

# PAQ BULLETIN

September 22, 2025



**FLUIDRA**

**Malmsten**

ASTRALPOOL  

**Sports**  
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Fluid Mechanics, Inc.

**GMX7**

  
ALSS


  
Global Sport  
TECHNOLOGY

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 **DEPORTE VIRTUAL®**  
tecnología deportiva

# CALENDAR 2025 - 2028:

Apr 11 - 19,  
2026

 Central American and Caribbean Games Water Polo Qualifier  
Cali, 2026  
[Summons](#)

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	Age group	SCM Qualifier for 2028 Worlds
2028	Jun	Age group	Qualifier for 2028 OG / 2029 Worlds

### ARTISTIC SWIMMING

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

Contact [office@panamaquatics.com](mailto:office@panamaquatics.com) for more information

# 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.  
Montevideo, Uruguay.  
[Program](#)  
*Supported by World Aquatics*

### DIVING

#### THE BENEFITS OF DRY-LAND EVALUATIONS 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 Gruet, 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](mailto: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, [click here](#)  
For more information: [athletes@panamaquatics.com](mailto:athletes@panamaquatics.com)

### Live Session Schedule

Sep 27, 2025	Clubs	11:00 - 1:00 pm	<b>MODULE 3:</b> Project and Event Management
Sep 27, 2025	National Federation	1:00 - 3:00 pm	<b>MODULE 3:</b> Project and Event Management
Nov 29, 2025	Clubs	11:00 - 1:00 pm	<b>MODULE 4:</b> Athlete Wellness
Nov 29, 2025	National Federation	1:00 - 3:00 pm	<b>MODULE 4:</b> Safe Sport
Jan 31, 2026	Clubs	11:00 - 1:00 pm	<b>MODULE 5:</b> Coach Development
Jan 31, 2026	National Federation	1:00 - 3:00 pm	<b>MODULE 5:</b> Athlete Wellness
Mar 21, 2026	Clubs	11:00 - 1:00 pm	<b>MODULE 6:</b> Parent and Volunteer Development
Mar 21, 2026	National Federation	1:00 - 3:00 pm	<b>MODULE 6:</b> Coach and Official Development
May 2, 2026	National Federation	1:00 - 3:00 pm	<b>CLOSING SESSION</b>



# 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](mailto: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

### AQUA RECOGNIZED DIVING EVENTS:

31 Oct - 2 Nov [3rd Malaysia Open Diving Championships 2025, Kuala Lumpur, MAS](#)

### 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)	<a href="#">More information</a>
17-19 Oct	Westmont, Illinois (USA)	<a href="#">More information</a>
23-25 Oct	Toronto, Ontario (CAN)	<a href="#">More information</a>

### 2026 DIVING WORLD CUP:

26 Feb – 1 Mar, 2026	Montreal, Canada
5 – 8 Mar, 2026	Guadalajara, México
1 – 3 May, 2026	Beijing, China (Super Final Event)

## 2026 WORLD AQUATICS SWIMMING CHAMPIONSHIPS (25m) BEIJING, CHINA

- » 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 [aquaticscalendar@worldaquatics.com](mailto:aquaticscalendar@worldaquatics.com) 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.

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## YOUTH OLYMPIC GAMES, DAKAR 2026

- » [Participation Principles](#)
- » [National Federations Information](#)
- » [Event Programme](#)

# RESOURCES & INFORMATION

## AQUA Development Office Information & Programs

### AQUA 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 [Marie Gex-Fabry](#) at your earliest convenience to arrange a solution).

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## AQUA NEW OFFICIALS PATHWAY

- |                     |                          |
|---------------------|--------------------------|
| » Diving            | <a href="#">Document</a> |
| » High Diving       | <a href="#">Document</a> |
| » Artistic Swimming | <a href="#">Document</a> |
| » Swimming          | <a href="#">Document</a> |
| » Open Water        | <a href="#">Document</a> |
| » Water Polo        | <a href="#">Document</a> |

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## NEW AQUA 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](#)

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## WORLD ANTI DOPING AGENCY (WADA)



### ITA Webinar Invitation – Ask the Expert: Supplements Part II

Date: Thursday, 25 September 2025 from 14h-15h (CEST)

Lecturer: Jeni Pearce, MNZM, NZRD Performance Nutritionist.

#### [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 Social 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: [Speak English Professionally](#), [English for Career Development](#), [Improve Your English Communication Skills Specialization](#) and [more](#).





