

BULLETIN





The Junior Pan American Games Asunción 2025 have wrapped up, leaving us with unforgettable performances and thrilling moments in every aquatic discipline!

Here's the final medal standings for Swimming, Diving, Open Water Swimming and Artistic Swimming.



| | 6 I | DΙV | 'INC | 3 | |
|-----|-------------|-----|------|---|-------|
| | | | | _ | TOTAL |
| MEX | ٥ | 4 | 6 | 2 | 12 |
| USA | | 3 | 2 | 2 | 7 |
| CAN | H | 2 | 1 | 2 | 5 |
| CUB | > | 1 | 0 | 2 | 3 |
| COL | | 0 | 1 | 1 | 2 |
| BRA | ♦ | 0 | 0 | 1 | 1 |
| | | | | | |

























QUALIFIED TO LIMA 2027!

& PARAPANAMERICANOS & PARAPANAMERICANOS The state of th

Swimming **(a)**

| • | Aguiar Amaral, Ana Julia | BRA |
|---|-------------------------------|---------------|
| • | Amaral, Agatha M | BRA |
| • | Balduccini, Stephanie | BRA |
| • | Bedoya Calle, Isabella | COL |
| • | Fassina Romao, Leticia | BRA |
| • | Hein, Agostina Ariadna | ARG |
| • | Otero Rocha, Joice O | BRA |
| • | Pulido Ortiz, Celia del Rocio | ■ MEX |
| • | Santillan, Malena | ARG |
| • | Santos Silva, Emily | ≟ ₹PAN |
| • | Bonilla, Roberto | ■ GUA |
| • | Campos, Joao Pierre G | BRA |
| • | Caribe, Guilherme | BRA |
| • | Filho, Lucio Flavio P | BRA |
| • | Francisco Saldo, Gustavo | BRA |

Najera, Humberto

Steverink, Stephan F

Saravia, Ulises

Ruiz Flores, Xavier Yamil

Open Water

Strehlke, PauloEichelberger, CibelleBRA

Diving **(a)**

Verzyl, Sophia
Ellireese, Niday
Zamudio, Kenny
Vásquez, David
Rosales, Frank

The road doesn't stop here — see you in **Lima 2027** for the next chapter of Pan American history!

CALENDAR 2025 - 2028:

■ MEX

PUR

- ARG

BRA

Sep 1 - 7 PanAm Aquatics U15 Water Polo Championships Bauru 2025

<u>Summons</u>

Apr 11 - 19 Central American and Caribbean Games Water Polo 2026 Qualifier - Cali, 2026

<u>Summons</u>

Jul 4 - 7 PanAm Aquatics Age group Swimming Championships 2026 Ibague 2026

Summons will be released soon

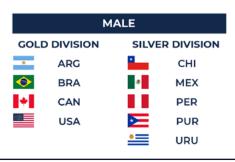
Oct 19 - 27 PanAm Aquatics Masters Championships Buenos Aires 2026 2026

Summons will be released soon

BAURU 2025



TEAM'S DIVISIONS





COMPETITION SCHEDULE

SEP 1

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|--------------|--------------|--------|
| W1 | 09:00 | SILVER | PER | PUR | PRELIM |
| W2 | 10:20 | SILVER | 4 сні | MEX | PRELIM |
| W3 | 11:40 | GOLD | # USA | ● CAN | PRELIM |
| W4 | 13:00 | GOLD | BRA | ARG | PRELIM |
| M1 | 15:00 | SILVER | MEX | CHI | PRELIM |
| M2 | 16:20 | SILVER | № PUR | PER | PRELIM |
| М3 | 17:40 | GOLD | ARG | ◆ CAN | PRELIM |
| M4 | 19:30 | GOLD | BRA | ⊕ USA | PRELIM |

SEP 2

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|--------------|------------------|--------|
| М5 | 08:00 | SILVER | S URU | ₽UR | PRELIM |
| М6 | 09:20 | SILVER | 4 СНІ | PER | PRELIM |
| M7 | 10:40 | GOLD | ₩USA | ARG | PRELIM |
| M8 | 12:00 | GOLD | ◆ CAN | BRA | PRELIM |
| W5 | 13:20 | SILVER | № PUR | 4 СНІ | PRELIM |
| W6 | 14:40 | SILVER | MEX | PER | PRELIM |
| W7 | 16:00 | GOLD | ARG | # USA | PRELIM |
| W8 | 17:20 | GOLD | ● CAN | BRA | PRELIM |
| М9 | 18:40 | SILVER | PER | MEX | PRELIM |
| M10 | 20:00 | SILVER | ⊕ URU | U CHI | PRELIM |

