

# BULLETIN

## Week of November 11, 2024

Follow us on social media!



**Attention all National Federations!**

We would appreciate it if you could share this bulletin with your entire Aquatic Family.

### Featured Event:

#### 2nd PanAm Aquatics Convention

- 24 sessions, 61 speakers, 1000+ participants
- [Find all materials from the presentations here](#)
- All videos of the sessions are on [PanAm Aquatics YouTube](#)
- Next Convention: January 23-25, 2026



## NEWS

- The **1st PanAmerican Aquatics Championships**: Medellín, Colombia and the Federación Colombiana de Natación, FECNA, will be hosting the six disciplines in May of 2025. [Check out the video](#) and get excited to be part of the biggest Aquatic festival in the Americas in 2025.
  - Building on the momentum from our recent events, we're excited to announce the following initiatives to start January 2025:
    - **Underwater Chats (UWC) Impact Sessions:** Bi-monthly sessions to actively and collaboratively address key challenges in the aquatic community through expert-led discussions. These will have a similar approach to the networking sessions during the convention!
    - **PAQ Poolside Dialogues:** Bi-weekly clinics and seminars by experts to support athlete, coach, official, and NF development.
    - **PAQ National Federation Certification:** Monthly sessions will support the ongoing development of our National Federations, guiding them towards certification as exemplary institutions in athlete support and organizational growth.
- [Click here for the calendar](#)
- **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)

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## PAQ EVENTS

November 19 – 25, 2024	2024 PanAM Aquatics Water Polo Championships Ibague (COL)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> for broadcasting
May 2025	1st PanAmerican Aquatic Championships Medellin 2025	STAY TUNED

Interested in hosting a PAQ Championship?  
Contact [office@panamaquatics.com](mailto:office@panamaquatics.com) for more information

## PAQ~AQUA Webinars & Clinics for Coaches & Technical Officials

Nov 16, 2024	Water Polo	Coaches	Virtual	Part 3 of the 6-8 Coaches Program "Run" with Ricardo Azevedo & Rafa Vergara	<a href="#">Click here to register</a>
Nov 15-16, 2024	Swimming	Coaches	Virtual	<a href="#">The Hungarian program</a>	<a href="#">Session 1</a> <a href="#">Session 2</a>
Nov 23-24, 2024	Artistic Swimming	Coaches	Virtual	New Rules – General Changes	<a href="#">Click here to register</a>
Nov 23, 2024	Swimming	Coaches	Virtual	Dr. G. Sokolovas: Science Based Learn to Swim Program	<a href="#">Click here to register</a>
Nov 29 - Dec 1, 2024	Swimming	Technical Officials	Panama City, Panama	World Aquatics Development Level 1 Course for Technical Officials <a href="#">memo program</a>	Through NF & AQUA GMS by <b>17 Nov, 2024</b>
Dec 7-9, 2024	Diving	Technical Officials	Bloomington, IN, USA	Diving Technical Official Certification <a href="#">Memo Program</a>	Register with your NF

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

## JUNIOR PANAMERICAN GAMES ASUNCION 2025

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- 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](#)

## WORLD AQUATICS EVENTS

### AQUA Development:

**2025 World Aquatics Development Informational Session: Come find out about all the AQUA Programs available in 2025:**

Date: November 14, 2024

Sessions available:

1. English [8:00 - 10:00 am CET](#) (Switzerland time) Meeting ID: 882 2987 0584 Passcode: 757836
2. French [11:00 am - 1:00 pm \(CET\)](#) (Switzerland time) Meeting ID: 899 7137 6541 Passcode: 396360
3. English [2:00 - 4:00 pm \(CET\)](#) (Switzerland time) Meeting ID: 852 5535 5806 Passcode: 417550
4. Spanish [4:00 - 6:00 pm \(CET\)](#) (Switzerland time) Meeting ID: 872 4062 8309 Passcode: 724438

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

- [Summons](#)
- [Information Bulletin](#)
- December 10 - 15, 2024
- Qualification period August 17, 2023 - November 17, 2024
- Information [click here](#)
- [Application for Qualifying Events](#)
- [Qualifying events](#)
- [Qualification procedures](#)
- Application for Technical Officials: [Guidelines](#); [Application form](#)
- [Uniform advertising guidelines](#)
- Congratulations to the 5 selected ITO's for the Budapest World Championships representing the Americas:

Americas	CAN	Peter	BURKE
	CHI	Jessica	RUBIO
	CUR	Desiree	FRANCISCO
	GUA	Ruben	HERNANDEZ
	URU	Federico	CARAMES
	USA	Peter	LA GOW

