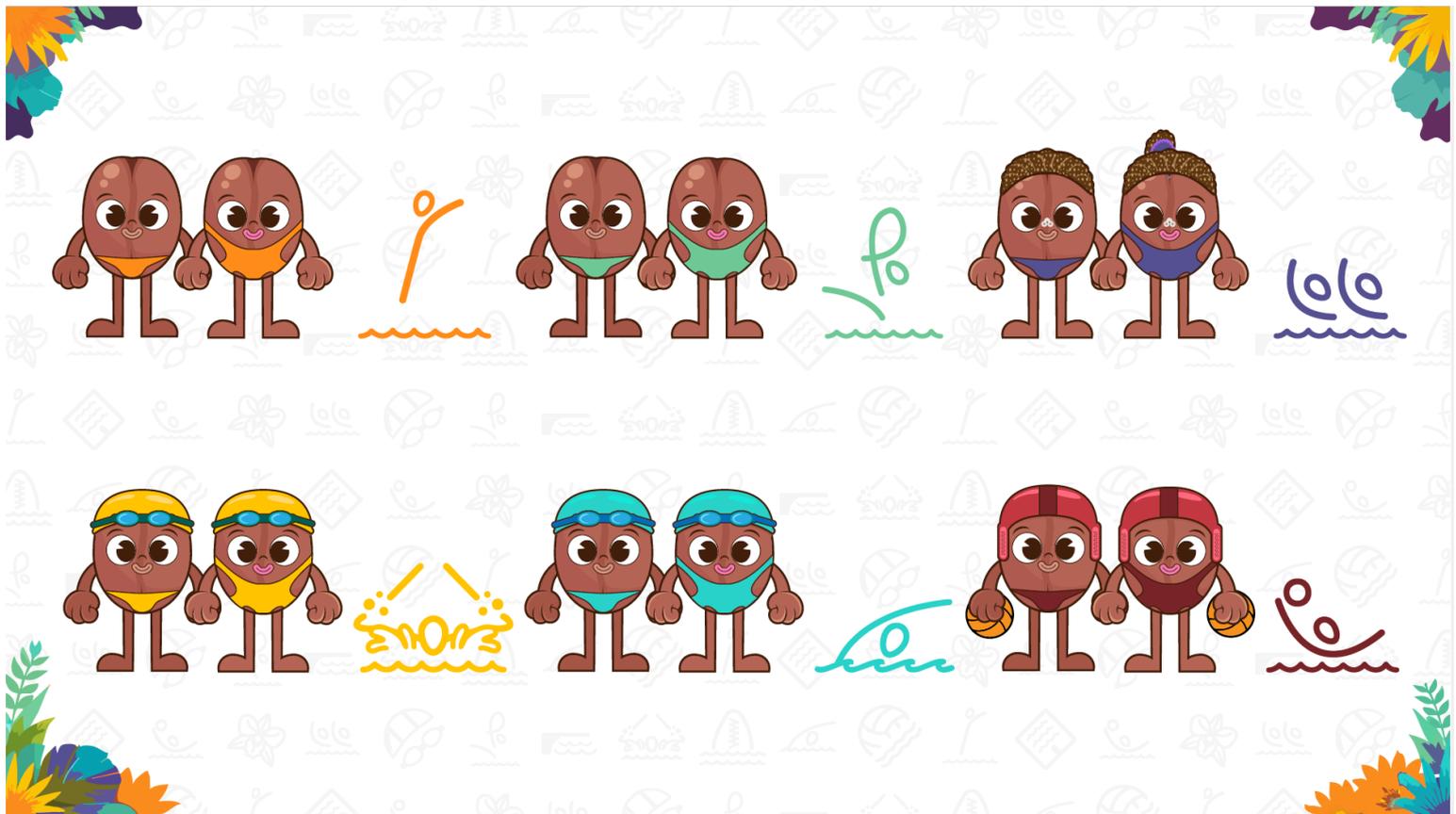


BULLETIN

Week of February 17, 2025



Follow us on social media!