SEP 3

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|------------------|--------------|--------|
| M11 | 08:00 | SILVER | PUR | ● MEX | PRELIM |
| M12 | 09:20 | SILVER | PER | ≗ URU | PRELIM |
| M13 | 10:40 | GOLD | 📛 USA | ◆ CAN | PRELIM |
| M14 | 12:00 | GOLD | 😊 BRA | 4 ARG | PRELIM |
| W9 | 13:20 | SILVER | PUR | MEX | PRELIM |
| W10 | 14:40 | SILVER | PER | 4 сні | PRELIM |
| W11 | 16:00 | GOLD | ARG | CAN | PRELIM |
| W12 | 17:20 | GOLD | BRA | # USA | PRELIM |
| M15 | 18:40 | SILVER | MEX | ≗ URU | PRELIM |
| M16 | 20:00 | SILVER | 4 СНІ | PUR 🔁 | PRELIM |

SEP 4

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|-------|------|-----------|
| M17 | 09:00 | SILVER | 4S | 58 | CROSSOVER |
| W13 | 10:20 | PLATINUM | 1G | 48 | QUARTER |
| W14 | 11:40 | PLATINUM | 2G | 38 | QUARTER |
| W15 | 13:00 | PLATINUM | 28 | 3G | QUARTER |
| W16 | 14:20 | PLATINUM | 18 | 4G | QUARTER |

SEP 5

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|-------|------|---------|
| M18 | 15:00 | PLATINUM | 1G | WM17 | QUARTER |
| M19 | 16:20 | PLATINUM | 2G | 38 | QUARTER |
| M20 | 17:40 | PLATINUM | 3G | 28 | QUARTER |
| M21 | 19:00 | PLATINUM | 4G | 18 | QUARTER |

SEP 6

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|-------|------|---------|
| W17 | 09:00 | PLATINUM | LG13 | LW16 | 5TH-8TH |
| W18 | 10:30 | PLATINUM | LG14 | LG15 | 5TH-8TH |
| W19 | 12:00 | PLATINUM | WG13 | WG16 | SEMI |
| W20 | 13:30 | PLATINUM | WG14 | WG15 | SEMI |
| M22 | 15:00 | PLATINUM | LM17 | LM21 | 5TH-9TH |
| M23 | 16:30 | PLATINUM | LM19 | LM20 | 5TH-9TH |
| M24 | 18:00 | PLATINUM | WM18 | WM21 | SEMI |
| M25 | 19:30 | PLATINUM | WM19 | WM20 | SEMI |

SEP 7

| GAME# | TIME | DIVISION | WHITE | BLUE | ROUND |
|-------|-------|----------|-------|------|---------|
| W21 | 09:00 | PLATINUM | LG17 | LG18 | 7TH-8TH |
| M26 | 10:30 | PLATINUM | LM18 | LM23 | 7TH-8TH |
| W22 | 12:00 | PLATINUM | WG17 | WG18 | 5TH-6TH |
| M27 | 13:30 | PLATINUM | WM22 | WM23 | 5TH-6TH |
| W23 | 15:00 | PLATINUM | LG19 | LG20 | BRONZE |
| M28 | 16:30 | PLATINUM | LM24 | LM25 | BRONZE |
| W24 | 18:00 | PLATINUM | WG19 | WG20 | GOLD |
| M29 | 19:30 | PLATINUM | WM24 | WM25 | GOLD |

Interested in hosting a PAQ Championship?

Contact office@panamaguatics.com for more information

| | When | Category | Qualifying event for |
|------|---------|-----------------|---------------------------------|
| | | PAQ Champions | hips |
| 2027 | Jan-Feb | All Disciplines | 2027 PAQ Lima (WP-AQUA-WC) |
| | | Water Polo | |
| 2026 | August | Junior | 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 | |
| 2026 | August | Junior | Qualifier for 2027 World Junior |
| 2027 | Aug-Sep | u15 | Qualifier for 2028 World u16 |
| | | Artistic Swim | ming 🛚 |
| 2026 | August | Age group | |
| 2028 | August | Age group | |

