

BULLETIN

OCTOBER 6, 2025





















	CALENDAR 2025 - 2028:
Apr 11 - 19, 2026	Central American and Caribbean Games Water Polo Qualifier Cali, 2026 <u>Summons</u>
Jul 4 - 7, 2026	PanAm Aquatics Age group Swimming Championships Ibague 2026 Summons will be released soon
Oct 19 - 27, 2026	PanAm Aquatics Masters Championships Buenos Aires 2026 Summons will be released soon

INTERESTED IN HOSTING A PAQ CHAMPIONSHIP?

PAQ CHAMPIONSHIPS

Year	Month	Category	Qualifying event for
2027	Jan-Feb	All Disciplines	2027 PAQ Lima (WP-AQUA-WC)

WATER POLO

Year	Month	Category	Qualifying event for
2026	August	U19	Qualifier for 2027 World Junior
2027	Aug-Sep	U15	Qualifier for 2028 World u16
2027	June	U17	Qualifier for 2028 World Junior
2028	June	U19	Qualifier for 2029 Worlds u20

SWIMMING

Year	Month	Category	Qualifying event for
2027	Dec	Open/Age group	SCM Qualifier for 2028 Worlds
2028	Jun	Open/Age group	Qualifier for 2028 OG / 2029 Worlds

ARTISTIC SWIMMING

Year	Month	Category	Qualifying event for
2026	April	Age group	
2028	August	Age group	

PAQ CLINICS & WEBINARS

COACHES CLINIC

SWIMMING

SCIENCE-BASED LEARN-TO-SWIM **PROGRAM**

Date: 18 Oct

Lecturer: Dr. Genadijus Sokolovas

Virtual

Program & registration

Supported by World Aquatics

TALENT ID AND DEVELOPMENT **DATABASE IN SWIMMING**

Date: 1 Nov

Lecturer: Dr. Genadijus Sokolovas

Virtual

Program & registration

Supported by World Aquatics

(ARTISTIC SWIMMING

YOUTH & JUNIOR TRAINING

Date: 31 Oct - 2 Nov Lecturer: Olga Aseeva.

Only available In-Person - Montevideo/Maldonado, Uruguay.

Program

Supported by World Aquatics in collaboartion with CONSADA

O DIVING

THE BENEFITS OF DRY-LAND EVALUA-TIONS IN THE DEVELOPMENT STAGE

Date: 26 Oct

Lecturer: Omar Ojeda.

Virtual **Program**

Supported by World Aquatics

TECHNICAL PROGRESSIONS FOR BACK AND REVERSE DIVES IN ELITE DIVERS

Date: 8 Nov

Lecturer: Omar Ojeda.

Virtual **Program**

Supported by World Aquatics



This digital series was created by athletes for athletes and the larger aquatic community, with the goal of creating a safe conversation space for crucial subjects of development and support that are not commonly discussed in the aquatic community. It encompasses panel discussions on particular topics and interactive sessions, providing the three unique experiences outlined below moderated by Valerie Gruest, Chair of the PanAm Aquatics Athletes Committee (PAQ AC), and supported by the members of the AC.

WEBINARS

Explore our Webinar Series on YouTube! Covering performance, mental health, nutrition, identity in aquatics, body image, media, and more, these webinars feature experts and athlete panels—an enriching opportunity to learn directly from the best in the world.

IMPACT SESSIONS

Interactive sessions on Zoom and the perfect opportunity for athletes and coaches to come together as a community, explore key topics, and engage directly with experts and special guests from across Aquatics.

Nov 8, 2025

Recovery

Click here to register

POWER UP LAB

Unlock a Game-Changing Opportunity for Your Club or National Federation! In just one hour, get hands-on support across 1-2 areas to brainstorm, conceptualize, and implement solutions with guidance from the PAQ Athletes Committee. Engage in open discussions, get practical advice, and tackle your biggest challenges in aquatics. Want your organization to be next?