Meet the Official Mascot for Medellin 2025



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NEWS

Big News from the PAQ Athlete Committee!

The Underwater Chats: Power Up Exclusive Sessions just kicked off this month, bringing game-changing conversations to our aquatic community! The Blue Seals Swim Team (Jamaica) was the first to dive in, engaging in powerful discussions on safe sport, mental health, and social media. In an open and supportive space, athletes, parents, and coaches bravely shared the challenges they face as a team. Together, we embraced a growth mindset, fostering discussions on team cohesion, kindness, and support. Key topics included balancing life, aquatics, and academics, improving access to the pool, and finding ways to better support athletes. To boost motivation, the team introduced Fun Fridays and other reward systems to encourage attendance and engagement. Most importantly, there was a strong team commitment to creating a safe and supportive environment for all—focusing on what it means to be a great teammate and leader every day. This session was all about collaboration, solutions, and building a stronger, more connected aquatic community!

These dynamic, athlete-focused sessions create a safe, supportive space for athletes, parents, coaches, and NF reps to tackle key challenges together with the PAQ Athlete Committee. Want your club or federation to be next? Reach out to  athletes@panamaquatics.com and stay tuned for more updates!



“On behalf of the Blue Seals Swim Club, I would like to extend our heartfelt gratitude to you and the entire PanAm Aquatics Athletes Committee for the exceptional informational session on Saturday. The involvement of so many committee members, as well as the engaging interactivity between parents, coaches, and athletes showed your commitment” ~ David Bromfield

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PAQ EVENTS

May 12 - 25, 2025	1st PanAmerican Aquatics Championships Medellin 2025	Summons & Events Calendar
Sep 1 - 7, 2025	PanAm Aquatics U15 Water Polo Championships Bauru 2025	Summons will be released soon

PAQ CALENDAR 2025 - 2028

Interested in hosting a PAQ Championship?
Contact office@panamaquatics.com for more information

	When	Category	Qualifying event for	Location
PAQ Championship				
2027	Jan-Feb	all disciplines	2027 PAG Lima	
Water Polo				
2026	August	Junior	Qualifier for 2027 World Junior	
2027	Aug-Sep	u15	Qualifier for 2028 World u16	
	June	u17	Qualifier for 2028 World Junior	
2028	June	u19	Qualifier for 2029 Worlds u20	
Swimming				
2025	Dec	u15-JR-SR	SCM Qualifier for 2026 Worlds scm	contract pending
2026	Jun	11-12/13-15/Jr/SR	Qualifier for 2027 Worlds/PAG	
2027	Dec	u15-JR-SR	SCM Qualifier for 2028 Worlds scm	
2028	Jun	11-12/13-15/Jr/SR	Qualifier for 2028 OG/2029 Worlds	
Artistic Swimming				
2026	August	Agegroup		
2028	August	Agegroup		
Masters				
2026	Oct	Masters		contract pending
2028		Masters		

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PAQ OPEN WATER SERIES

PAQ is looking for existing events to become part of the PAQ OW series: • Events will be used for the AQUA OWS World Ranking platform

- NFs/Athletes will accumulate points in each event
- The competition must follow World Aquatics Rules as per the Competition Regulations.
- At least one of the following events (men and women) needs to be included within the competition program: 3km, 3km Knockout Sprint, 5km, 10km
- The competition shall be officiated by World Aquatics certified Open Water Referees.

