

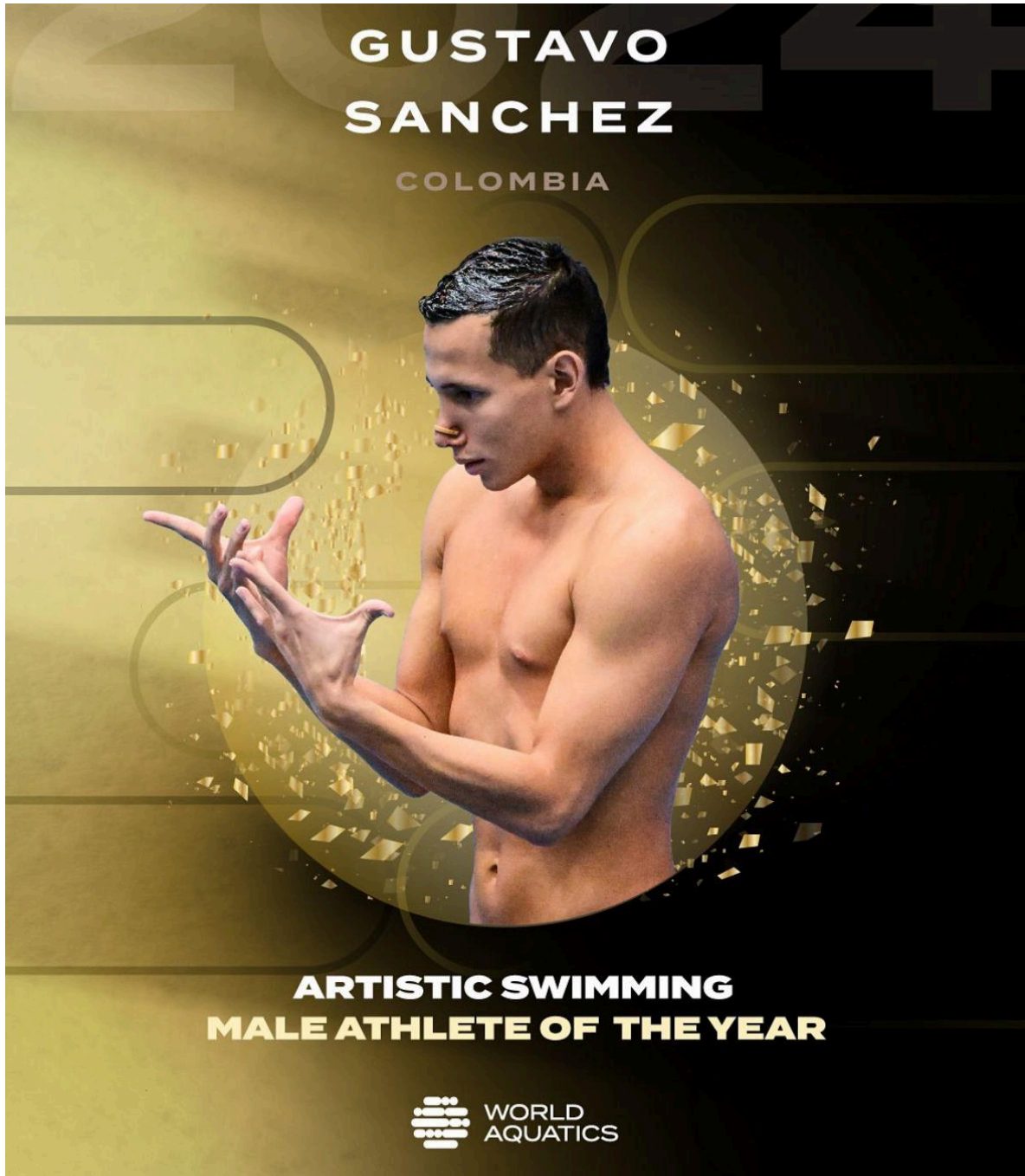
# BULLETIN

## Week of January 20, 2025

Follow us on social media!



