

BULLETIN

Week of April 14, 2025



Follow us on social media!

This week, **World Aquatics President Captain Husain Al-Musallam** embarked on a remarkable week-long, five-country tour across the Cayman Islands, Panama, Mexico, Aruba, and Trinidad & Tobago, igniting a wave of enthusiasm and unity across the aquatic sports community.

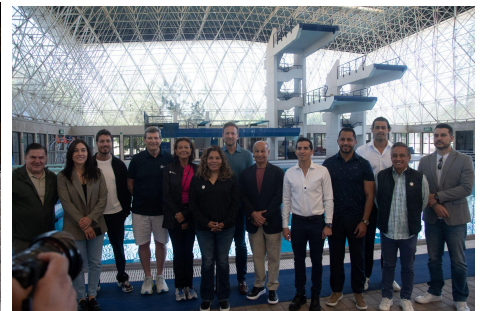


The President's mission is to foster strong relationships with National Federations and collaborate with government and NOC officials to champion aquatic sports development and forge lasting regional partnerships on each of his stops.



Just as importantly, President Al-Musallam will focus on building personal connections with athletes – greeting young swimmers on the pool deck, offering words of encouragement, and listening to their dreams – which showcases his dedication to every level of the sport.

As the vibrant photos of the first two visits in Cayman Islands and Mexico show, the visits have been filled with an electric energy, as the entire aquatics family is coming together with the hope that this united effort will spark new growth and inspiration across the region.



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PAQ EVENTS

May 12 - 25, 2025	1st PanAmerican Aquatics Championships Medellin 2025	Summons & Events Calendar
Sep 1 - 7, 2025	PanAm Aquatics U15 Water Polo Championships Bauru 2025	Summons will be released soon



- [Artistic Swimming Schedule & Details](#)
- [Water Polo Draw, Schedule & Details](#)
- **Coaches Clinics:**
 - **Diving:** [Bridging land and water: Dry-land training and Its impact on Diving with Omar Ojeda](#)
5 sessions May 12-16 6:00 - 8:00 pm (local time)
[Click here to register](#)
 - **Swimming:**
[Science-Based Swimming Technique with Dr. Genadijus Sokolovas.](#)
3 sessions May 12- 14 from 11:00 am to 1:45 pm (local time)
[Click here to register](#)
 - **Medical**
[Medical Care of our Aquatic Athletes, Prevention and Care with Dr. James Miller](#)
2 sessions May 15 - 16 from 11:00 am to 1:00 pm (local time)
[Click here to register](#)
 - **Artistic Swimming:**
[Upgrade Coaching Skills with Mayuko Fujiki.](#)
3 sessions May 18 -20 from 7:00 to 9:00 pm (local time)
[Click here to register](#)
 - **Open Water** (in Guatape)
[2025 OW Rule changes and refreshment of existing rules with Rick Walker and Bert Schreuders](#)
2 sessions May 19-20 from 2:00 to 4:00 pm (local time)
[Click here to register](#)

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- **Supporters package for Medellin**

Live an unforgettable experience in Medellín with ToSwim and PanAm Aquatics!

Join your family and friends at the PanAm Aquatics Championships and share the excitement of the competition while discovering one of the most fascinating cities in Latin America.

Enjoy personalized packages designed to make the most of this adventure.

Explore Medellín with exclusive tours, immerse yourself in its vibrant culture, and savor its authentic cuisine. Whether you're a sports enthusiast or a cultural explorer, this experience is for you! Book now and don't miss out! <https://welcome.toswim.io/es/toswim-colombia-2025/>



- **2025 PanAmAquatics Ordinary Congress**

May 17th 2025 at 12:30 pm (registration starts at 11:30 am)
Hotel Tequendama Medellin

- **Media Services for National Federations**

[Check out the services that we will offer at the Pan American Championship in Medellin 2025 for your social media channels.](#) If you are interested or have questions, please contact us at this email stephania@panamaquatics.com