Contact us and join the waitlist to **Power Up** with the **PAQ Athlete Committee**!: athletes@panamaquatics.com

PAQ CERTIFICATION PROGRAMS



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 enroll in the program, <u>click here</u>
For more information: <u>athletes@panamaquatics.com</u>

Live Session Schedule

Times in ET - Miami Time

Nov 29, 2025	Clubs	11:00 - 1:00 pm	MODULE 4: Athlete Wellness
Nov 29, 2025	National Federation	1:00 - 3:00 pm	MODULE 4: Safe Sport
Jan 31, 2026	Clubs	11:00 - 1:00 pm	MODULE 5: Coach Development
Jan 31, 2026	National Federation	1:00 - 3:00 pm	MODULE 5: Athlete Wellness
Mar 21, 2026	Clubs	11:00 - 1:00 pm	MODULE 6: Parent and Volunteer Development
Mar 21, 2026	National Federation	1:00 - 3:00 pm	MODULE 6: Coach and Official Development
May 2, 2026	Clubs	11:00 - 1:00 pm	CLOSING SESSION
May 2, 2026	National Federation	1:00 - 3:00 pm	CLOSING SESSION

PAQ ATHLETES COMMITTEE



We're dedicated to supporting aquatic athletes of all disciplines across the Americas! Focused on physical and mental well-being, inclusivity, and excellence, we strive to empower athletes, uplift their voices, and ensure they are heard and represented. We envision a future where every athlete has the resources, support, and opportunities to excel, and we aim to inspire the next generation of aquatic champions while fostering a vibrant, connected aquatic community.

Have questions, ideas, or concerns? Reach out to your Athlete Representatives at athletes@panamaquatics.com —we're just one message away!

YOUR VOICE MATTERS

Thank you in advance for your time and valuable contribution!

PAQ Athletes

Make YOUR Voice Heard! Take 3 minutes to share your thoughts and help us improve programs, events, and communication for all aquatic athletes across the Americas. **Survey**

PAQ Community

Share your feedback! Take this 10-minute survey for athletes, coaches, technical officials, and National Federation representatives to help us understand your needs and shape future programs. **Survey**

WORLD AQUATICS EVENTS

2026 DIVING WORLD CUP

26 Feb – 1 Mar, 2026Montreal, CanadáMore information5 – 8 Mar, 2026Guadalajara, MéxicoMore information1 – 3 May, 2026Beijing, China (Super Final Event)More information

AQUA RECOGNIZED DIVING EVENTS:

31 Oct - 2 Nov	3rd Malaysia Open Diving Championships 2025, Kuala Lumpur, MAS
31 Jan - 1 Feb, 2026	AGB Diving International Sheffield, England
13 - 15 Feb, 2026	Southern Cross Diving Series – Australian LegSheffield Queensland, Australia
9 - 12 Apr, 2026	2026 Canada Cup of Diving Ontario, Canada
16 - 19 Apr, 2026	2026 American Cup TBD

12 - 14 Jun, 2026	Madrid International Diving Meet 2026 Madrid, Spain
3 - 5 Jul, 2026	Bolzano Diving Meeting Alto Adige-Sud Tirol 2026 Bolzano, Italy
30 Oct - 1 Nov, 2026	Malaysia Open Diving Championships 2026 Kuala Lumpur, Malaysia
10 - 13 Dic, 2026	Southern Cross Diving Series – New Zealand Leg Christchurch, New Zealand

2025 OPEN WATER SWIMMING WORLD CUP

10 - 11 Oct Stop 4: Golfo Aranci (ITA)

2025 SWIMMING WORLD CUP

Swimming World Cup competition & scoring

10-12 Oct	Carmel, Indiana (USA)	More information
17-19 Oct	Westmont, illinois (USA)	More information
23-25 Oct	Toronto, Ontario (CAN)	More information

WORLD AQUATICS JUNIOR DIVING CHAMPIONSHIPS 2026

21 to 28 Aug, 2026 Rijeka, Croatia More information

2026 WORLD AQUATICS SWIMMING CHAPIONSHIPS (25m)

1 – 6 Dec, 2026 Beijing, China <u>More information</u>

- » Applications are now accepted for Qualifying Events for the World Aquatics Swimming Championships (25m) 2026.
- » Qualification period from 27 July 2025 and 15 November 2026.
- » Application form: Return the completed form, along with the supporting documents, to the World Aquatics Office via email at <u>aquaticscalendar@worldaquatics.com</u> by specified deadlines.
- Competitions approved as qualifying events for the World Aquatics Championships Singapore 2025 will be automatically considered as qualifying events for the World Aquatics Swimming Championships (25m) 2026, provided that the dates fall within the respective qualifying period. There is no need to re-apply.