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SANCHEZ**  
COLOMBIA



**ARTISTIC SWIMMING  
MALE ATHLETE OF THE YEAR**

 **WORLD  
AQUATICS**

**FLUIDRA**

ASTRALPOOL

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**Global Sport  
TECHNOLOGY**

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## NEWS

- **PAQ ATHLETES COMMITTEE Mentorship Program launched** 🎆 Big News! 🎆 On January 18th, we officially launched the PAQ Athletes Committee Mentorship Program! With 19 top-tier mentors and 28 driven mentees (selected from a highly competitive pool with a 47.5% acceptance rate!), we're kicking off a year of growth, learning, and excellence. The energy at our welcome session was contagious, with mentees eager to dive into key topics like mental toughness, recovery, well-being, mental health, and more. We're thrilled to work with such a talented and dedicated group of athletes across all disciplines and corners of the continent, and we can't wait to see what's ahead! Stay tuned for updates as we check in throughout the year and wrap up in December! 💪
- **Technical Reports from the PanAmerican Games Santiago 2023** released by ACODEPA. [Click here to download for reading](#)
- **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

May 12 - 25, 2025	<b>1st PanAmerican Aquatics Championships</b> Medellin 2025	<a href="#">Summons</a> & <a href="#">Events Calendar</a>
Sep 1 - 7, 2025	<b>PanAm Aquatics U15 Water Polo Championships Bauru 2025</b>	Summons will be released soon

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

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## 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.

January 25, 2025 1:00 - 3:00 pm ET	Presentation of the <b>“PAQ National Federation Certification Program”</b>	<a href="#">Click here to register</a>
March 25, 2025 1:00 - 3:00 pm ET	Module 2: Governance and Leadership	<a href="#">Click here to register</a>
May 31, 2025 1:00 - 3:00 pm ET	Module 3: Project and Event Management	<a href="#">Click here to register</a>
July 26, 2025 1:00 - 3:00 pm ET	Module 4: Safe Sport	<a href="#">Click here to register</a>
Sept 27, 2025 1:00 - 3:00 pm ET	Module 5: Athlete Wellness	<a href="#">Click here to register</a>
November 29, 2025 1:00 - 3:00 pm ET	Module 6: Coach and Official Development	<a href="#">Click here to register</a>
December 13, 2025 1:00 - 3:00 pm ET	Closing session	<a href="#">Click here to register</a>





**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.

Jan 28, 2025 7:00 pm ET	<b>Artistic Swimming:</b> Part 1: "More on the new AQUA Rules" with Anastasiya Petrenko	<a href="#">Click here to register</a>
Feb 11, 2025 7:00 pm ET	<b>General:</b> Managing Social Media - with Valerie Gruet	
Feb 16, 2025 1:00 pm ET	<b>Diving:</b> Using general and culturally specific verbal cues that evoke vivid mental images with Jeff Stabile	
Feb 25, 2025 7:00 pm ET	<b>Artistic Swimming:</b> Part 2 "More on the new AQUA Rules" Anastasiya Petrenko	
March 11, 2025 7:00 pm ET	<b>Diving:</b> Dryland/Water for Beginners to Build Strong Fundamentals with Amy Kwan	
March 17, 2025 7:00 pm ET	<b>Diving:</b> Diving skill development - Trampoline 101 with Jeff Stabile	
March 25, 2025 7:00 pm ET	<b>Water Polo:</b> Goalkeeper Position specific (official title pending)	
April 8, 2025 7:00 pm ET	<b>General:</b> Creating an athletes committee + skills with PAQ Athletes Committee	







## Technical Officials Certification & Development opportunities

Jan 25, 2025 11:00 am ET	<b>Artistic Swimming:</b> Artistic Impression in the New Rules for Judges with Lianne Sotile	<a href="#">Click here to join webinar</a>
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**Underwater Chats** By  PANAM AQUATICS