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PAQ CALENDAR 2025 - 2028

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

	When	Category	Qualifying event for	Location
PAQ Championship				
2027	Jan-Feb	all disciplines	2027 PAG Lima	
Water Polo				
2026	August	Junior	Qualifier for 2027 World Junior	
2027	Aug-Sep	u15	Qualifier for 2028 World u16	

	June	u17	Qualifier for 2028 World Junior	
2028	June	u19	Qualifier for 2029 Worlds u20	
Swimming				
2025	Dec	u15-JR-SR	SCM Qualifier for 2026 Worlds scm	contract pending
2026	Jun	11-12/13-15/Jr/SR	Qualifier for 2027 Worlds/PAG	
2027	Dec	u15-JR-SR	SCM Qualifier for 2028 Worlds scm	
2028	Jun	11-12/13-15/Jr/SR	Qualifier for 2028 OG/2029 Worlds	
Artistic Swimming				
2026	August	Agegroup		
2028	August	Agegroup		
Masters				
2026	Oct	Masters		contract pending
2028		Masters		
PAQ OPEN WATER SERIES				

PAQ is looking for existing events to become part of the PAQ OW series: • Events will be used for the AQUA OWS World Ranking platform

- NFs/Athletes will accumulate points in each event
- The competition must follow World Aquatics Rules as per the Competition Regulations.
- At least one of the following events (men and women) needs to be included within the competition program:
3km, 3km Knockout Sprint, 5km, 10km
- The competition shall be officiated by World Aquatics certified Open Water Referees.

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PAQ~AQUA Webinars & Clinics

AQUA Women's Health Series Webinar: (open to athletes, coaches, and club staff)

Topic: *Breaking the Taboo on the Menstrual Cycle in Aquatic Sports*

 Date: Tuesday, 15 April

 Times: 8:00 CET & 14:00 CET (this is 2:00 am and 8:00 am Miami time)

Join Swimming Olympic Champion **Pernille Blume** and Open Water Olympian **Caroline Jouisse** as they share their experiences with the stigma surrounding the menstrual cycle as athletes. They will be joined by:

- ✓ Tom Rushton, renowned coach, offering insights on discussing menstrual health with female athletes.
- ✓ Marine Dupuit, Sport Scientist (French Institute of Sport Performance), sharing key research on how the menstrual cycle impacts athletic performance.

Register here:

- ♦ [Session 1](#) – 8:00 CET
- ♦ [Session 2](#) – 14:00 CET



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](#)

May 31, 2025	National Federation	1:00 - 3:00 pm ET	Module 2: Governance and Leadership
May 31, 2025	Club	11:00 am - 1:00 pm ET	Module 2: Safe Sport
July 26, 2025	National Federation	1:00 - 3:00 pm ET	Module 3: Project and Event Management
July 26, 2025	Club	11:00 am - 1:00 pm ET	Module 3: Project and Event Management
Sept 27, 2025	National Federation	1:00 - 3:00 pm ET	Module 4: Safe Sport
Sept 27, 2025	Club	11:00 am - 1:00 pm ET	Module 4: Athlete Wellness
Nov 29, 2025	National Federation	1:00 - 3:00 pm ET	Module 5: Athlete Wellness
Nov 29, 2025	Club	11:00 am - 1:00 pm ET	Module 5: Coach Development
Jan 24, 2026	National Federation	1:00 - 3:00 pm ET	Module 6: Coach and Official Development

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Jan 24, 2026	Club	11:00 am - 1:00 pm ET	Module 6: Parent and Volunteer Development
Feb 14, 2026	National Federation and Club	1:00 - 3:00 pm ET	Closing session



Poolside Dialogues supported by World Aquatics are virtual webinars for Clinics for Coaches and athletes of all levels, all ages, and all disciplines covering general topics as well as discipline specific sessions presented by recognized experts.



June 17, 2025 11:00 am ET	General: The Child Athlete: How are they different with Dr. James MacDonald	Registration link
July 12, 2025 2:00 pm ET	General: How to Distinguish Between Injury and Soreness with Dr. Selinah Shah	Registration link



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

May 10, 2025	Technology & Performance	Click here to register
July 12, 2025	Training & Racing Strategies	Click here to register
September 13, 2025	Creating High Performing environments	Click here to register
November 8, 2025	Recovery	Click here to register

The 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

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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@panamaaquatics.com and Power Up with the PAQ Athlete Committee!