YOUTH OLYMPIC GAMES, DAKAR 2026

- » Participation Principles
- » National Federations Information
- » Event Programme

RESOURCES & INFORMATION

AQUA Development Office Information & Programs

AOUA DEVELOPMENT PROGRAMS:

2025 World Aquatics Support Programme - Final Report

Now open on GMS

- » Accessible through your 2025 World Aquatics Support Programme approved projects in your GMS account.
- » We strongly encourage you to start filling in the reports as soon as a project is completed (please save your progress and submit the Final Report once all projects are completed)
- » Deadline to submit the 2025 Final Report is 10 December 2025.

(If some of your projects extend beyond this deadline, please contact <u>Marie Gex-Fabry</u> at your earliest convenience to arrange a solution).

AQUA NEW OFFICIALS PATHWAY

Diving
 High Diving
 Artistic Swimming
 Swimming
 Open Water
 Water Polo
 Document
 Document
 Document
 Document
 Document
 Document

NEW AOUA WATER POLO WORLD RANKING SYSTEM

- » Learn more about the ranking methodology in the "How it works" section.
- » View the complete World Aquatics Men's Water Polo Rankings
- » View the complete World Aquatics Women's Water Polo Rankings

AQUA WATER POLO RULES CHANGES

Click here to download

WORLD ANTI DOPING AGENCY (WADA)



Whereabouts Matter: An Athlete's Role in Protecting Clean Sport

Date: Wednesday, 15 October 2025

Time: 08:00 ET

Lecturer: Anita Hartung, ITA Educator and Athlete Support Offi-

cer, Marie-Gaëlle Pfister, Team Lead – ITA Legal Counsel

Registration

Simultaneous translation will be available in Arabic, Spanish,

French and Russian.

- » 2025 WADA Prohibited List.
- » 2025 WADA Monitored Substances List.
- » Summary of major modifications for 2025.
- » SportOnSocial 2025 International Federations Socual Media Performance Report.
- » Report on NOC Sustainability during the PARIS Olympic Games.
- » Report on IOC Marketing for the PARIS Olympics Games.



PanAm Aquatics is excited to offer members discounted access to **EF English Live**, a world-class online English learning program, as part of our ongoing efforts to support members' continued growth and professional development. Validated PAQ members can receive **40% off** the Private Teacher 24 license and **28% off** the multi-platform access. **To access these exclusive rates, please complete this form.** An EF English Live representative will follow up to finalize registration.

Moreover, Coursera offers the following free English learning specialized courses to help improve communication skills in professional settings: <u>Speak English Professionally</u>, <u>English for Career Development</u>, <u>Improve Your English Communication Skills Specialization</u> and <u>more</u>.

OTHER EVENTS & OPPORTUNITIES

OPEN WATER



OCEANMAN COSTA RICA 2025

Swim in paradise! Guanacaste, Costa Rica - December 13-14, 2025

The international open water circuit arrives at the warm, crystal-clear beaches of Guanacaste. Compete or enjoy distances for all levels:

- » 10 km Elite,
- » 5 km Intermediate,
- » 2 km Beginners,
- » OCEANKIDS 500 m Kids (7-14 years),
- » OCEANTEAMS 3×500 m Mixed teams

Click here for more information

OPEN WATER COURSE

Dive into the greatest secret of Open Water: learn from the legends

Led by three world legends — Steven Munatones, Antonio Argüelles, and Chris Morgan — comes an advanced and exclusive course that will take you through the greatest secrets and challenges of open water swimming. Designed for anyone looking to deepen their knowledge and learn from the best, this unique training program covers everything from Olympic marathons and ice swimming to channel crossings and creating your own aquatic adventures.

