—Danielle Ten Vaanholt

OPEN TECHNICAL SOLO

- 1—Jane Fruzynski

- 2—Rose Stackpole

OPEN TECHNICAL DUET

- 1—Amie Thompson and Rose Stackpole

FREE AGE COMBO

- 1—West Coast Splash

2—SupaNova

MASTERS TECHNICAL SOLO

- 1—Isla Titley

2—Esther Bubrik



From Our Head Coach, Competitive Program

Well SupaNova, what a month it has been! It was chaotic at first but I am so happy to have jumped on the SupaNova train until Nationals. I coached with the club last year and I loved the family environment that I felt everyday at the pool and now I am very humbled and honoured to be the Head Coach of this beautiful little WA club who is starting to make a big mark on the Australian Synchro Scene.



Thank you to all the parents, swimmers and coaches for welcoming me with very open and grateful arms. It was a bit crazy being thrown into our first competition of the year after less than one week of becoming Head Coach but I am very proud of how everyone did at the competition and cannot wait to see the progress in the next 6 weeks as we lead up to States and Nationals.

Thank you to all the swimmers and parents for having patience with me as I have been sorting everything out. I know it can be difficult for everyone when there is an abrupt change but I have felt more than welcomed into this beautiful community. My philosophy as a coach is to smile and have fun everyday but balance that with hard work and trying your best at every training session. I have heard from parents, lifeguards and other pool patrons that there are many more smiles at the pool nowadays, as well as lots of improvement everyday and that couldn't make me happier as a Head Coach. All the coaches and myself are really looking forward to the upcoming weeks as we lead you all into the first out-of-State Nationals for the Club! Keep up the great work girls!

Danielle Kettlewell

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A HUGE THANKS TO OUR SUPPORTERS

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Thank you to all of our supporters:

- **SSAI**
- **Synchro WA**
- **Grill'd**
- **LeisureFit Booragoon**
- **The City of Melville**
- **Department of Sport & Recreation**
- **Communicare Get Active Project**
- **Royal Life Saving Society of Australia**
- **Express Pest Control**



A massive thank you to our sponsors The Wealth Designers, Kapture Photography & Bendigo Bank



Department of
Sport and Recreation



GET ACTIVE Project
Inspiration, Innovation & Inclusion through sport



Andrew Burkhill is offering to donate 10% of any Pest Control Services to SupaNova from the jobs he does for SupaNova families. Just mention SupaNova when you book him—his number is **0438 446 553** - he is highly recommended.



Fremantle
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TWD