**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

<b>Jan 11, 2025</b>	Planning & Goal-setting	<a href="#">Click here to register</a>
<b>March 8, 2025</b>	Prioritizing Health & Wellness	<a href="#">Click here to register</a>
<b>May 10, 2025</b>	Technology & Performance	<a href="#">Click here to register</a>
<b>July 12, 2025</b>	Training & Racing Strategies	<a href="#">Click here to register</a>
<b>September 13, 2025</b>	Creating High Performing environments	<a href="#">Click here to register</a>
<b>November 8, 2025</b>	Recovery	<a href="#">Click here to register</a>

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

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## 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](#)
- **Application forms and information to serve as a Technical Officials:**
  - [AS](#)
  - [SW](#)
  - [OW](#)

## WORLD AQUATICS EVENTS

### 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](#)
  - [Application for Qualifying events](#) **Deadline for applications: December 20, 2024**
- **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
- [Information](#)

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### 2025 Diving World Cup

- 10-13 April – Canada (Location to be revealed on 27 November 2024)
- 2-4 May – Beijing, China (Super Final)

### AQUA Recognized Diving Events

- 31 January – 2 February | Southern Cross Diving Series (New Zealand Leg), Auckland, New Zealand [Information](#)
- 5-8 June | Canada Cup of Diving (Location TBD)
- 12-15 June | American Cup, Morgantown, West Virginia, USA
- 4-6 July | Bolzano Diving Meeting, Bolzano, Italy

### 2025 Artistic Swimming World Cup

- [Rules and Regulations for the Artistic Swimming World Cup 2025.](#)
- Paris (FRA) – 28 February-2 March 2025: [Information](#)
- Hurgada (EGY) – 11-13 April 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 1: [Somabay](#) (EGY) – 21-22 Feb; GMS entry deadline 7 February
- 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

## OTHER EVENTS IN THE REGION

**WATER POLO: First Annual Saint Andrews/FEC Winter Classic Tournament and Camp Jan 17-20, 2025.** Tournament: Fri/Sat/Sun Jan 17-19 Camp: Sun/Mon Jan 19-20 Featuring Coaches Randy Burgess/Ferenc Vindisch/Ted Bresnahan/Mike Schofield. Click here for [information on the Tournament](#) and [registration for the Camp](#).

**SWIMMING: Barbados Long Course Nationals** held by the Barbados Aquatic Sports Association on February 25th - 2nd March, 2025. Click here for [summons](#) and [HYTEK entry file](#)

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## OPEN WATER: Pura Vida 2025 Costa Rica Experience April 21–28, 2025



ToSwim invites all PAQ members and partners to join an exclusive open water experience in the heart of Costa Rica. This unique opportunity is designed not only for athletes but also for swimmers of all levels.

- Swim and train in the serene waters of Arenal Volcano Lake and the crystal-clear Gulf of Papagayo.
- Experience a perfect blend of tailored swimming training and cultural discovery.
- Enjoy the guidance of world-class trainers, biomechanics experts, and coaches.

This experience combines fitness and exploration, offering a transformative journey through Costa Rica's stunning landscapes and rich history.

**To all PAQ members, associates, and partners, we are delighted to offer an exclusive \$200 discount on each package.** For more informations: <https://welcome.toswim.io/toswim-costa-rica/>



**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.

## OPEN WATER: Horizonte Maya, Mexico 2025 Experience May 13–18, 2025

ToSwim invites all PAQ members and partners to dive into an exclusive open water swimming experience in the paradise of the Mexican Caribbean, Cancún!

- Swim and train in the crystal-clear waters of the Caribbean alongside the ToSwim, El Cruce and the international Open Water champion Patricia Kolhmann, perfecting your technique and enjoying unparalleled landscapes. World-class coaches, biomechanics experts, and trainers will guide you every stroke, ensuring an educational and enriching experience.

- Take on the challenge of the final day with El Cruce de Cancún, a 10 km journey

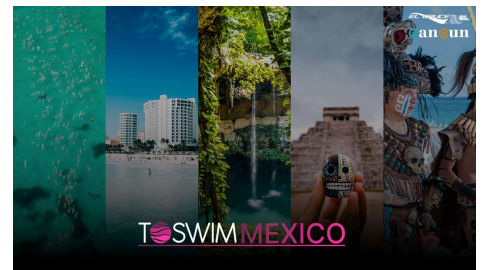
from Cancún to the stunning Isla Mujeres, where you will swim above the fascinating Underwater Museum of Cancún, in the Marine National Park.