PAQ~AQUA Webinars & Clinics



The **PanAm Aquatics National Federation and Clubs 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. [Last chance to join the program click here](#)

March 25, 2025	National Federation	1:00 - 3:00 pm ET	Module 2: Governance and Leadership
March 25, 2025	Club	11:00 am - 1:00 pm ET	Module 2: Safe Sport
May 31, 2025	National Federation	1:00 - 3:00 pm ET	Module 3: Project and Event Management
May 31, 2025	Club	11:00 am - 1:00 pm ET	Module 3: Project and Event Management
July 26, 2025	National Federation	1:00 - 3:00 pm ET	Module 4: Safe Sport
July 26, 2025	Club	11:00 am - 1:00 pm ET	Module 4: Athlete Wellness
Sept 27, 2025	National Federation	1:00 - 3:00 pm ET	Module 5: Athlete Wellness
Sept 27, 2025	Club	11:00 am - 1:00 pm ET	Module 5: Coach Development
Nov 29, 2025	National Federation	1:00 - 3:00 pm ET	Module 6: Coach and Official Development

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Nov 29, 2025	Club	11:00 am - 1:00 pm ET	Module 6: Parent and Volunteer Development
Dec 13, 2025	National Federation and Club	1:00 - 3:00 pm ET	Closing session



Poolside Dialogues supported by World Aquatics are virtual webinars for Clinics for Coaches and athletes of all levels, all ages, and all disciplines covering general topics as well as discipline specific sessions presented by recognized experts.



Feb 25, 2025 7:00 pm ET	Artistic Swimming: Part 2 "More on the new AQUA Rules" Anastasiya Petrenko	Registration link
March 2, 2025 11:00 am ET	Swimming: Shoulder Injury: Prevalence, Technique Causes, and Technique Remedies with Rod Havriluk	Registration link
March 11, 2025 7:00 pm ET	Diving: Dryland/Water for Beginners to Build Strong Fundamentals with Amy Kwan	Registration link
March 17, 2025 7:00 pm ET	Diving: Diving skill development - Trampoline 101 with Jeff Stabile	Registration link
March 25, 2025 7:00 pm ET	Water Polo: Goalie Logic by MIZE with the WP Academy - The Perfect Goalie	Registration link
April 8, 2025 7:00 pm ET	General: Creating an athletes committee + skills with PAQ Athletes Committee	Registration link

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Underwater Chats By PANAM AQUATICS

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

March 1, 2025 at 4:00 pm ET	Prioritizing Health & Wellness	Click here to register
May 10, 2025	Technology & Performance	Click here to register
July 12, 2025	Training & Racing Strategies	Click here to register
September 13, 2025	Creating High Performing environments	Click here to register
November 8, 2025	Recovery	Click here to register

The Underwater Chats: Power Up Exclusive Sessions

Unlock a game-changing opportunity for your team or National Federation! The Underwater Chats: Power Up Exclusive Sessions offer hands-on, tailored education and development led by the PAQ Athlete Committee. These dynamic, athlete-focused sessions create a safe and supportive space where athletes, parents, coaches, and NF reps can engage in open discussions, brainstorm solutions, and receive advice from our PAQ athlete leaders on key challenges facing aquatics.

Take advantage of this exclusive benefit and empower your aquatic community with great insights and practical solutions! Want your club or federation to be next? Contact us at athletes@panamaquatics.com and Power Up with the PAQ Athlete Committee!

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

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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 manuals:**
 - [AS](#)
 - [DV](#)
 - [OW](#)
 - [Qualification times](#) & [full manual](#)
- **Application forms and information to serve as a Technical Officials:**
 - [AS](#)
 - [SW](#)
 - [OW](#)

WORLD AQUATICS EVENTS

WORLD CHAMPIONSHIPS SINGAPORE 2025 July 11-August 3, 2025

- [General information on venues, schedule, deadlines, accommodations and transport](#)
 - **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](#)
 - **OW:**
 - [Application for Technical Official](#)

MASTERS WORLD CHAMPIONSHIPS SINGAPORE 2025

- July 26 - August 22, 2025
- [Registration GMS](#)
- [Information](#)

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World Aquatics Junior Swimming World Championships

- August 19-24, 2025
- [Bucharest, Romania](#)

2025 Diving World Cup

- [Rules and Regulations for the DWC 2025](#)
- 3-6 April - [Guadalajara, Mexico](#)
- 10-13 April - [Windsor, Canada](#)
- 2-4 May - [Beijing, China \(Super Final\)](#)