PAQ - AQUA WEBINARS & CLINICS



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 join the program click here

| Sep 27, 2025 | National Federation | 1:00 - 3:00 pm | Module 3: Project and Event Management |
|--------------|---------------------|-----------------|---|
| Sep 27, 2025 | Clubs | 11:00 - 1:00 pm | Module 3: Project and Event Management |
| Nov 29, 2025 | National Federation | 1:00 - 3:00 pm | Module 4: Safe Sport |















| Nov 29, 2025 | Clubs | 11:00 - 1:00 pm | Module 4: Athlete Wellness |
|--------------|---------------------|-----------------|--|
| Jan 24, 2026 | National Federation | 1:00 - 3:00 pm | Module 5: Athlete Wellness |
| Jan 24, 2026 | Clubs | 11:00 - 1:00 pm | Module 5: Coach Development |
| Mar 21, 2026 | National Federation | 1:00 - 3:00 pm | Module 6: Coach and Official De- |
| | | 3.00 pm | velopment |
| Mar 21, 2026 | Clubs | 11:00 - 1:00 pm | velopment Module 6: Parent and Volunteer Development |



WC~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 Gruest, Chair of the PanAm Aquatics Athlete Committee and provide opportunities for direct connections with the quests/experts

| Sep 3, 2025 | Creating High Performing environ- ments | Click here to register |
|-------------|--|------------------------|
| Nov 8, 2025 | Recovery | Click here to register |

Underwater Chats: Power Up Exclusive Sessions

Unlock a game-changing opportunity for your team or National Federation! The Underwater Chats: Power Up Exclusive Sessions offer hands-on, tailored education and development led by the PAQ Athlete Committee. These dynamic, athlete-focused sessions create a safe and supportive space where athletes, parents, coaches, and NF reps can engage in open discussions, brainstorm solutions, and receive advice from our PAQ athlete leaders on key challenges facing aquatics.

Take advantage of this exclusive benefit and empower your aquatic community with great insights and practical solutions! Want your club or federation to be next? Contact us at: athletes@panamaguatics.com & Power Up with the PAQ Athlete Committee!

Visit the PAQ website and the PAQ YouTube for the full calendar and all previous webinars















WORLD AQUATICS EVENTS

AQUA recognized Diving events:

31 Oct - 2 Nov 3rd Malaysia Open Diving Championships

2025, Kuala Lumpur, MAS

Artistic Swimming Youth Championships

26 - 30 Aug World Aquatics Youth Artistic Swimming

Championships, Atenas, Grecia

2025 Open Water Swimming World Cup

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

Stop 5: TBD

2025 Swimming World Cup

Swimming World Cup competition & scoring

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

Diving World Cup 2026:

26 February – 1 March 2026 Montreal, Canadá 5 – 8 March 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 <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

OTHER EVENTS & OPPORTUNITIES



OPEN WATER

September 15 to 20, 2025 Sardinia Experiences in the heart of the Mediterranean by Pablo Fajian.

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
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

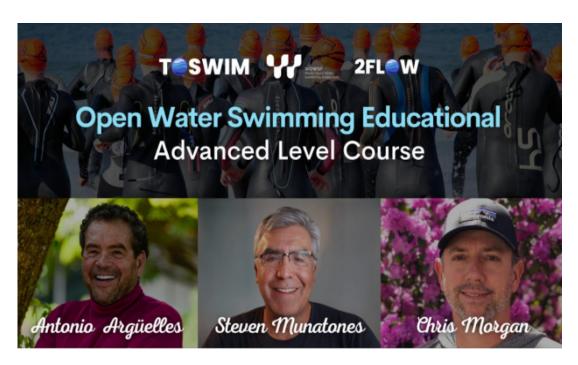
(7-14 years), OCEANTEAMS 3×500 m – Mixed teams

Click here for more information

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



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/















XXV International Swimming Cup

November 21 - 23 in Santiago, Chile Summons

Swimming Coaches Clinic: International Conference for Swimming Coaches

September 19–21 in Varsovia, Polonia

https://www.eaacademy.eu/Ims/courses/elite-coach-conference-warsaw

Swimming Coaches Clinic: Swim Safe Europe (in cooperation 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-safaroe-iaf

Waterpolo Referees & Delegates Clinic

September 12–14 in Belgrado (SRB)

https://www.eaacademy.eu/lms/courses/water-polo-referees-and-delegates-intermediate-cerification-course-2025-2026

Athletes webinar Social media and personal branding of athletes

September 18 at 14:00 CET (Central European)

https://www.eaacademy.eu/lms/courses/social-media-and-personal-branding-of-ath-letes-media-webinar

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

RESOURCES & INFORMATION

AQUA Development Office Information & Programs

AQUA Development programs:

Updated requirements for the AQUA Support Program for 2026:

- The governance survey to be completed at the end of 2025.
- The previous years' reports to be closed.
- Participation in the World Championships of the preceding year with at least one athlete.
- Attendance at the World Aquatics Congress with at least one official representative.