For the first time, this advanced-level course will be available live online, divided into 6 interactive sessions starting in October, where you can actively participate and get all your questions answered by these top professionals.



Don't miss this unique opportunity to train with the leading figures who have lived and shaped open water swimming across five continents since the 1970s.

Register now for more information and secure your spot (limited places available to ensure a personalized and high-quality experience):

https://www.toswim.io/form-open-water-course/

COPA FALCONS DIVING 2025

October 9 - 12 in Santiago de los Caballeros, Dominican Republic

» Summons

ASATT NATIONAL OPEN SHORT COURSE

November 13 - 16 in Balmain Couva, Trinidad

» Summons

ASATT INVITATIONAL SWIMMING CHAPIONSHIPS 2025

December 11 - 14 in Balmain Couva, Trinidad

» Summons

MASTERS

XXVII South American Masters and Pre-Masters Aquatic Sports Championship 2025

November 17 to 24, 2025 in Santiago, Chile, from.

» The official summons

» Waiver

» FAQ's

» Logistics Information

» Reservation form

XXV INTERNATIONAL SWIMMING CUP

November 21 - 23 in Santiago, Chile

» Summons

SWIMMING COACHES CLINIC:

SWIM SAFE EUROPE (IN OPERATION WITH ASR)

» Part 2: October 11-12 in Reikiavik (ISL)

https://www.eaacademy.eu/lms/courses/swim-safe-europe-course-coaches-icelandic-sa-faroe-iaf

NATIONAL FEDERATION ADMINISTRATORS:

MEDIA WEBINAR FOR NATIONAL FEDERATIONS

October 23 at 12:00 CET (Central European)

https://www.eaacademy.eu/lms/courses/media-webinar-for-national-federations

OPEN WATER OFFICIALS WEBINAR

October 26, 09:00–13:00 CET (Central European)

https://www.eaacademy.eu/lms/courses/open-water-swimming-clinic-for-certified-officials-2025-2026



We are pleased to announce the next edition of the **Safeguarding in Sports online** course, organized by the Academy of Leadership Sciences Switzerland (ALSS).

The course will be taught by international experts in safeguarding: Lindsay Brandon (WTA), Nita Gjikolli (Lausanne University), Catherine Pitre (World Athletics), and Bobby Click (EMFIG–Sport Safety).

Date: 7 Oct – 11 Nov (5 weeks)
Time: Tuesdays 18:00–20:00 CET
Format: 100% Online (Live)

Language: English

Fee: CHF 590

Certificate: Provided upon completion.

Register for the course

Send an email to: info@alss-edu.ch

For more details: https://www.alss-edu.ch/introduction-to-safeguarding-in-sports/

FROM OUR SPONSORS

FLUIDRA





Fluidra, through its investment fund Fluidra Ventures, has announced a strategic partnership with Hotta, a company specializing in heat recovery systems. This system harnesses and reuses the heat generated by data centers to heat swimming pool water and for other climate applications, such as ACS and shower water.

Heating is one of the biggest energy expenses for commercial swimming pools. For swimming pool and sports center managers, this solution provides a reduction in heating energy costs of up to 70%, minimizing carbon emissions and promoting a more efficient facility.

"With this investment, Fluidra continues to reinforce its commitment in Sustainability and our vision for energy-efficient, sustainable aquatic expe-

riences," said David Tapias, Director of Innovation at Fluidra. "Hotta's infrastructure-as-a-service model aligns perfectly with the needs of commercial pool operators looking to reduce costs, meet carbon goals, and avoid operational disruption."

Read the full story here:

Fluidra Ventures invests in hotta to accelerate energy efficient pool heating



THE SECRET TO FAST SWIMMING: IT'S MORE THAN YOU THINK



Over the past several decades, the sport of swimming has evolved in ways that would leave Johnny Weissmuller scratching his head. For those unfamiliar, Weissmuller was the first man to break one minute in the 100-meter freestyle. Today, that's a tough interval... on a distance set.

