

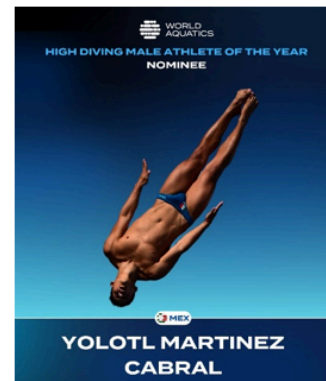
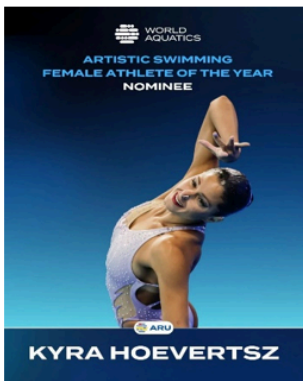
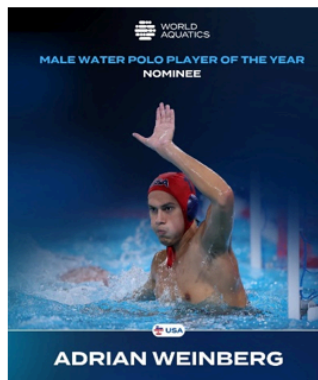
# BULLETIN

## Week of December 9, 2024

Follow us on social media!



CONGRATULATIONS to the 12 Athletes from the Americas selected as nominees for the **AQUA Athlete of the year** selection.





## NEWS

- **2nd annual PanAm Aquatics Convention:** For a complete recap of the Convention read "[The 2024 PAQ Convention Insights](#)". All sessions are now available on [PanAm Aquatics YouTube](#)
- **MALMSTEN PRO LANE LINES FOR SALE:** GREAT DEAL to buy the 11 - 50m Gold PRO (6" diameter) lanelines used at the 2023 Santiago PanAmerican Games, retails for more than US\$ 12,000.00, offered for US\$ 8,600.00 plus shipping. Contact: [office@panamaquatics.com](mailto:office@panamaquatics.com)

## PAQ EVENTS

May 2025	<b>1st PanAmerican Aquatics Championships</b> Medellin 2025	<b>STAY TUNED</b>
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Interested in hosting a PAQ Championship?  
Contact [office@panamaquatics.com](mailto:office@panamaquatics.com) for more information

## PAQ~AQUA Webinars & Clinics



The **PanAm Aquatics National Federation Certification Program** is a comprehensive and interactive initiative designed to equip National Federations across the Americas with the knowledge, skills, and resources needed to build stronger, more efficient, and sustainable aquatic sports organizations.

January 25, 2025 1:00 - 3:000 pm ET	Presentation of the <b>"PAQ National Federation Certification Program"</b>	<a href="#">Click here to register</a>
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**Poolside Dialogues** are virtual webinars for Clinics for Athletes and Coaches of all levels, all ages, and all disciplines covering general topics as well as discipline specific sessions presented by recognized experts

Jan 14, 2025 7:00 pm ET	<b>“Fueling for a Day of Training”</b> with Erica Beine from Beine Wellness Building	<a href="#">Click here to register</a>
Jan 28, 2025 7:00 pm ET	<b>Artistic Swimming: “More on the new AQUA Rules”</b>	<a href="#">Click here to register</a>



**UWC~Impact sessions** are interactive sessions to generate action steps toward impact-specific topics, with special guests and experts for all Aquatics. Geared towards athletes and coaches, these sessions are moderated by Valerie Gruet, Chair of the PanAm Aquatics Athlete Committee and provide opportunities for direct connections with the guests/experts

Jan 11, 2025		<a href="#">Click here to register</a>
March 8, 2025		<a href="#">Click here to register</a>

Visit the [PAQ website](#) and [PAQ YouTube](#) for full calendar and all previous webinars

## JUNIOR PANAMERICAN GAMES ASUNCION 2025

- August 9 to 23, **2025**
- Asuncion, Paraguay
- Ages:
  - AS: born 2005 - 2010 for males and 2006 - 2010 for females.
  - DV: born 2003 and later
  - OW: born 2003 - 2007
  - SW: born 2003 - 2009
- Qualifying procedures:
  - AS
  - DV
  - OW
  - [SW](#)

