

WATCH AROUND WATER Ambassador

YOUR CHILD YOUR FOCUS
PARENTS SUPERVISE – LIFEGUARDS SAVE LIVES.



LOUISE ADAMS

Please introduce yourself to us...

I am a musician, lawyer, swimming instructor and mother. My main focus at this point in time is musician and singer/songwriter and mother to my 16 month old little girl, Frankie. These last twelve months have been quite the whirlwind, with my unexpected success on talent show The X Factor 2015, finishing as Runner Up, coupled with all the joy and challenges of a baby, a heap of travel interstate and international, and my husband Andy, Frankie and I being away from home for better part of 7 months! I have now been signed to Sony Music Australia as a recording artist, and am very much looking forward to what may come in 2016.

What have been your proudest achievements to date?

Having Frankie is definitely my proudest. Watching her grow and develop makes me continuously proud every day.

I am very proud of my husband Andy and I for taking a big leap a couple of years ago, after we got married; we both left our jobs, rented our house out, sold our car and set off to explore and try new things - we travelled the world together for 10 months, then moved to a small Victorian town where Andy found his passion for winemaking and I pursued life as a musician. I also rekindled my love for swimming teaching during this time.

I'm proud of my decision to audition on X Factor. This was something I had previously not considered as a musician, but when faced with the opportunity, I made a decision to jump in and see what might happen - it was the best decision I have ever made for my music career! I am proud of my efforts during that wonderful and surreal experience. It is important to take chances, be yourself, and work hard at things.

Another proud achievement for me was when I was admitted in the Supreme Court as a lawyer. This was a fantastic moment after many years of legal study.

What are you currently working on with your music?

Following the show, I have been signed to Sony Music Australia with a recording deal. Before Christmas, I released an album with my single 'History' plus 10 of my favourite songs from the show. This album finished 2015 at number 8 on the Australia ARIA Album Chart. This year I have been busy performing at Tamworth Music Festival and Adelaide Fringe, with others coming up over the next couple of months. I am in song writing mode and heading back into the studio in the next couple of months. I am very excited about recording my original music and getting it out there. I also have a bunch of shows and a Tour coming up soon.

Why do you support the Watch Around Water program?

I am hugely supportive of the Watch Around Water program, as I believe it is crucial for everybody in the community to be aware and keep our vulnerable persons such as babies, children, and those with special needs all safe around water so that they can enjoy water environments and have positive experiences. As a mother with a young child, I am passionate about Frankie enjoying water environments from a young age, but safety must always accompany this. I



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think it is important to remind parents that it is not just recreational water environments, but also water around the home, such as baths, buckets of water, water in the laundry etc.

I also have been a swimming instructor, and lifeguard, since I was 16 years old, and last worked in the industry just before having Frankie. I have taught both in Australia and also abroad in London, teaching infants through to adults, including young children and adults with special needs. I believe that swimming and water safety instruction is a very important job, but I also think it's important to remind people that the responsibility for water safety and enjoyment is not just up to teachers and lifeguards, it is a family and community responsibility also - parents, grandparents, and the wider community should all be aware and have the knowledge to keep children and vulnerable persons safe and happy around water, this is particularly so in a country like Australia, where we are lucky enough to enjoy water environments so widely.

How do you like to enjoy the water?

I mostly enjoy the water at the beach and pool, also fishing on the river. As a family, we mostly enjoy swimming pools and the beach. I grew up with a pool on our farm in Kapunda, where my siblings and I swam and enjoyed pretty much every day of summer. I have also done all of my instructing and life guarding at a pool. I still enjoy swimming laps and love taking Frankie for swims in the pool. We did a lot of swimming in the pool at the apartment we 'lived' in last year in Sydney, Frankie loved it!

After living for years near the beautiful beaches of Adelaide, I developed a new love for the beach. A favourite pastime of mine is to go for a beach run, then a swim. Living here in the South East we spend a lot of time in Robe. We love taking Frankie for a swim, jumping the waves and play in the sand. I still enjoy body boarding, and have recently started enjoying long boarding, with ambitions to keep working on my surfing!

We have a 'tinny' boat, and Andy and I have enjoyed many fishing days either down the Glenelg River or at Robe - this is something we look forward to introducing Frankie to soon.

Do you have any other recreational pursuits or hobbies?

I love music, from a young age, I loved sitting down to the piano, and then in my 20s it became the guitar and then singing. Andy and I have always enjoyed live gigs and festivals together, and I'm loving enjoying music and dance with Frankie.

Apart from this, I have always been a keen runner - road running, off road, and beach running. I also love sport, until recently netball was my regular, plus Andy and I still go out for a game of Tennis. We enjoy fishing – off the jetty, or boat, and look forward to enjoying this with Frankie.

Andy is the best cook in the family, but Frankie and I love to help him out, particularly making homemade pasta and pizzas where we crank the outdoor pizza oven. The cooking fits in perfectly with our interest in home produce and gardening. I think Andy is super keen for Frankie to have a green thumb!

I also enjoy art and drawing, and Frankie is just starting to get into that with me!



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