- Personalized swimming training, combined with a unique cultural experience that will allow you to discover the magic of Cancún beyond its natural beauty.

This experience is not just a sports challenge—it's a transformative journey! The perfect blend of exercise, exploration, and culture in one of the world's most breathtaking destinations.

**Exclusively for PAQ members, associates, and partners! Take advantage of our exclusive \$200 discount on each package.**

For more information and bookings: [Mexico Mayan Horizon 2025 – ToSwim](#)



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## RESOURCES FOR ATHLETES

- WADA
  - [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.

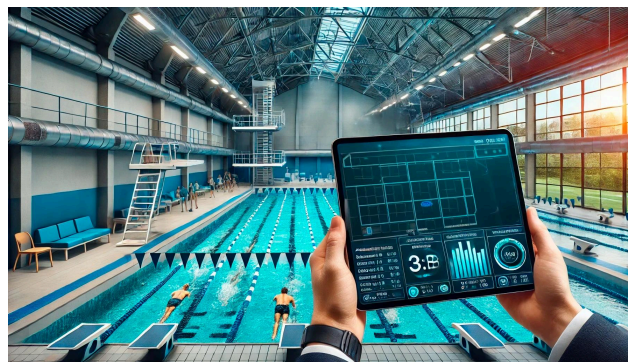
## FROM OUR PARTNERS

### [Fluidra](#)

#### Digital twin technology: the new transformative tool for sports centers management

Fluidra, global leader in the pool industry and official partner of Panam Aquatics, signed **a new strategic investment with Ecotropy**, a French company specializing in the creation of digital twins for energy efficiency management in pools and aquatic environments.

**A digital twin is a virtual replica of an aquatic center that enables real-time monitoring, analysis, optimization of resources and operational performance of the entire facility.** This smart predictive technology helps reduce energy consumption, lower water and chemical use, and significantly improve water quality and the sustainability of aquatic facility management.



Ecotropy manages over 50 pool installations in France using the DataPool solution, achieving more efficient and sustainable management of their facilities. **Following its success in France, Fluidra is confident that through this collaboration, these benefits can be extended to more aquatic facilities around the world.**



*"This alliance reaffirms our commitment to innovation and sustainability, allowing customers to enjoy world-class facilities while optimizing resource use, reducing operational costs, and minimizing environmental impact.*

*Through this partnership, we continue to lead the sector by adopting*

*advanced technologies that not only benefit our customers but also promote a more responsible use of natural resources,"* said David Tapias, Innovation Director at Fluidra.

Discover more about digital twin technology [here](#).

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## Malmsten

### **Malmsten Classic PRO™ 4" Lane Lines US**

Excellent Racing Lane Lines, with the same great features as our Gold PRO, but a lighter version for every day handling.

Classic PRO™ 4" with great wave reduction and suitable for competition, swim training, water polo field of play, open water finishing lines and divisional lines.

Malmsten Classic PRO™ Racing Lane Line is designed with the same wave breaking technology as the Gold PRO®.



Classic PRO™ is smaller and lighter with 4-inch discs and PRO floats. Meeting international and North American regulations; USA, NCAA and NFHS standards.

Loved by aquatic managers, coaches and swimmers for its lesser weight but still very functional design. Classic PRO™ is perfect for swimming competitions and training, water polo field markings, open water finishing lines, and divisional lines. Multiple Classic PRO™ lane lines anchored together two or three between swimmers lanes for increased turbulence control.

Manufactured in Phoenix, Arizona, in accordance with Malmsten original specifications. Shipped fully assembled with a Take-Up Reel and a Tension Spring. An original Ratchet

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Wrench is included with the purchase. For safety and duration of product, the original Ratchet Wrench should be used.