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## WORLD AQUATICS EVENTS

### World Swimming (25m) Championships Budapest 2024



### WORLD CHAMPIONSHIPS SINGAPORE 2025

- **SW:**
  - Qualification period has been extended from 9 March 2024 – 29 June 2025
  - [Qualifying Standards](#)
  - [Application for Qualifying events](#) **Deadline for applications: December 20, 2024**
- **WP:**
  - [Qualification system for Water Polo at the 2025 Singapore World Championships](#)
- **HD:**
  - [Qualification procedures](#)

### 2025 Diving World Cup

- 10-13 April – Canada (Location to be revealed on 27 November 2024)
- 2-4 May – Beijing, China (Super Final)

### AQUA Recognized Diving Events

- 31 January – 2 February | Southern Cross Diving Series (New Zealand Leg), Auckland, New Zealand [Information](#)
- 7-9 February | Southern Cross Diving Series (Australia Leg), Gold Coast, Queensland, Australia [Information](#)
- 5-8 June | Canada Cup of Diving (Location TBD)
- 12-15 June | American Cup, Morgantown, West Virginia, USA
- 4-6 July | Bolzano Diving Meeting, Bolzano, Italy

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## 2025 Artistic Swimming World Cup

- Paris (FRA) – 28 February-2 March 2025: [Information](#)
- Hurghada (EGY) – 11-13 April 2025
- Markham (CAN) – 1-3 May 2025
- Xi'an (CHN) – 13-15 June 2025 ~ Super Final

## World Aquatics Artistic Swimming Youth Championships

- August 26-30, 2025
- Athens, Greece

## 2025 Open Water Swimming World Cup

- Stop 1: [Somabay](#) (EGY) – 21-22 Feb
- Stop 2: [Ibiza](#) (ESP) – 25-26 Apr
- Stop 3: [Setubal](#) (POR) – 14-15 Jun
- Stop 4: [Golfo Aranci](#) (ITA) – 10-11 October
- Stop 5: TBD

## OTHER EVENTS IN THE REGION

**DIVING & HIGH DIVING** Diving Plongeon Canada & Fort Lauderdale Diving Club host the [2024 International Winter Festival Invitational](#) in Fort Lauderdale, Florida, USA, December 11-15. [Preliminary entry form](#)

**SWIMMING & WATER POLO:** ASATT Invitational Swimming and Water Polo Championships 2024, Wednesday 11th to Sunday 15th December 2024 at the National Aquatic Centre, Balmain Couva, Trinidad, W.I. Summons for [Swimming](#); Summons for [Water Polo](#)

**WATER POLO: First Annual Saint Andrews/FEC Winter Classic Tournament and Camp Jan 17-20, 2025.** Tournament: Fri/Sat/Sun Jan 17-19 Camp: Sun/Mon Jan 19-20 Featuring Coaches Randy Burgess/Ferenc Vindisch/Ted Bresnahan/Mike Schofield. Click here for [information on the Tournament](#) and [registration for the Camp](#).

**OPEN WATER:** Pura Vida 2025 Costa Rica Experience April 21-28, 2025

ToSwim invites all PAQ members and partners to join an exclusive open water experience in the heart of Costa Rica. This unique opportunity is designed not only for athletes but also for swimmers of all levels.

Participants will:

- Swim and train in the serene waters of Arenal Volcano Lake and the crystal-clear Gulf of Papagayo.
- Experience a perfect blend of tailored swimming training and cultural discovery.
- Enjoy the guidance of world-class trainers, biomechanics experts, and coaches.

This experience combines fitness and exploration, offering a transformative journey through Costa Rica's stunning landscapes and rich history.

**To all PAQ members, associates, and partners, we are delighted to offer an exclusive \$200 discount on each package.** For more informations: <https://welcome.toswim.io/toswim-costa-rica/>

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**ARTISTIC SWIMMING:** 2025 Novice, Intermediate, 12-U & Youth Age Group & Athletes with Disabilities(AWD) World Invitational. May 2-4, 2025 in Coral Springs, FL USA. [Click here for the summons](#)  
AQUA and PAQ Officials are welcome to judge.

## RESOURCES FOR ATHLETES

- **Become a Mentee in the 2025 PAQ Athlete Committee Mentorship Program!**

**Deadline for applications is December 1, 2024**

We're looking for passionate athletes at any stage of their aquatic journey to be paired with members of the Athlete Committee for personalized mentorship! Apply by December 1st for the chance to connect with world-class athletes and gain valuable insights. Results will be announced at the end of December.

[Click here to register](#) for the program.