So, what's changed?

Yes—training has advanced, nutrition and recovery are now science-backed, and even the rules have shifted. But one often-overlooked factor in the performance revolution is equipment—and not just the flashy tech suits that once had parents lining up at dawn.

Let's talk about something swimmers see every day but rarely think about: lane lines.

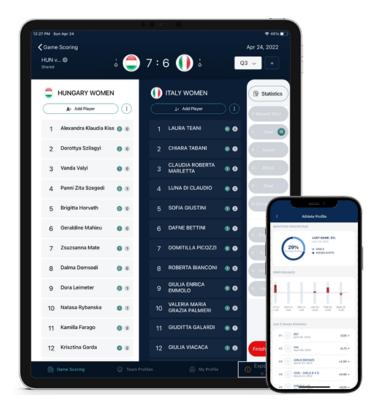
Read the full press release here:

The Secret To Fast Swimming: It's More Than You Think

Be sure to follow us on <u>Instagram</u>, <u>Facebook</u> and <u>LinkedIn</u> for the latest updates!



The 6-8 Game Desk: A revolutionary game scoring app for teams, leagues, and tournaments!



Recent Game Desk Updates:

- » Collapsible Team Roster Menu
- » Box Scores for teams & each roster player on your profile
- » Team Stats on Team Roster Profile
- » Team Averages & %'s on Team Roster's Profile
- » All stats NOW editable during & after games
- » More user-friendly UI design
- Situation specific stats like 7 on 6 & 6 on 4
- » Faster processing and more efficient flow

The 6-8 Mobile App: Score, track & analyze your game statistics, evaluate your fundamental skill levels and improve your overall game performance.

Designed for parents and athletes

Recent Mobile App Updates:

- » Al Chatbot feature allowing for virtual and personalized 6-8 consultation & guidance.
- » Personal analytics section (to compare +/- to other athletes the same age/ gender/ position from around the world).
- » Improved athlete profile page with average +/- and +/- comparison over time.
- » Direct access to the 6-8 Scoreboard (and leaderboards & rankings) in the 6-8 app.
- » Game lists divided by athletes in the family account (ability to search for specific games & create tournament/ event folders for organized storage).

INTERESTED IN TRYING THE 6-8 GAME DESK?

CLICK HERE TO READ MORE ON HOW TO GET STARTED



The First Science-Based Learn-To-Swim Program

The Science-Based Learn-To-Swim program stands out as the only scientifically-based learn-to-swim initiative, developed through extensive research conducted by **Dr. Genadijus Sokolovas**, a globally recognized expert in swimming biomechanics, also known as Dr. G. Dr. Sokolovas has over 40 years of experience in swimming research. He utilized unique Swim Power technology to analyze the swimming techniques of more than 17,000 elite swimmers from 130 countries, including 88 Olympic Champions and over 110 Olympic medalists. No other individual has tested more swimmers than Dr. G and his colleagues.

Upon examining common technical errors among elite swimmers, we discovered that even these athletes do not possess flawless swimming techniques. By improving their technique, they could potentially surpass current world records. The Science-Based Learn-To-Swim program aims to teach future athletes how to swim without such typical mistakes.

Our research indicated that many technical errors stem from existing learn-to-swim programs currently in use. These programs often instill incorrect swimming techniques in young swimmers.

The Science-Based Learn-To-Swim program teaches both children and adults effective swimming skills modeled after the movements of fish and dolphins. Unlike humans, fish and dolphins do not utilize their arms, have necks or knees, and generate propulsion through body motion. By following the Science-Based Learn-To-Swim program, participants learn superior swimming techniques, free from common errors seen in current elite swimmers.

Key features of the new learn-to-swim program include:

- » Mastering skills on land before practicing them in water. Participants spend approximately 50% of their training time on land, enabling clubs and schools to teach twice as many individuals correctly compared to traditional learn-to-swim programs.
- » Developing strong and balanced body positions both on land and in water.
- » Swimming using body muscles, mimicking the movements of fish and dolphins.
- » Breathing techniques that do not rely on arm movements or buoyancy equipment.
- » Learning to kick using body motion without excessive knee bending.