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

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 manuals:**
 - [AS](#)
 - [DV](#)
 - [OW](#)
 - [Qualification times](#) & [full manual](#)

WORLD AQUATICS EVENTS

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New Officials Pathway

Diving:	Document	Webinar recording
High Diving:	Document	Webinar recording
Artistic Swimming:	Document	Webinar recording
Swimming:	Document	
Open Water	Document	
Water polo:	Document	

WORLD CHAMPIONSHIPS SINGAPORE 2025 July 11-August 3, 2025

- [General information on venues, schedule, deadlines, accommodations and transport](#)
- **SW:**
 - Qualification period has been extended from 9 March 2024 – 29 June 2025
 - [Qualifying Standards](#)
- **WP:**
 - [Qualification system for Water Polo at the 2025 Singapore World Championships](#)
- **HD:**
 - [Qualification procedures](#)
- **OW:**
 - [Application for Technical Official](#)

MASTERS WORLD CHAMPIONSHIPS SINGAPORE 2025

- July 26 - August 22, 2025
- [Registration GMS](#)
- [Information](#)

World Aquatics Junior Swimming World Championships

- August 19-24, 2025
- [Otopeni, Romania](#)
- [Summons](#)

2025 Diving World Cup

- [Rules and Regulations](#) for the DWC 2025
- 2-4 May – [Beijing, China \(Super Final\)](#)

AQUA Recognized Diving Events

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- 5-8 June | [Canada Cup of Diving Gatineau, CANn](#)
- 12-15 June | [American Cup, Morgantown, West Virginia, USA](#)
- 4-6 July | [Bolzano Diving Meeting, Bolzano, Italy](#)
- 22-24 Aug | Hong Kong Open Diving Championships 2025
- 31 Oct–2 Nov | [3rd Malaysia Open Diving Championships 2025, Kuala Lumpur, MAS](#)

2025 Artistic Swimming World Cup

- [Rules and Regulations for the Artistic Swimming World Cup 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](#)

2025 Open Water Swimming World Cup

- Stop 2: [Ibiza](#) (ESP) – 25-26 Apr
- Stop 3: [Setubal](#) (POR) – 14-15 Jun
- Stop 4: [Golfo Aranci](#) (ITA) – 10-11 October
- Stop 5: TBD

2025 Swimming World Cup

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

OTHER EVENTS IN THE REGION

ARTISTIC SWIMMING: 2025 Novice, Intermediate, 12-U & Youth Age Group & Athletes with Disabilities(AWD) World Invitational. May 2-4, 2025 in Coral Springs, FL USA. [Click here for the summons](#) AQUA and PAQ Officials are welcome to judge.

SWIMMING: 33rd annual Sonia O'Neal (ACI) International Invitational May 22 - 25, 2025 at the Wildey Aquatic Center in Barbados. Deadline for entries is May 10, 2025. [Summons](#) [HYTEK events file](#) [Excel entry file](#)

OPEN WATER: La Maddalena – June 1-7 **Swim in**

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Protected Waters with ToSwim: An Exclusive Experience in Sardinia

This June, join a unique all-inclusive experience in Sardinia, designed for swimmers, triathletes, and open water enthusiasts of all levels to swim in breathtaking natural locations. Swim where only a few can. The La Maddalena Archipelago Natural Park is a protected area where swimming access is restricted. However, thanks to our team and ToSwim, you'll have the exclusive opportunity to train in crystal-clear waters and explore hidden spots inaccessible to most. We will have a 25-meter private yacht to take us to the best swimming locations, where you'll also enjoy a delicious onboard lunch featuring local specialties.

- ✓ Exclusive access to protected areas where only a privileged few can swim.
 - ✓ All-inclusive package: Accommodation, full board, training sessions, guided excursions, and transfers.
 - ✓ Special discounts for teams and coaches. **Only for PAQ members, affiliates, and partners!**
- Enjoy our exclusive \$200 discount on each package.** ✉ For more information and reservations, contact us at toswimmer@toswim.io Limited spots available! [ToSwim Maddalena 2025 – ToSwim](#)

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!