- **WADA**

- [2025 WADA Prohibited List](#)
- [2025 WADA Monitored Substances List](#)
- [Summary of major modifications for 2025](#)

- [AQUA Athletes Committee Toolkit](#) and all relative information for National Federations. For those that attended the webinar, kindly respond to this [survey](#) to provide your feedback.

## FROM OUR PARTNERS

### [Fluidra](#)

**Skypool Egara** is the new generation of Fluidra's panel system for creating cutting-edge swimming pools. With enhanced durability, improved aesthetics, sustainability, and efficiency, it redefines standards in pool design and installation. Engineered for an exceptional swimming experience, it is the perfect choice for sports clubs and competition pools, fully adhering to World Aquatic regulations. [Watch the launch video here.](#)



### [Malmsten](#)

#### **Thank You, PanAm Aquatics and Ibagué!**

A heartfelt thank you to PanAm Aquatics and the city of Ibagué for hosting an incredible PanAm Aquatics Water Polo Championships! It was a pleasure to see everyone come together for such a fantastic event.

Malmsten is proud to be an official supplier to PanAm Aquatics, supporting the athletes and teams in their journey to excellence.

Congratulations to all the players, coaches, and everyone involved in making this championship a success!

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## Global Sport Technology

### **E-Coach 2.0 Software:**

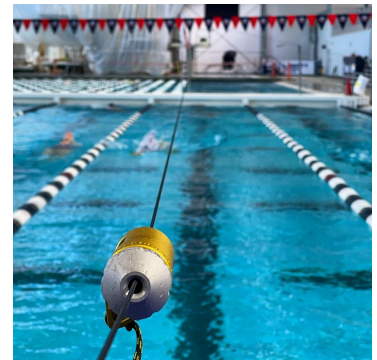
The E-Coach software is the first research-based software on long-term, seasonal and weekly/daily training adaptation. Unique studies by Dr. Genadijus Sokolovas, aka Dr. G, show that the rate of adaptation is different for females and males, for younger and older swimmers, for elite level and sub-elite level swimmers, for sprinters and distance swimmers. For example, younger athletes adapt faster than older athletes. That's why the E-Coach software matches the weekly workload volume progression in a season based on the rate of adaptation: workload volumes in different energy zones increase at a faster rate for younger athletes. The rate of adaptation also depends on many other parameters, which are included in the E-Coach software. Training plans designed by the E-Coach are based on the individual or group rate of adaptation. **The E-Coach is the only scientifically based training design software. More than 40 years of research are included in the software algorithms. No other software in the world is more accurate than the E-Coach!** Click here to [download](#) The Getting Started Guide of the E-Coach 2.0

### **Talent ID and Development Database**

Talent ID and Development Database is created for coaches, swimming clubs and federations. Not only it identifies talented swimmers at a young age, but more importantly it helps coaches to develop young swimmers in the most effective way to reach peak performances. Talent ID and Development database analyzes individual swimming performances, predicts individual performance progression, offers optimal training volumes in the water and on land based sensitive periods of development and biological maturation, stores and analyzes weekly training volumes, duration of training seasons, calculates the cost of performances, relative endurance, heart rates and speed in various energy zones, etc. Visit [www.talentidd.org](http://www.talentidd.org) to register for this unique database. Here are two links to more information about the [Talent ID](#) and [Development](#)

### GMX7 Training

[Check out the latest training Software from GMX7 training:](#) The GMX7 X-2 Pro System is a revolutionary aquatic resistance training device designed to elevate your swim performance. Built with precision engineering and cutting-edge technology, this compact system provides seamless, adjustable resistance in the water, allowing swimmers to enhance speed, endurance, and power. Ideal for swimmers of all levels, from competitive athletes to fitness enthusiasts, the X-2 Pro enables targeted training that translates directly into real-world performance gains. Now only \$19.00 a month or \$199 for a complete bundle with the software.



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## ToSwim

### ToSwim Business Introduces AiWa

Revolutionizing communication for pools, sports centers, organizations, and federations, AiWa is an innovative virtual assistant powered by OpenAI's cutting-edge artificial intelligence. Designed to enhance customer engagement on WhatsApp, AiWa offers a transformative conversational marketing tool that builds meaningful client relationships.

#### Key Benefits of AiWa:

- Attract and Retain Customers: Drive loyalty while creating new opportunities.
- AI-Powered Personalization: Enhance user experience with tailored communication.
- Advanced AI Beyond Chatbots: AiWa delivers intelligent, human-like interactions.