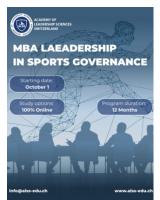
Contact us at: info@globsport.org

Website: www.globsport.org



Academy of Leadership Sciences Switzerland (ALSS)

Two online MBA programs with SCHOLARSHIPS available, both 100% online.



Learn more about the <u>MBA in Leadership and International Sports Law</u> program for which there are **4** - **50% scholarships available.**

Click here to apply

Learn more about the <u>MBA Leadership in Sports Governance</u> program for which there are **6 - 50% scholarships available**.

Click here to apply



Members of PanAm Aquatics will be given priority during the selection process, and all PanAm members are also entitled to a **25% discount** on the tuition fee. To apply for a **50% scholarship**, candidates must submit their **CV and a motivation letter as soon as possible.**

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The course will be taught by international experts in safeguarding: Lindsay Brandon (WTA), Nita Gjikolli (Lausanne University), Catherine Pitre (World Athletics), and Bobby Click (EMFIG–Sport Safety).

Date: 7 Oct – 11 Nov (5 weeks, Tuesdays 18:00–20:00 CET)

Format: 100% Online (Live)

Language: English Fee: CHF 590

Certificate: Provided upon completion.

To register for the course: <u>Registration</u> Send an email to: <u>info@alss-edu.ch</u>

For more details: https://www.alss-edu.ch/introduction-to-safeguarding-in-sports/



Introducing 2FLOW by ToSwim for COACHES and ATHLETES



Coach, ready to lead the next big shift in swimming?

The mental game matters more than ever. Introducing 2FLOW by ToSwim — the first mental training app created exclusively for swimmers.

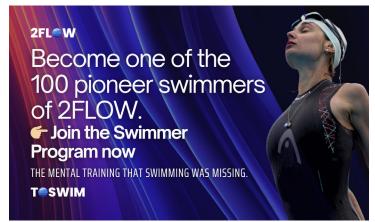
This isn't just another app — it's your new ally. Help your athletes:

- » Stay laser-focused under pressure
- » Mentally recover after tough sessions
- » Build resilience and a winning mindset

We're launching the 2FLOW COACHES PROGRAM — and you can be among the first. We're inviting the first 50 forward-thinking coaches to pioneer this movement with us. Early access. Exclusive tools. Real results.

Apply now:

https://www.toswim.io/2flow-form/ Don't wait — spots are limited!



2FLOW - Train your mind, win in the water

Swimmer, triathlete, open water lover... you know every stroke is a challenge. But are you training your most powerful tool?

2FLOW is the first app created exclusively for the mental training of swimmers, triathletes, and open water athletes.

With 2FLOW, you'll be able to:

- » Stay focused when it matters most
- » Manage effort and recover more effectively
- » Overcome mental blocks
- » Prepare to compete like a pro

We're looking for 100 passionate athletes to be the first to test our exclusive Swimmer Program.

Free access. Limited spots (only 100 available). Pure growth.

Apply now:

https://www.toswim.io/2flow-form/
The real competition starts in your mind.
Train it. Win.



Grow Your Business with AiWa!

ToSwim offers **PanAm**, its members, and partners the opportunity to take their communication to the next level with **AiWa**, OpenAl's conversational artificial intelligence assistant.

Works with WhatsApp and easily integrates into your website and social media, allowing you to connect with your customers whenever and wherever they need you.

- » Automatically responds to your customers
- » Builds loyalty and enhances the user experience
- » Saves time and optimizes your business

Fast, easy, and efficient!

Want to see it in action? 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 an email to <u>toswimmer@toswim.io</u> Find all the details here: <u>AiWa – ToSwim</u>

Discover how AiWa can revolutionize your business communication!









The **GMX7 Pro System** is a revolutionary aquatic resistance training device designed to elevate your swim performance.

Ideal for swimmers of all levels, from competitive athletes to fitness enthusiasts, both in the pool and for Open Water.

Find this and past bulletins on our website

















