

Friday, 1 February 2019, Melville Times, online
Alessandra Ho (Class of 2017)

Booragoon: SupaNova Synchronised Swimming Club members look to make splash on international stage

February 1st, 2019, 11:30AM | Written by Aaron Corlett | Melville Times SPORT



SupaNova Synchronised Swimming Club members (back) Rose Stackpole, Charlotte Williams (17), Kazia Zenke, Celeste Johns (16), Jane Fruzynski, (front) Thirsa van Amersfoort (15), Alessandra Ho and Hannah Burkhill.



SEVERAL members of the LeisureFit Booragoon-based SupaNova Synchronised Swimming Club have been named in the Australian team for a slew of competitions this year.



Club coach Rose Stackpole, Amie Thompson, Alessandro Ho, Kazia Zenke, Jane Fruzynski and Hannah Burkhill are in the squad for the Japan Open in April, the Canada Open in May and the FINA World Aquatic Championships in Gwangju, South Korea during July.



Club members Celeste Johns (16), Charlotte Williams (17) and Thirsa van Amersfoort (15) are in the Junior National Team for the US Open.

The athletes were selected following trials at the Australian Institute of Sport (AIS) in Canberra during January.

Stackpole said the preparation for the trials was intense and involved the women training with the club and the WA High Performance team.

“The panel of selectors look at multiple criteria including flexibility, strength, endurance and the swimming routines,” she said.

“Our club is very supportive of all athletes from people who want to perform at the elite level to ladies trying to keep fit.

“For the girls in the junior team, it’s a chance to see how the top countries training and compete and for the ladies in the senior team the World Championships are the qualifying event for the Olympics.”

Stackpole said the women were excited by the prospect of competing in the tournaments but were aware of the work and training beforehand.