### WORLD CHAMPIONSHIPS SINGAPORE 2025

- SW:

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- [Qualifying Standards](#)
- [Application for Qualifying events](#)
- WP:
  - [Qualification system for Water Polo at the 2025 Singapore World Championships](#)

## OTHER AQUA EVENTS:

### DIVING:

#### World Aquatics Junior Diving Championships 2024

- Rio de Janeiro, Brazil November 24 – December 1, 2024
- Information Bulletin [HERE](#)
- Preliminary Entry Form [HERE](#) (by 19 Sep 2024)
- Judges Nominations Form [HERE](#) (by 19 Sep 2024)
- Final GMS registrations & Sport Entries [HERE](#) (by 19 Oct 2024)
- Final Accommodation Form [HERE](#) (by 19 Oct 2024)

## 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](#)

## RESOURCES FOR ATHLETES

- **Become a Mentee in the 2025 PAQ Athlete Committee Mentorship Program!**  
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.
- Visit the [PAQ website](#) for all previous webinars and **UNDERWATER CHATS** Athletes Series

## FROM OUR PARTNERS

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### Fluidra:

Fluidra invests in Ecotropy, a company specializing in software to optimize energy consumption in aquatic facilities through digital twin technology. This partnership reinforces Fluidra's commitment to sustainability and also becomes a great opportunity for the sports pool sector. One more step towards creating a perfect pool experience for athletes in a responsible way. More information here:

<https://www.fluidra.com/press-releases/fluidra-invests-in-ecotropy-to-strengthen-its-commitment-to-sustainability-and-energy-efficiency>

### Malmsten:

Mikael Orn, Malmsten USA CEO, present in the PAQ Convention, proudly spoke about the quality of Malmsten products. Malmsten's racing lanes have been featured in 11 Olympic Games, highlighting their commitment to "by swimmers, for swimmers. [Learn more about the Gold Pro lane lines.](#)

### Global Sport Technology:

One of PAQ's newest partners, Global Sport Technology, led by Dr. Genadijus Sokolovas, was founded to bring the latest technologies and sport science services for athletes, coaches, physical therapists, athletic trainers, and physicians. The programs offered for the PAQ Community by Global Sport Technology with significant discounts can be found [here](#). Stay tuned as Dr. G. will be involved with our clinics moving forward, starting with the first one, Science Based Learn to Swim Program, on November 23, 2024. [Click here to register.](#)

**GMX7 Training:** On a mission to make every aquatic athlete the best ever, GMX7 Training, founded in 2018, exists to change the world of swimming by empowering swimmers with one of the best aquatic resistance training devices ever created. Check out the [website](#) to learn more and read testimonials of many World and Olympic Champions.

### 6-8 Sports:

Calling all Water polo Coaches and athletes for the 3rd session of the 6-8 virtual clinics on November 16 hosted by Ricardo Azevedo & Rafa Vergara. [Click here for registration.](#)

### ToSwim:

One of PAQ's newest partners, ToSwim is an online platform community designed to transform lifestyles through physical activity in the water. Check out their [website](#) which is full of information and resources covering the community, holistic, technology, and experiences for all of us that enjoy aquatics. [Click here for the presentation](#) from the PAQ Convention and get to know all the different facets ToSwim has to offer the aquatic community.

### Beine Wellness Building:

Learn more about the importance of Nutrition in performance. Erica's presentation during the Convention is just the beginning. [Check it out here](#) and remember Beine Wellness Building, is offering an exclusive \$200 discount on their Genetic Reboot Program and Food Sensitivity Testing Program to all PAQ members—athletes, coaches, and officials alike.

Be sure to check out these [sneaky signs that you might be under-fueling](#) and explore their guide on [how to best fuel for practice](#). Take advantage of these incredible tools to optimize your nutrition performance!

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## Academy of Leadership Sciences Switzerland (ALSS):

The following sport-focused courses are available through the Academy of Leadership Sciences Switzerland (ALSS) in the coming months, and PanAm Aquatics members—including athletes, coaches, officials, and national federations—can enjoy a 25% discount!

- **Introduction to Sports Law: starting November 19th Register: <https://lnkd.in/dxEVA7M5>**
- **Safeguarding in Sports: starting November 14th Register: <https://lnkd.in/dxEVA7M5>**

## Fluid Mechanics:

Joining the PAQ Family, Fluid Mechanics presented their unique visual training approach to assist athletes and coaches excel. Check out the programs and products available to our community at great discounts by scanning the QR codes in the picture:

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

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