The Classic PRO™ is a functional - with a wave energy dampening of over 76% - durable and sustainable Racing Lane Line. [Read more about the Malmsten Classic Pro](#)

## Global Sport Technology

### **VERTICAL SWIM TRAINER (VST):**

The first swim trainer that develops perfect swimming technique and fixes most swimming mistakes. VST is used by Olympians, elite level athletes, beginners, and Learn-To-Swim programs. Vertical Swim Trainer (VST) was developed by Global Sport Technology, Inc and Dr. Genadijus Sokolovas, aka Dr. G, after studying swim stroke errors for more than 17,000 swimmers, including 87 Olympic Champions, 110+ Olympic medalists, and thousands of elite level swimmers. Nobody in the world studied more elite level swimmers than Dr. G and his team.



### **Benefits of the VST:**

- Swimmers are forced to keep a perfect streamline body position by staying on a small balance platform.
- Swimmers keep strong and rigid body muscles when exercising on the VST.
- A balance platform can be adjusted for any rotation and tipping, which is important to build progression in training sets on the VTS and to develop good body position for swimming.
- Swimmers are doing perfect strokes on the VST. Due to the vertical body position and a balance platform, swimmers have to pull straight toward the feet. Otherwise, they lose balance. It improves the efficiency of the stroke.

- Arm muscles are connected to the body muscles when exercising on the VST. When athletes keep body muscles tight, arm muscles are better connected to the body muscles, and swimmers develop more powerful strokes.
- Resistance on the VST provides smooth and quiet motion from the beginning to the end of the stroke. It matches perfectly with resistance in the water.
- Athletes can develop strong swimming muscles by selecting any resistance on the VST – from easy resistance for beginners to very high resistance for elite level swimmers.

[Click here to watch a video of the Vertical Swim Trainer](#)

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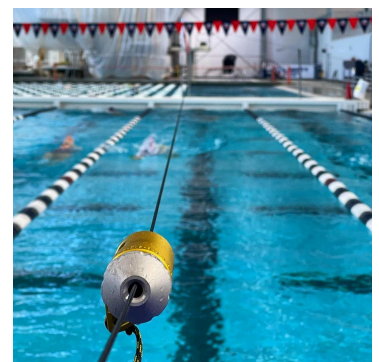


Below is a video of the Vertical Swim Trainer:

[https://www.dropbox.com/scl/fi/jjm7f901gp9fdy604jlvw/20160722\\_130914.mp4?rlkey=vlygsh5vhio6dkbrn1sxru8ud&st=ddr3wh60&dl=0](https://www.dropbox.com/scl/fi/jjm7f901gp9fdy604jlvw/20160722_130914.mp4?rlkey=vlygsh5vhio6dkbrn1sxru8ud&st=ddr3wh60&dl=0)

### GMX7 Training

Check out the latest training Software from GMX7 training: The GMX7 X-2 Pro System is a revolutionary aquatic resistance training device designed to elevate your swim performance. Built with precision engineering and cutting-edge technology, this compact system provides seamless, adjustable resistance in the water, allowing swimmers to enhance speed, endurance, and power. Ideal for swimmers of all levels, from competitive athletes to fitness enthusiasts, the X-2 Pro enables targeted training that translates directly into real-world performance gains.



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## ToSwim

### TOSWIMTECH

#### Benefits for PanAm Members

TOSWIM TECH gives you the opportunity to take water sports to the next level. For PanAm and its members, we offer innovative digital solutions to enhance communication and marketing in water sports.

Our tools are designed to modernize and simplify, helping you reach further and connect more effectively with your audience.

With AIWA, our virtual assistant powered by OpenAI's AI and integrated with WhatsApp, you can transform your communication through personalized support tailored to your needs. This allows you to improve your users' experience and loyalty in an easy and automated way.

#### 10% discount on AiWa rates:

##### 50€/Month - Starter

- Ideal for those starting to manage customer service.
- Up to 100 conversations per month.
- 24/7 support.

##### 100€/Month - Silver

- Ideal for pools/centers with a medium to large customer base.
- Up to 300 conversations per month.
- 24/7 support.

##### 200€/Month - Gold

- Ideal for pools/centers with a large clientele.
- Up to 1,000 conversations per month.
- 24/7 support.

Boost your business with AiWa!