 **WOMEN'S FINAL STANDINGS**  
[Results Book](#)



 **MEN'S FINAL STANDINGS**  
[Results Book](#)





# OTHER EVENTS & OPPORTUNITIES

## OPEN WATER



### SARDINA EXPERIENCES

In the heart of the Mediterranean  
by Pablo Fajian - September 15 - 20, 2025

Perfect your swimming technique with daily training sessions led by renowned international coach **Pablo Fajian**, both in the pool and in open water. This is a fantastic opportunity to boost your performance in an idyllic setting. To top it all off, take part in the Swimming Race San Maurizio with AcquaForma, an exciting challenge to put everything you've learned into practice.

For more information and bookings, contact us at: [toswimmer@toswim.io](mailto:toswimmer@toswim.io)

**Spots are limited!**



### 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 COACHES by TOSWIM

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/>

## MASTERS

**XXVII South American Masters and Pre-Masters Aquatic Sports Championship 2025**, to be held in Santiago, Chile, from November 17 to 24, 2025.

- » [The official summons](#)
  - » [Logistics Information](#)
  - » [Waiver](#)
  - » [Reservation form](#)
  - » [FAQ's](#)
- 

## XXV INTERNATIONAL SWIMMING CUP

November 21 - 23 in Santiago, Chile

- » [Summons](#)
- 

## SWIMMING COACHES CLINIC:

**SWIM SAFE EUROPE (IN OPERATION WITH ASR)**

- » **Part 1:** October 3 (online)
- » **Part 2:** October 11-12 in Reikiavik (ISL)

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

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## 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>

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## 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>

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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 Gjickolli (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](mailto:info@alss-edu.ch)

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

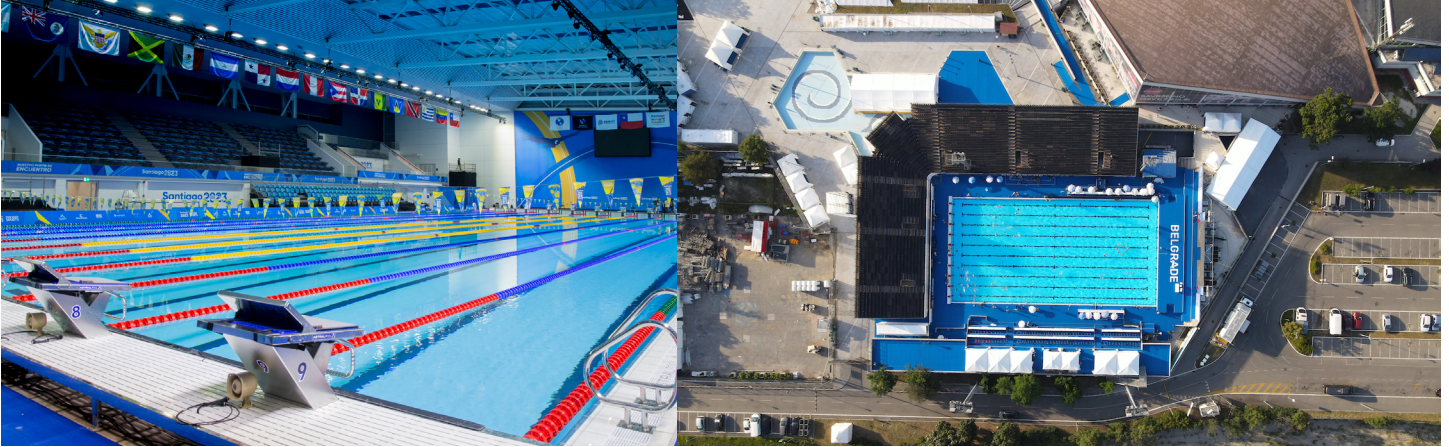


FROM OUR SPONSORS

FLUIDRA

ASTRALPOOL

ZODIAC®



En **Fluidra**, las piscinas de competición son mucho más que lugares para nadar: son el escenario donde los atletas persiguen récords, donde se reúnen las comunidades y donde se forjan los campeones. **Diseñadas y construidas para cumplir con los más altos estándares internacionales**, nuestras piscinas integran sistemas de construcción de precisión, filtración avanzada y tecnologías de tratamiento de agua que garantizan rendimiento, seguridad y sostenibilidad.