AQUA New Officials Pathway

| • | Diving | Document | Webinar Recording |
|---|--------------------------|-----------------|-------------------|
| • | High Diving | Document | Webinar Recording |
| • | Artistic Swimming | Document | Webinar Recording |
| • | Swimming | Document | |
| • | Open Water | Document | |

Document

New AQUA Water Polo World Ranking system

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

AQUA Waterpolo Rules changes

Click here to download

Water Polo

WORLD ANTI DOPING AGENCY (WADA)

ITA Webinar – Ask the Expert: Therapeutic Use Exemptions

- Pedro Goncalves, PhD ITA Science & Medical Manager, will provide an overview August 28, 2025
 8:00 a.m. ET (Miami)
 Register here
- 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.

















DE NUESTROS PATROCINADORES

FLUIDRA



Let's enjoy the Games in Asunción!

Aquatic disciplines at the Asunción 2025 Junior Pan American Games have officially begun, and at Fluidra we are proud to play a key role in this milestone.

Commissioned by the Paraguayan Olympic Committee, we developed two Olympic-standard pools with our modular Skypool system — one for swimming and one for diving —

now hosting the first competitions.

The swimming pool features a movable bulkhead, making it one of the most innovative and modern aquatic centers in the continent. Designed with cutting-edge technology and tailored for high performance, these facilities reflect our commitment to sport and excellence.



As official sponsors of Panam Aquatics, it is an honor to contribute to world-class venues that empower the continent's young talent. Let's dive into the Games!



























Malmsten USA y 6-8 Sports anuncian alianza estratégica

Malmsten USA has officially partnered with 6-8 Sports, the innovative performance analytics company co-founded by Water Polo Olympians Tony Azevedo and Maggie Steffens. This collaboration marks a significant step toward the shared mission of growing water polo across the United States, from grassroots participation to elite competitive levels.

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



Visit us anytime at malmsten.com











BEINE



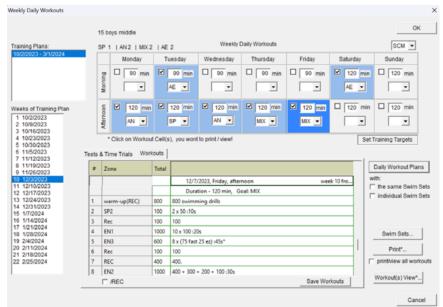




El Uso de los Principios de la Supercompensación en el Software E-Coach 2.0

The Use of Principles of Supercompensation in the E-Coach 2.0 Software

E-Coach 2.0 is a unique science-driven software designed to create seasonal, weekly, and daily training plans, specifically tailored for swimmers' age, event specialty, training history, current performance, gender, season duration, and more. By considering these variables, **E-Coach 2.0** ensures every training season is optimized for individual swimmers or groups.



Since adaptation rates differ from swimmer to swimmer, using a onesize-fits-all

seasonal plan – such as an elite-level program – for everyone won't deliver optimal

results. **E-Coach 2.0** overcomes this by personalizing plans for each athlete or group of

athletes based on their unique adaptation profile.

In addition, **E-Coach 2.0** creates weekly and daily training sessions that leverage

supercompensation. The timing of supercompensation varies based on:

- Athlete's age younger swimmers recover more quickly than older ones
- Type of training aerobic workouts

lead to faster recovery than anaerobic sessions

- Event specialization distance swimmers recover faster than sprinters
- Nutrition and supplementation during and after practice
- Quality of sleep and other lifestyle factors

E-Coach 2.0 evaluates these factors to guide coaches through the objectives of each practice, selecting appropriate swimming sets from its database. Coaches can also add their favorite sets or disable those they prefer not to use, making it possible to design science-based weekly workouts in seconds.

With this system, users can generate thousands of distinctive seasonal plans and millions of unique workouts, ensuring no repetition. Below is a sample weekly/daily training program from **E-Coach 2.0**.

For a free consultation, contact <u>info@globsport.org</u>.

PanAm Aquatics members are eligible to purchase **E-Coach 2.0** at a 25% discount, for a one-time cost of **\$149.00**



















MBA LAEADERSHIP

IN SPORTS GOVERNANCE

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 <u>MBA Leadership in</u>
<u>Sports Governance</u> program for which there are 6 - 50% scholarships available. <u>Click here to apply</u>

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.





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!







TSWIM











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

2FL=W

of 2FLOW.

Program now

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



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!

Become one of the 100 pioneer swimmers

Join the Swimmer

THE MENTAL TRAINING THAT SWIMMING WAS MISSING.

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 toswimmer@toswim.io Find all the details here: AiWa – ToSwim

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













