

BULLETIN

Week of January 6, 2025

Follow us on social media!



FLUIDRA

ASTRALPOOL 



 **Malmsten**



TOSWIM



Global Sport
TECHNOLOGY

 **DEPORTE VIRTUAL**
tecnología deportiva

GMX7

 **BEINE**
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



NEWS

- **1st PanAm Aquatics Championships Medellin 2025:** It is with great pleasure that PanAm Aquatics together with the host Federacion Colombiana de Natacion announces the 1st PanAm Aquatics Championships to be held in Medellin Colombia from May 13-25, 2025. The event will be the qualification event for Asuncion 2025 for Artistic Swimming, Diving, Swimming, and Open Water as well as for 2025 World Championships and 2025 Junior World Championships for Swimming, and the for the 2026 Junior World Water Polo Championships. [Check out the Competition calendar](#)
- **PanAm Aquatics Junior Water Polo Championships Bauru 2025:** Bauru, Brazil, will host the prestigious PanAm Aquatics U15 Water Polo Championships from September 1 to 7, 2025. Join us in Bauru to witness the next generation of Water Polo champions!
- **Malmsten and USA Water Polo announce expanded partnership through LA 2028:** [Click here to read the Press Release](#)
- **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

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

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

FLUIDRA

ASTRALPOOL | ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL
tecnologia deportiva

GMX7

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



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 - 3:00 pm ET	Presentation of the “PAQ National Federation Certification Program”	Click here to register
---------------------------------------	----------------------------------------------------------------------------	----------------------------------------



Poolside Dialogues 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.

Jan 14, 2025 7:00 pm ET	“Fueling for a Day of Training” with Erica Beine from Beine Wellness Building	Click here to register
Jan 28, 2025 7:00 pm ET	Artistic Swimming: Part 1: “More on the new AQUA Rules” with Anastasiya Petrenko	Click here to register
Feb 11, 2025 7:00 pm ET	Managing Social Media - with Valerie Gruet	
Feb 25, 2025 7:00 pm ET	Artistic Swimming: Part 2 “More on the new AQUA Rules” Anastasiya Petrenko	Click here to register

FLUIDRA

ASTRALPOOL | ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL
tecnología deportiva

GMX7

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



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

Jan 11, 2025	Planning & Goal-setting	Click here to register
March 8, 2025	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

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](#)
- **Application forms and information to serve as a Technical Officials:**
 - [AS](#)
 - [SW](#)

FLUIDRA

ASTRALPOOL ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL tecnologia deportiva

GMX7

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



WORLD CHAMPIONSHIPS SINGAPORE 2025

July 11-August 3, 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](#)

MASTERS WORLD CHAMPIONSHIPS SINGAPORE 2025

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

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](#)
- 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

2025 Artistic Swimming World Cup

- [Rules and Regulations for the Artistic Swimming World Cup 2025.](#)
- 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

FLUIDRA

ASTRALPOOL

ZODIAC



Malmsten

TOSWIM



DEPORTE VIRTUAL
tecnología deportiva

GMX7

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



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

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](#).

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](#)

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.

FLUIDRA

ASTRALPOOL ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL tecnologia deportiva

GMX7

BEINE WELLNESS BUILDING GENETIC SPORTS PERFORMANCE



RESOURCES FOR ATHLETES

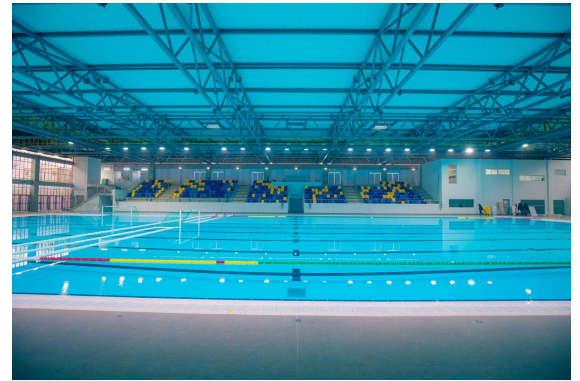
- WADA
 - [2025 WADA Prohibited List](#)
 - [2025 WADA Monitored Substances List](#)
 - [Summary of major modifications for 2025](#)
- [AQUA Athletes Committee Toolkit](#) and all relative information for National Federations. For those that attended the webinar, kindly respond to this [survey](#) to provide your feedback.

FROM OUR PARTNERS

[Fluidra](#)

The best design and equipment for water polo pools.

At Fluidra, as an official partner of Panam Aquatics, we are passionate about designing and equipping high-level aquatic centers that take athletes' performance to the highest level. Always complying with World Aquatics standards, everything is designed to optimize every second in the water. Solutions and expertise united to create the perfect competition pool experience. Want to know more about the features needed to develop a water polo pool? *Find out more in our [article!](#)*



FLUIDRA

ASTRALPOOL 



Fluid Mechanics, Inc.