#### Impressive Results:

- 95% of conversations successfully completed.
- 24/7 availability for seamless support.
- Over 40 languages supported.
- +40% boost in customer interactions.

#### Easy Integration:

Simple and quick setup via WhatsApp or your website.

#### Exclusive Offer for PAQ Members:

Enjoy a 10% discount on all AiWa subscriptions, exclusively for PAQ members, partners, and associates.

For more information, contact us at:

<https://welcome.toswim.io/toswim-business/aiwa/>  
[support@toswim.io](mailto:support@toswim.io)

## Beine Wellness Building



**DISCOVER YOUR  
BODY'S BLUEPRINT**



### Physical

Learn your muscle performance gene, how your body recovers, specific cooldown needs after competition, hydration needs, injury risk, ways to build muscle and hold on to strength during taper.

### Nutritional

Discover sensitivities to carbs, fats, caffeine, alcohol, & lactose. Learn how to implement these into your nutritional routine and how to best maximize food for performance and recovery keeping sensitivities in mind.

### Vitamins

Does your body convert, absorb, and transport vitamins the way it should? Learn what foods to incorporate to help fuel your body and supplementation considerations specific to your body's needs. [Schedule a Free Consultation](#)

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## Academy of Leadership Sciences Switzerland (ALSS)

### **Free Webinar: The Impact of Artificial Intelligence & New Technology on Sports!**

Gain valuable insights from [Marwan Hellal, PhD](#), a leading expert in the field.

Date: December 18, 2024.

Time: 12 noon (Miami time).

Register now by sending an email to: [sports@alss-edu.ch](mailto:sports@alss-edu.ch)

For more details, visit: <https://www.rfr.bz/le681c5>

### **"Introduction to Dispute Resolution in Sport" course, taught by international sports lawyers: [Petra Pocrnic Perica](#), [Juan de Dios Crespo Pérez](#), [Livia Silva Kägi](#), and [Catherine Pitre](#).**

This online course provides unparalleled insights into sports dispute resolution, tailored for professionals eager to excel in the field.

Starts March 4, 2025 at 12 noon (Miami time); CHF 890 (Early Bird Discount: 25% for all PanAm Aquatics Members)

[For more information click here](#)

[For registration click here](#)

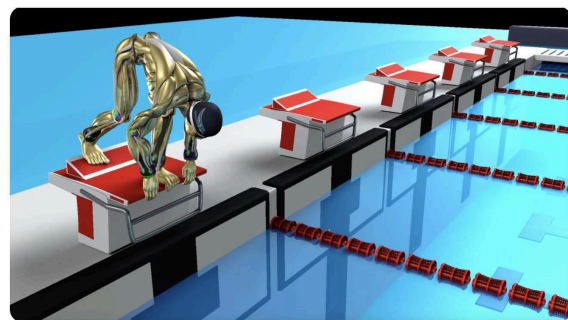


## Fluid Mechanics

Fluid Mechanics Inc is an athletic consulting company that brings competitive swimming concepts to life through the use of our unique visual learning system, **FM VisionWorks** and our **FM Avatar Animations**. Simply put, swimmers see it, then do it.

[Fluid Mechanics](#) was founded in 1987 by **John B.**

**Waldman**, a renowned leader and visionary in competitive swimming instruction, and a former world-ranked swimmer and record-holder. Waldman



swam for and was mentored by legendary US Olympic coach Dr. James Counsilman throughout his career.

Author of *The Science of Swimming*, "Doc" Counsilman is largely regarded as one of the most successful swim coaches in World Swimming history.

Our comprehensive technique curriculum focuses on increasing stability and propulsion, minimizing drag, and grasping concepts such as hydro dynamics and pressure fields to better understand how motions affect movement in the water.



**FM** is thrilled to begin contributing educational content to the PanAm Aquatics Bulletin. **To request an educational topic to be featured in a future PAQ bulletin, email [dsr@fluidmechanics.net](mailto:dsr@fluidmechanics.net).**

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## Reason Physio

Are you struggling with pain or feeling like you've hit a plateau in the water? At Reason Physio, we specialize in building stronger, more resilient athletes to help you unlock your full potential. Whether you're chasing an increase in performance or overcoming an injury, we're here to help you swim stronger and pain-free. Book a free discovery call [here](#) and take the first step toward peak performance!

You can find this and past bulletins in our [website](#)

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