AQUA Recognized Diving Events

- 13-16 March | [67th International Divers' Day, Rostock, GER](#)
- 5-8 June | [Canada Cup of Diving Gatineau, CANn](#)
- 12-15 June | [American Cup, Morgantown, West Virginia, USA](#)
- 4-6 July | [Bolzano Diving Meeting, Bolzano, Italy](#)
- 31 Oct-2 Nov | [3rd Malaysia Open Diving Championships 2025, Kuala Lumpur, MAS](#)

2025 Artistic Swimming World Cup

- [Rules and Regulations for the Artistic Swimming World Cup 2025.](#)
- [Paris \(FRA\)](#) – 28 February-2 March 2025
- [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; GMS entry deadline 7 February
- 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

SWIMMING: Barbados Long Course Nationals held by the Barbados Aquatic Sports Association on February 25th - 2nd March, 2025. Click here for [summons](#) and [HYTEK entry file](#)

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SWIMMING: Puerto Rico International Swimming Open April 2 -5, 2025 at the San Juan Natatorium. Qualifying event for 2025 AQUA Singapore World Championships and JPAG ASU 2025. Click here for the [summons](#).

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.

- 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/>



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.

OPEN WATER: Horizonte Maya, Mexico 2025 Experience May 13-18, 2025

ToSwim invites all PAQ members and partners to dive into an exclusive open water swimming experience in the paradise of the Mexican Caribbean, Cancún!

• Swim and train in the crystal-clear waters of the Caribbean alongside the ToSwim, El Cruce and the international Open Water champion Patricia Kolhmann, perfecting your technique and enjoying unparalleled landscapes. World-class coaches, biomechanics experts, and trainers will guide you every stroke, ensuring an educational and enriching experience.

• Take on the challenge of the final day with El Cruce de Cancún, a 10 km journey

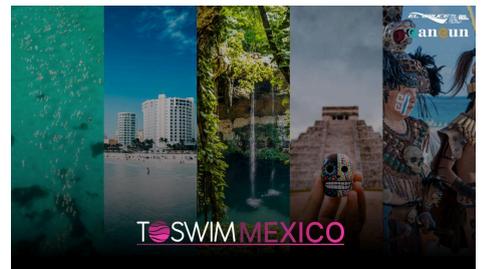
from Cancún to the stunning Isla Mujeres, where you will swim above the fascinating Underwater Museum of Cancún, in the Marine National Park.

• Personalized swimming training, combined with a unique cultural experience that will allow you to discover the magic of Cancún beyond its natural beauty.

This experience is not just a sports challenge—it's a transformative journey! The perfect blend of exercise, exploration, and culture in one of the world's most breathtaking destinations.

Exclusively for PAQ members, associates, and partners! Take advantage of our exclusive \$200 discount on each package.

For more information and bookings: [Mexico Mayan Horizon 2025 – ToSwim](#)



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EVENTS & RESOURCES FOR ATHLETES

- **ITA Webinar: Ask the Expert: The Anti-Doping Rule Violations**
Ayesha Talpade, ITA Senior Legal Counsel will provide an overview of the topic, offering practical insights and expert answers to your questions.
 - February 25, 2025
 - 14:00 - 15:00 Swiss time (8:00 -9:00 am Miami time)
 - [Click here to register](#)
- **WADA**
 - [2025 WADA Prohibited List](#)
 - [2025 WADA Monitored Substances List](#)
 - [Summary of major modifications for 2025](#)
- **Webinars from the IOC for athletes:** We are pleased to inform you of an exciting opportunity organised by the Association of National Olympic Committees (ANOC) who are hosting a series of webinars on AI and ChatGPT. There could be many opportunities to use AI in the work of your AC as well as in your personal lives. This webinar series will look to show how the different tools and functions within ChatGPT could be used to increase efficiencies.