EVENTS & RESOURCES FOR EDUCATION

- **WADA**
 - [2025 WADA Prohibited List](#)
 - [2025 WADA Monitored Substances List](#)
 - [Summary of major modifications for 2025](#)
- **AQUA Development programs:** AQUA Development Office presented all their programs available. [Check out all the development programs available for athletes, coaches, and athletes entourage.](#) Upcoming deadlines are:
 - **April 23:** Application for World Aquatics Scholarship Programme
 - **April 27:** Application to join the Mentorship Programme
 - **April 30:** Coaches Education and Development Survey
- **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

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FROM OUR PARTNERS

Fluidra

Fluidra and the Junior Pan American Games 2025 in Asunción

Fluidra is proud to be part of the Junior Pan American Games 2025 in Asunción, leading the development of world-class swimming pools for the event. The procurement and installation contract signed with the Paraguayan Olympic Committee entrusted Fluidra for the engineering design and construction of an Olympic swimming pool and a diving pool at the Paraguayan Olympic Park, both with the Skypool modular panel system.

Additionally, Fluidra and the Paraguayan Aquatic Sports Federation (FEPADA) have signed a sponsorship agreement to promote swimming and other aquatic disciplines throughout the country. This partnership reinforces our long-term commitment to the development of water sports in the region.



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Malmsten and USA Water Polo in play. Partnering in preparation for LA Olympics 2028

Malmsten to serve as the official goals and field of play for the National Governing Body through the 2028 Olympic Games. Check out the [Malmsten USA Water Polo video](#) and [learn more about the Malmsten](#) line of products.



[Global Sport Technology](#)

Science-Based Learn-To-Swim Program

After extensive biomechanical research for 17+ years, we decided to create a Science-Based Learn-To-Swim Program which teaches kids to swim without typical mistakes in swimming technique. Our 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. [Click here](#) to read more details about this program:

[GMX7 Training](#)

[TRAIN LIKE A PRO](#)



[ToSwim](#)

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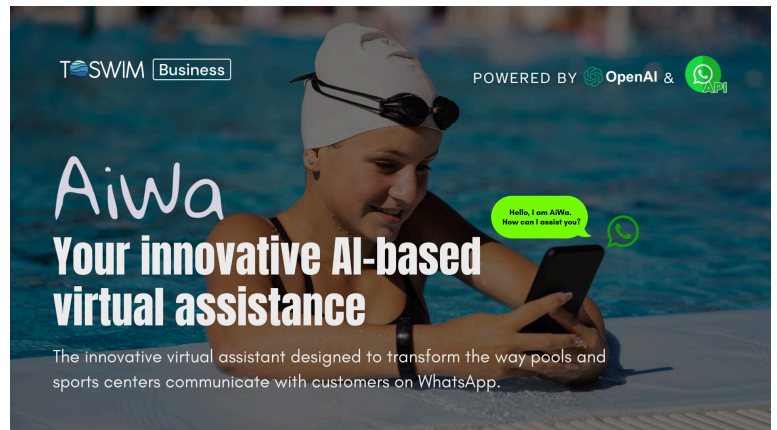


Grow Your Business with AiWa!

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. Find all the details here: [AiWa – ToSwim](#). Discover how AiWa can revolutionize your business communication!

Beine Wellness Building



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)

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Online MBA in Leadership in International Sports Law, starting in **October**. As a special offer for PanAm Aquatics members, we are providing a 25% **discount**. Additionally, we have a few **scholarships of up to 50%** available for students from developing countries. [More information](#) and link for registration: [MBA in Leadership and International Sports Law - ALSS](#)

Reason Physio

Are you struggling with pain or feeling like you've hit a plateau in the water? At Reason Physio, we specialize in building stronger, more resilient athletes to help you unlock your full potential. Whether you're chasing an increase in performance or overcoming an injury, we're here to help you swim stronger and pain-free. Book a free discovery call [here](#) and take the first step toward peak performance!

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

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