ToSwim offers PanAm, its members, and partners the opportunity to improve customer communication and service with AiWa, a conversational AI assistant created by OpenAI.

AiWa is the perfect tool to attract, connect, and retain your customers in an easy and effective way. It enhances communication processes through personalized support tailored

to your needs, helping you build long-term relationships with your customers. It works via WhatsApp, and can also be integrated into your website and social media channels.

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 us an email at [toswimmer@toswim.io](mailto:toswimmer@toswim.io)! You can find all the information at: [AiWa – ToSwim](#).

## Beine Wellness Building



**DISCOVER YOUR  
BODY'S BLUEPRINT**



### 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](#)

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## Academy of Leadership Sciences Switzerland (ALSS)

### Human Rights in Sports

- **Start Date:** February 5, 2025
- **Course Fee:** CHF 590 (25% discount for PanAm Aquatics members)
- **Lecturers:** Catherine Pitre, Tammi Gaw, Khayran Noor, and Marion Keim
- **Course Details:** [Human Rights in Sports - ALSS](#)
- **Registration:** [Application Form \(Short Courses\) - ALSS](#) or email [info@alss-edu.ch](mailto:info@alss-edu.ch)

### Introduction to Dispute Resolution in Sport

- **Start Date:** March 4, 2025
- **Course Fee:** CHF 890 (25% discount for PanAm Aquatics members)
- **Lecturers:** Petra Pronic Pericia, Livia Silva Kägi, Catherine Pitre, and Juan De Dias Crespo
- **Course Details:** [Introduction to Dispute Resolution in Sports - ALSS](#)
- **Registration:** [Application Form \(Short Courses\) - ALSS](#) or email [info@alss-edu.ch](mailto:info@alss-edu.ch)

### Emotional Intelligence in Sports

- **Start Date:** March 6, 2025
- **Course Fee:** CHF 590 (25% discount for PanAm Aquatics members)
- **Lecturer:** Fadil Citaku
- **Course Details:** [Emotional Intelligence in Sports - ALSS](#)
- **Registration:** [Application Form \(Short Courses\) - ALSS](#) or email [info@alss-edu.ch](mailto:info@alss-edu.ch)

### Introduction to Risk Management for Sporting Events

- **Start Date:** March 12, 2025
- **Course Fee:** CHF 590 (25% discount for PanAm Aquatics members)
- **Lecturer:** Tammi Gaw
- **Course Details:** [Introduction to Risk Management for Sporting Events - ALSS](#)
- **Registration:** [Application Form \(Short Courses\) - ALSS](#) or email [info@alss-edu.ch](mailto:info@alss-edu.ch)

## Fluid Mechanics

**Sledgehammer freestyle** is a variation of competitive freestyle that involves accelerating your exiting hand through the surface and into a straight arm recovery. Acceleration within the pull pattern allows the hands to stack pressure fields and explode off heavier spots below the surface, maximizing propulsion per stroke.



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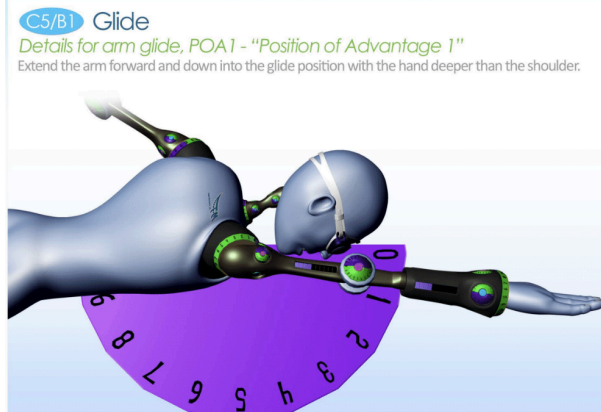
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The entry hand extends below the surface until the elbow is straight, the palm is flat and the hand is deeper than the shoulder. This establishes the glide position, and also allows for better hand and forearm positioning to gather water at the top of the pull pattern before the acceleration begins.

[Follow this link](#) for more information about stroke technique like sledgehammer freestyle

### 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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