The webinars will take place as follows:

- **18 February 2025** - Webinar 3: Excel at Marketing with ChatGPT
- **4 March 2025** - Webinar 4: Handle complex data with ChatGPT
- **18 March 2025** - Webinar 5: Advanced Uses of ChatGPT

Link to register: <https://register.event-works.com/acno/ANOCDAPE/cp/q/92000/>

All webinars will be translated live into English, French and Spanish and will start at 13:00

- **Swimming & Open Water Clinic. Sardinia Experience by Orlando Moccagatta June 9 - 15, 2025 | Sardinia, Italy.**



Experience a unique swimming journey in a Mediterranean paradise! The Swim Experience in Sardinia, led by renowned coach Orlando Moccagatta, is not just a clinic—it's a complete transformation of your swimming. A journey designed to refine your technique, boost your performance, and deepen your understanding of swimming in an unparalleled setting. Exclusive for PAQ members, associates, and partners! Take advantage of our special **\$200 discount on each package.** Reserve your spot now and get ready to transform your swimming. Limited spots available. [Click here](#)

[to get more information](#) or make your reservations: [ToSwim Sardinia 2025 – ToSwim](#) or email us at toswimmer@toswim.io

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- **Resources from the IOC AC:**

- [Get mentally fit](#)
- [“Grip it and Rip it”](#)

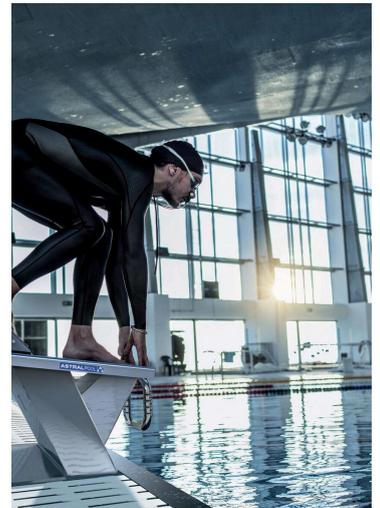
- [AQUA Athletes Committee Toolkit](#) and all relative information for National Federations. For those that attended the webinar, kindly respond to this [survey](#) to provide your feedback.

FROM OUR PARTNERS

[Fluidra](#)

Fluidra: the best equipment for competition pools

Fluidra, a global leader in pool and wellness solutions, proudly supports aquatic sports through its partnership with Panam Aquatics. This collaboration enhances swimming, diving, and water polo across the Americas by providing high-quality pool equipment and advanced water technology solutions. With decades of expertise in aquatic innovation, Fluidra supplies cutting-edge equipment that ensures peak performance and safety for athletes. From competition-grade lane lines to precision starting blocks and efficient water filtration systems, Fluidra’s products meet the highest industry standards. These advancements help to develop world-class pool events while maintaining optimal training conditions for athletes. This collaboration underscores Fluidra’s dedication to create efficient, high-performance pools for aquatic sports. In this scenario, Fluidra has launched a new formula of his patented panel solution, [SkyPool Egara](#), now more durable and sustainable. By equipping pools with the latest technology, Fluidra supports the growth of aquatic disciplines and fosters the next generation of champions in the Americas. For more information on Fluidra’s swimming pool accessories and their impact on global aquatic sports, visit [Fluidra.com](#).



[Malmsten](#)

Explore Our Story: Uncover Our Passion and Purpose!



For Swimmers from Swimmers - with a passion for aquatics Malmsten Inc. established in Phoenix Arizona, in 2020, by former swimmers Mikael Orn OLY-Former Olympian, and Simon Percy OLY- Former Olympian. Mikael and Simon both swam for Arizona State under Ron Johnson. Two different career paths and now teaming up in Malmsten Inc. Read the full story: [Malmsten. Who are we?](#)



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Global Sport Technology

E-Coach 2.0 - Part 1

One of the advantages of the E-Coach 2.0 software is its ability to match the workload in each energy zone to the swimmer's current condition. The program evaluates the swimmer's age, gender, performance and some other parameters and designs the optimal seasonal training plan to ensure optimal improvements during the season.

