

# BULLETIN

## Week of October 21, 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 Athlete:

### Kaleigh Gilchrist (USA, Water Polo)



Kaleigh, a native Californian from Newport Beach, spent a lot of time in the water growing up. In addition to water polo, Kaleigh also surfed competitively, representing the USA in the World Surfing Games for 5 consecutive years. She followed in her father's footsteps when she decided to attend the University of Southern California, where she was captain of the water polo team when they won the National Collegiate Championship in 2013. In Rio in 2016, Kaleigh won her first Olympic Gold medal, as a member of the USA Women's Water Polo Team.

Following the 2016 Rio Games, she continued to split time between the World Surf League Qualifying Series and the water polo USA Team.

Here's where Kaleigh's story gets crazy. In 2019, while out celebrating the team's newly-won World Championship in South Korea, Kaleigh was involved in a sudden balcony collapse. She was pinned under rubble and fighting to stay conscious. Teammates got her to the hospital where she learned she had narrowly escaped death. Her leg suffered a deep laceration. Enduring many surgeries, years of rehabilitation, both mental and physical, Kaleigh's mentor and friend, Kobe Bryant, was a huge source of motivation during this time. Her trainer, Larnie, dubbed her comeback "The Mamba Mission".



She persevered through these grueling years with the immense support of her friends, family, teammates and athletic trainers, and made the team to compete in the 2020 Tokyo Olympic Games where she won her second Olympic gold medal. Competing in the 2020 Tokyo Olympics was a special accomplishment, as her Olympian father had competed there 57 years earlier. Kaleigh was selected to compete at the 2024 Games where the USA women finished 4th. Following the Paris Games, Kaleigh retired from water polo to start the next chapter of her life. With a shout out to Kobe, Kaleigh married Tom Gehret on 8/24/24.



# NEWS

- **NEW PARTNERSHIPS ALERT:** PanAm Aquatics is excited to announce two more innovative and dynamic companies have joined our growing Panamerican aquatic family. Our new partners **ToSwim** and **GMX7 Training**, both will have resources and opportunities to share with you, and together we will be able to strengthen Aquatics in the Americas. Be sure to add them to your social media watch and read their sections each Bulletin for news.
  - **ToSwim:** 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.
  - **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.

-  **PanAm Aquatics Annual Convention - Registration is now open!** 

**Date:** November 1-3, 2024

**Schedule:** Click [here](#) to check out the event schedule that includes the exciting topics that will be covered.

**Registration:** [Please fill out this form](#)



- **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)

# PAQ EVENTS

November 1 -3, 2024	2 <sup>nd</sup> Annual <b>PanAm Aquatics Convention</b> (Virtual) <a href="#">Program</a>	<a href="#">Click here for registration</a>
November 19 - 25, 2024	2024 <b>PanAM Aquatics Water Polo</b> Championships Ibague (COL)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register
May 2025	<b>1st PanAmerican Aquatic Championships</b> Medellin 2025	<b>STAY TUNED</b>

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

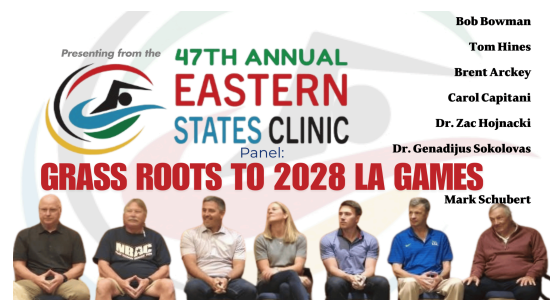




## PAQ~AQUA Webinars & Clinics for Coaches & Technical Officials

Nov 8-9, 2024	Diving	Coaches	Virtual	Methodology program for Diving with Omar Ojeda	<a href="#">Click here to register</a>
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 25-27, 2024	Diving	Coaches	Brasilia, Brazil	Athlete Development	Click here to register
Dec 7, 2024	High Diving	Coaches	Virtual	Level 1 (part 2)	Click here to register
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
- [Download the video](#) of the ASCA Eastern States Clinic panel featuring Bob Bowman and Dr. G. Sokolovas



## 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:](#)





## WORLD AQUATICS EVENTS

### 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](#)

### WORLD CHAMPIONSHIPS SINGAPORE 2025

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

### OTHER AQUA EVENTS:

#### ARTISTIC SWIMMING:

#### 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)

##### Recognized Events:

1. 2<sup>nd</sup> Malaysia Open Diving Championships, Kuala Lumpur November 1-4, 2024 [click here](#)

#### HIGH DIVING:

#### OPEN WATER SWIMMING:

##### World Cup Series:

1. Hong Kong October 26-27, 2024 [click here](#)
2. Israel, TBD [click here](#)

#### SWIMMING:

World Cup Series: [Website](#)





	Shanghai (CHN)	Incheon (KOR)	Singapore
Competition	18 - 20 October	24 - 26 October	31 Oct - 2 November
Qualification period	18 June 2023 - 17 September 2024	24 June 2023 - 23 September 2024	2 July 2023 - 1 October 2024
GMS Registration & Sport Entries	17-Sep-24	23-Sep-24	1-Oct-24
GMS travel details deadline	7-Oct-24	30-Sep-24	1-Oct-24
Official training	15-17 October 2024	21-23 October 2024	28-30 October 2024
Technical meeting	17-Oct-24	23-Oct-24	30-Oct-24
Preliminary accommodation request deadline	10-Sep-24	9-Sep-24	13-Sep-24
Final accommodation deadline	25-Sep-24	23-Sep-24	27-Sep-24
Accommodation payment deadline			30-Sep-24
Accommodation inquiries	teddertao@outlook.com	atsreservation@atsports.co.kr	sinswc@sqaquatics.org.sg
Information Bulletin	<a href="#">Info</a>	<a href="#">Info</a>	<a href="#">Info</a>

## WATER POLO:

## OTHER EVENTS IN THE REGION

**SWIMMING** 5th International Invitational “Bridging the Gap” October 29 – November 2, 2024 in Barbados. [Click here](#) for the summons.

**SWIMMING** 22nd Aruba Dolphins Age Group Invitational October 31 – November 3, 2024, in Aruba. [Click here](#) for the summons.

**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

- ITA Webinar “What you need to know for 2025”
  - Thursday November 7, 2024 from 8 till 9 am ET (Miami time)
  - [Click here to register](#)
- [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

### 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:

Debuting in the 1976 Montreal Olympics, Malmsten has been continuously improving and adding to their line of products to make a faster, more dynamic, and visually appealing competition environment for our athletes. Check out these articles to read more about [the development of the Malmsten Gold Pro lane lines](#) and [the latest advancements of water polo technology](#).

### 6-8 Sports:

Calling all Water polo players: 6-8 Academy applications are open for the winter/spring semester. [Click here for more information and registration.](#)

### Beine Wellness Building:

We're excited to announce that our partner, 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. They are also providing valuable resources for our athletes - and in this bi-weekly edition of the PAQ bulletin, we focus on fueling for performance! 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!

### Academy of Leadership Sciences Switzerland (ALSS):

We're excited to announce that the Academy of Leadership Sciences Switzerland (ALSS) is offering several sport-focused courses in the coming months, and PanAm Aquatics members—including athletes, coaches, officials, and national federations—can enjoy a 25% discount!

Upcoming courses include:

- [Neuroleadership in Sports](#), starting November 7, 2024
- [Emotional Intelligence in Sports](#) starting December 7, 2024

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



FLUIDRA