 **Malmsten**



6-8 SPORTS

TOSWIM



DEPORTE VIRTUAL
tecnología deportiva

GMX7

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



Malmsten



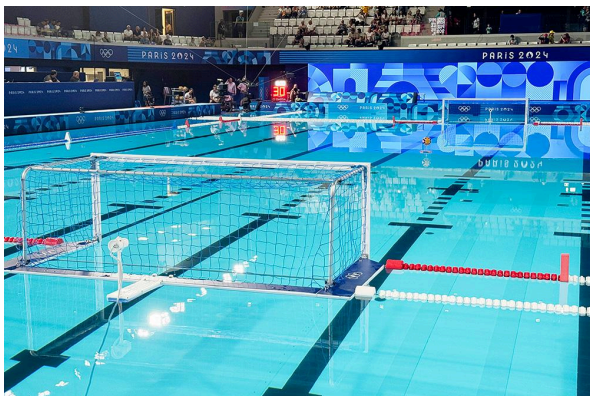
USA Water Polo is proud to announce an expanded relationship with Malmsten to serve as the official goals and field of play for the National Governing Body through the 2028 Olympic Games. An industry leader in the manufacturing, design and development of commercial pool equipment, Malmsten has been a partner of USA Water Polo since 2022.

This new agreement will help provide necessary equipment for USA Water Polo hosted events alongside critical sport growth opportunities nationwide to help seed water polo in developing communities.

“We are excited to partner with Malmsten, a company with a rich legacy of excellence in water polo equipment,” said Jamie Davis, CEO of USA Water Polo. “This partnership will provide our athletes with world-class goals and field of play equipment, allowing them to train and compete with gear that meets the highest standards in the sport. Malmsten’s commitment to innovation and quality aligns perfectly with our mission to promote and develop water polo across the country.”



“Malmsten is passionate and has invested heavily in its water polo portfolio over the last 18 years. We focus not only on competition equipment but on enhancing the whole water polo experience from youth to elite level play. Malmsten is proud to expand its partnership with USA Water Polo and happy to help promote and grow water polo in preparation for the Los Angeles Olympic Games in 2028” said Marcus Malmsten, CEO, Malmsten AB.



Mikael Orn, CEO Malmsten Inc. added, “Malmsten is a relatively new name in the USA market, but is a strong international provider, being a Global Supplier for World Aquatics and Official Supplier to Pan American Aquatics since 2022. Malmsten has supplied water polo equipment to the Olympic Games since 2008 and is excited to collaborate with a strong and growing water polo community from youth to masters in the USA from our manufacturing and distribution center in Phoenix, Arizona.”

In addition to providing goals and field of play equipment, Malmsten will also be a regular presence at USA Water Polo events like the Junior Olympics while collaborating with the organization to develop new products to meet the needs of the community. This includes serving as the official goal and field of play for Splashball, USA Water Polo’s program introducing the sport to our youngest members.

FLUIDRA

ASTRALPOOL | ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL
tecnologia deportiva

GMX7

BEINE
WELLNESS BUILDING
GENETIC SPORTS PERFORMANCE



Global Sport Technology

E-Coach 2.0 Software:

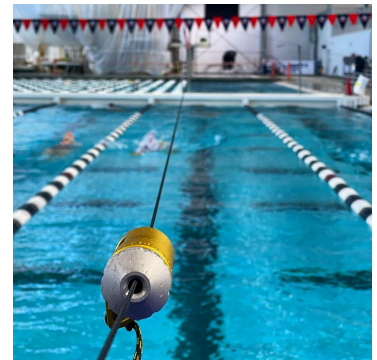
The E-Coach software is the first research-based software on long-term, seasonal and weekly/daily training adaptation. Unique studies by Dr. Genadijus Sokolovas, aka Dr. G, show that the rate of adaptation is different for females and males, for younger and older swimmers, for elite level and sub-elite 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 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.



FLUIDRA

ASTRALPOOL ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL tecnologia deportiva

GMX7

BEINE WELLNESS BUILDING GENETIC SPORTS PERFORMANCE



ToSwim

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/>

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](#)

Academy of Leadership Sciences Switzerland (ALSS)

"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](#)

FLUIDRA

ASTRALPOOL

ZODIAC



Malmsten



TOSWIM



DEPORTE VIRTUAL
tecnología deportiva

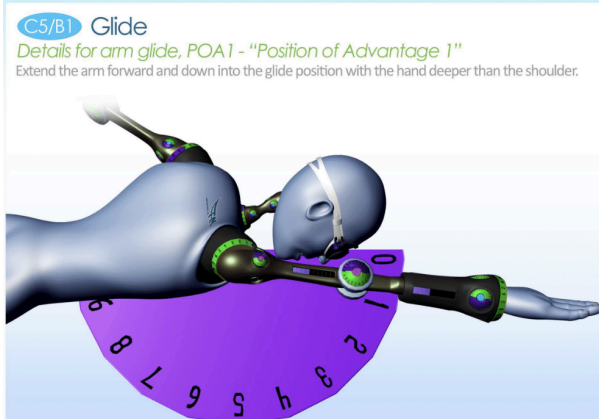
GMX7





Fluid Mechanics

Sledgehammer freestyle is a variation of competitive freestyle that involves accelerating your exiting hand through the surface and into a straight arm recovery. Acceleration within the pull pattern allows the hands to stack pressure fields and explode off heavier spots below the surface, maximizing propulsion per stroke.



The entry hand extends below the surface

until the elbow is straight, the palm is flat and the hand is deeper than the shoulder. This establishes the glide position, and also allows for better hand and forearm positioning to gather water at the top of the pull pattern before the acceleration begins.

[Follow this link](#) for more information about stroke technique like sledgehammer freestyle



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](#)

FLUIDRA

ASTRALPOOL ZODIAC



Malmsten



TOSWIM



GMX7

DEPORTE VIRTUAL tecnologia deportiva

BEINE WELLNESS BUILDING GENETIC SPORTS PERFORMANCE