Our studies 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 2.0 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 2.0 software. Training plans designed by the E-Coach 2.0 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 2.0.

Here is the link to Dr. G's presentation on the scientific background of the seasonal training design - E-Coach 2.0 part 1

<https://www.dropbox.com/scl/fi/k07bw3ldr0off1cizc0/E-Coach-software-Part-1.mp4?rlkey=plfazk9xpz09e1hmafucpochl&st=2fbyxgfy&dl=0>

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.



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ToSwim

Boost your business with AiWa!

TOSWIM TECH
Benefits for PanAm Members

TOSWIM TECH gives you the opportunity to take water sports to the next level. For PanAm and its members, we offer innovative digital solutions to enhance communication and marketing in water sports.

Our tools are designed to modernize and simplify, helping you reach further and connect more effectively with your audience.

With AIWA, our virtual assistant powered by OpenAI's AI and integrated with WhatsApp, you can transform your communication through personalized support tailored to your needs. This allows you to improve your users' experience and loyalty in an easy and automated way.

10% discount on AiWa rates:

50€/Month - Starter	100€/Month - Silver	200€/Month - Gold
<ul style="list-style-type: none"> • Ideal for those starting to manage customer service. • Up to 100 conversations per month. • 24/7 support. 	<ul style="list-style-type: none"> • Ideal for pools/centers with a medium to large customer base. • Up to 300 conversations per month. • 24/7 support. 	<ul style="list-style-type: none"> • Ideal for pools/centers with a large clientele. • Up to 1,000 conversations per month. • 24/7 support.

ToSwim offers PanAm, its members, and partners the opportunity to improve customer communication and service with AiWa, a conversational AI assistant created by OpenAI.

AiWa is the perfect tool to attract, connect, and retain your customers in an easy and effective way. It enhances communication processes through personalized support tailored

to your needs, helping you build long-term relationships with your customers.

It works via WhatsApp, and can also be integrated into your website and social media channels.

Contact us now to learn about your benefits

as a Panam partner and discover how AiWa can

transform your business! Schedule your demo today by sending us an email at toswimmer@toswim.io! You can find all the information at: [AiWa – ToSwim](#).

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)

- **Introduction to Risk Management for Sporting Events**
 - Start Date: March 12, 2025
 - Lecturer: Tammi Gaw
 - Course Detail: [Introduction to Risk Management for Sporting Events - ALSS](#)
 - Registration Link: [Application form \(Short Courses\) - ALSS](#) or send an email to info@alss-edu.ch
- **Introduction to Data Protection in Sports**
 - Start Date: April 9, 2025
 - Course Detail: [INTRODUCTION TO DATA PROTECTION IN SPORTS - ALSS](#)
 - Registration Link: [Application form \(Short Courses\) - ALSS](#) or send an email to info@alss-edu.ch
- **Safeguarding in Sports**
 - Start Date: April 9, 2025
 - Course Detail: [Safeguarding in Sports - ALSS](#)
 - Registration Link: [Application form \(Short Courses\) - ALSS](#), or send an email to info@alss-edu.ch
- **Anti- Doping in Sports**
 - Start Date: April 8, 2025
 - Course Detail: [Anti-Doping in Sports - ALSS](#)
 - Registration Link: [Application form \(Short Courses\) - ALSS](#) or send an email to info@alss-edu.ch
- **Online MBA in Leadership in International Sports Law**, starting in **March and October**. As a special offer for PanAm Aquatics members, we are providing a 25% **discount**. Additionally, we have a few **scholarships of up to 50%** available for students from developing countries. [More information](#) and link for registration: [MBA in Leadership and International Sports Law - ALSS](#)

ACADEMY OF LEADERSHIP SCIENCES SWITZERLAND

MBA LEADERSHIP IN INTERNATIONAL SPORTS LAW

LAST WEEK TO APPLY!

Program Duration: 12 months
Start Date: March 1, 2025
Study Format: 100% Online

REGISTER NOW

✉ sports@alss-edu.ch

www.alss-edu.ch

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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