

BULLETIN

Week of November 25, 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.

Trinidad y Soledad Garcia (Chile ~ Artistic Swimming)

Twin sisters Trinidad & Soledad Garcia have been representing Chile since they were 14 years old. In September, during the 2024 South American Championship in Cali, Colombia the twins made history by winning the gold medal in the technical and free routines. For the Garcia sisters this achievement is more than a title, it is one more step towards their greatest dream, and a reminder that perseverance can overcome any obstacle.



NEWS

- PAQ welcomes Reason Physio as a partner.** After being one of the inspiring panelists of the PAQ Convention a few weeks ago, Reason Physio's founder Dr. Josh Lo decided that a partnership with PAQ is a great opportunity to continue educating, sharing, and advising athletes on injury prevention, movement optimization, and peak performance. Visit [Reason Physio's website](#) and check the "Partners" section at the end of the Bulletin for special announcements and information.
- 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

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PAQ EVENTS

November 19 – 25, 2024	PanAM Aquatics Water Polo Championships Ibague (COL) 2024	Click here for results Click here for broadcasting
May 2025	1st PanAmerican Aquatics Championships Medellin 2025	STAY TUNED

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

PAQ~AQUA Webinars & Clinics for Technical Officials

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

Nov 29 - Dec 1, 2024	Swimming	Panama City, Panama	World Aquatics Development Level 1 Course for Technical Officials memo program	Through NF & AQUA GMS by 17 Nov, 2024
Dec 7-9, 2024	Diving	Bloomington, IN, USA	Diving Technical Official Certification Memo Program	Register with your NF

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National Federation Certification

Monthly Webinars and Workshops for the National Federations and anyone interested in leadership positions in Aquatics.

- Topics covering good governance, safe sport, fundraising, project management, athlete development, aquatic discipline development presented by experts eager to assist National Federations in the Americas
- Certification Program for the National Federations of the Americas
- Dates for 2025 and program details will be announced asap

First session:

Strengthening Board Governance & Fundraising Strategies for National Federations and Aquatic Clubs

with Liz Livingston Howard

Clinical Professor of Management and Executive Director, Center for Nonprofit Management.
Kellogg School of Management, Northwestern University

- December 10, 2024 7:00 - 9:00 pm ET (Miami time)
- [Click here to register](#)

POOLSIDE DIALOGUE

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

- Alternate Tuesdays at 7:00 pm ET (Miami time)
- Dates for 2025:
 - January 14 and 28
 - February 11 and 25
 - March 11 and 25
 - April 8 and 22
 - May 6
 - June 3 and 17
 - July 1 and 15
 - August 26
 - September 9 and 23
 - October 7 and 21
 - November 4 and 18
 - December 2
- [Click here to register](#)
- [Click here for the full calendar](#)

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UNDERWATER CHATS~Impact Sessions

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

- Dates for 2025:
 - January 11
 - March 8
 - May 10
 - July 12
 - Sept 13
 - Nov 8
- Topics and Experts will be announced asap
- [Click here to register](#)

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

Sports Entries Deadline	22 November 2024
Online Team Leaders' Briefing	25 November 2024 at 14:00 (CET)
Official Training*	6 – 9 December 2024
Team Leader Meeting	8 December 2024 at 16:00
Competition	10 – 15 December 2024

* Only afternoon training session is available on 6 December 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 6 selected ITO's for the Budapest World Championships representing the 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:**
 - 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)

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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

2025 Artistic Swimming World Cup

- 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

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!**

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](#)

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- [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: the evolution of Fluidra panel solution for the construction of state-of-the-art pools. Now more durable, aesthetic, sustainable and efficient, it sets a new standard in pool design and assembly. Optimized for a perfect swimming experience, it's the ideal solution for sport clubs and competition pools fully compliant with World Aquatic regulations.



Malmsten:

Christian Malmsten, the Chief Operating Officer of Malmsten AB, provides an inside look into the company on a recent SwimSwam podcast. The Malmsten team has provided swimming's lane lines for the last eleven Olympic Games, including the last six in a row! And, Malmsten is providing lane lines for the upcoming 2028 Olympic Games in Los Angeles. Listen to the podcast [here](#)



Global Sport Technology:

One of PAQ's newest partners, Global Sport Technology, led by Dr. Genadijus Sokolovas, created a Science-Based Learn-To-Swim Program which teaches kids to swim without typical mistakes in swimming technique. Their research is based on typical swimming technique mistakes we found in 87 Olympic Champions and about 17,000 swimmers all over the world. This program is completely different from traditional Learn-To-Swim programs. It allows coaches and instructors to use the innovative drills and Super Drills on land and in the water to build the most efficient swimming technique for kids and adults. Drills on land are paired with the drills in the water. After the program is completed, kids and adults swim without typical swimming technique mistakes that we see even at the Olympic level. [Watch the recording](#) of the virtual clinic or [read more](#) about the program.

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.

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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):

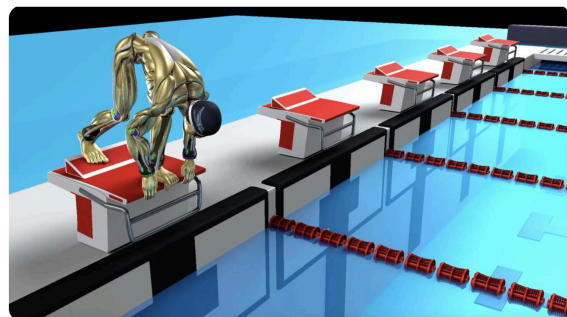
The following sport-focused courses are available through the Academy of Leadership Sciences Switzerland (ALSS) in the coming months, and PanAm Aquatics members—including athletes, coaches, officials, and national federations—can enjoy a 25% discount!

- **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:

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.**

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

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