Desde piscinas olímpicas hasta diseños especializados para salto, waterpolo, natación artística o zonas de calentamiento, **cada piscina se adapta a las necesidades específicas de su deporte**. Ya sea para albergar competiciones internacionales o como centros de entrenamiento para futuros atletas, los proyectos de Fluidra garantizan el cumplimiento de la normativa, la durabilidad en el tiempo y una experiencia de usuario excepcional.

Respaldados por décadas de **experiencia en ingeniería acuática y una estrecha colaboración con las federaciones de natación**, combinamos la innovación con la fiabilidad para ofrecer instalaciones que inspiran la excelencia y la pasión por los deportes acuáticos.

**¿Una piscina de competición? ¡Que sea Fluidra!**

Descubre más sobre las piscinas de competición en nuestro [artículo](#).







Malmsten is proud to have supported Bauru with our equipment, and we warmly congratulate the players, parents, and coaches on a well-played tournament.



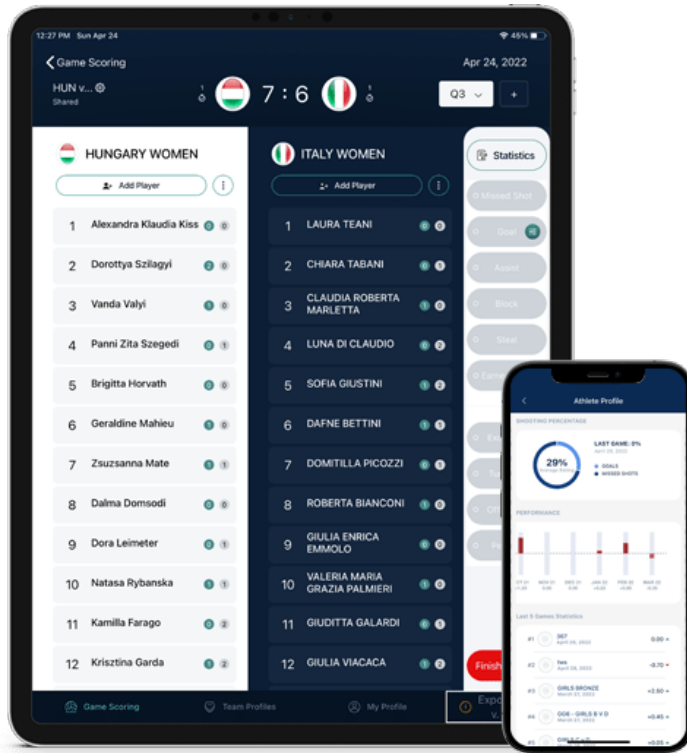
Be sure to follow us on [Instagram](#), [Facebook](#) and [LinkedIn](#) for the latest updates!

Visit us anytime at [malmsten.com](https://malmsten.com)





## 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:

- » AI 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](mailto:info@globsport.org)

Website: [www.globsport.org](http://www.globsport.org)



## Academy of Leadership Sciences Switzerland (ALSS)

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



Learn more about the [MBA in Leadership and International Sports Law](#) program for which there are **4 - 50% scholarships available**.

[Click here to apply](#)

Learn more about the [MBA Leadership in Sports Governance](#) 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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Send an email to: [info@alss-edu.ch](mailto:info@alss-edu.ch)

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



## Introducing 2FLOW by ToSwim for COACHES and ATHLETES



The mental game matters more than ever. **2FLOW** is the first mental training app created exclusively for swimmers and coaches.

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 launched the 2FLOW COACHES PROGRAM** — 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** in <https://www.toswim.io/2flow-form/>  
Don't wait — spots are limited!

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.

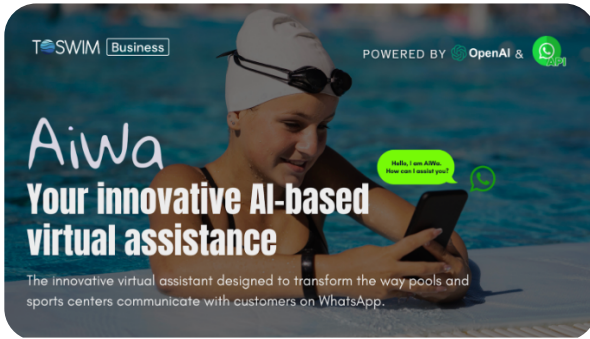
Free access. Limited spots (only 100 available). Pure growth.

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**, OpenAI'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 [toswimmer@toswim.io](mailto:toswimmer@toswim.io)

Find all the details here: [AiWa – ToSwim](#)

**Discover how AiWa can revolutionize your business communication!**

## GMX7



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](#)

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