

BULLETIN

Week of June 9, 2025



Follow us on social media!

Medellín 2025: A Historic Championship, a New Integrity Code, and a United Future for Aquatics in the Americas

5 disciplines; **31** Countries, **+300** technical & team officials; **+500** events contested; **+1000** athletes; **+7.5K** subscribers on PAQPlay; **+21K** followers on Instagram

- Largest Water Polo Championship for the Americas with 12 Male and 7 Female National Federations
- Largest Open Water Championship for the Americas with close to 150 athletes and 66 athletes competing in the 10K race for the chance to qualify for the Junior PanAmerican Games Asuncion 2025
- Watch all videos from Medellin on our new platform [PanAmAquaticsPlay](#)

 PANAM AQUATICS CHAMPIONSHIPS MEDALLIN 2025 MEDAL TABLE						 PANAM AQUATICS CHAMPIONSHIPS MEDALLIN 2025 MEDAL TABLE						 PANAM AQUATICS CHAMPIONSHIPS MEDALLIN 2025 MEDAL TABLE						 PANAM AQUATICS CHAMPIONSHIPS MEDALLIN 2025 MEDAL TABLE						 PANAM AQUATICS CHAMPIONSHIPS MEDALLIN 2025 MEDAL TABLE					
#	FEDERATIONS				TOTAL	#	FEDERATIONS				TOTAL	#	FEDERATIONS				TOTAL	#	FEDERATIONS				TOTAL	#	FEDERATIONS				TOTAL
1.	 MÉXICO	51	47	25	123	6.	 CANADA	9	8	10	27	11.	 REP. DOMINICANA	6	4	2	12	16.	 BRAZIL	2	8	7	17	21.	 EL SALVADOR	1	2	1	4
2.	 COLOMBIA	46	18	20	84	7.	 GUATEMALA	8	15	9	32	12.	 CHILE	5	5	6	16	17.	 COSTA RICA	2	6	10	18	22.	 JAMAICA	0	3	5	8
3.	 PERÚ	21	16	16	53	8.	 ARGENTINA	8	9	6	23	13.	 GUYANA	4	0	0	4	18.	 CUBA	2	4	4	10	23.	 HAITI	0	1	2	3
4.	 USA	10	3	6	19	9.	 VENEZUELA	7	17	11	35	14.	 HONDURAS	3	5	15	23	19.	 ARUBA	2	1	7	10	24.	 CURAÇAO	0	1	2	3
5.	 ECUADOR	9	9	13	31	10.	 PUERTO RICO	6	9	3	18	15.	 URUGUAY	3	0	1	4	20.	 VIRGIN ISLANDS (U.S.)	1	3	1	5	25.	 NICARAGUA	0	0	4	4
																								26.	 SAINT LUCÍA	0	0	1	1

- Results: <https://medellin2025.panamaquaticsevents.com/>
 - [SW](#) and [HYTEK ZIP](#)
 - [OW](#)
 - [AS](#)
 - [DV](#)
 - WP [Women](#) [Men](#)
- [Press release: PAO Congress](#)
- [Code of Ethics](#)
- [Media & Marketing Report](#)

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A heartfelt thank you to everyone who made this historic championship in Medellín possible. To the **Federación Colombiana de Natación, INDER Medellín, Liga de Natación de Antioquia, the City of Guatapé**, the passionate **volunteers**, our exceptional **technical officials**, all **coaches, team support staff** and **federation leadership**—your dedication, tireless support, and unwavering commitment were the backbone of this event.

And to the **ATHLETES**, whose talent, spirit, and determination inspire everything we do: you are the reason this championship matters.

Thank you for making it all worthwhile.

Thank you, Medellín



QUALIFICATIONS FOR ASUNCION 2025



30 Females and 30 Males

representing

17 National Federations

NOC		WOMEN	MEN	TOTAL
1. ARGENTINA		1	1	2
2. BRAZIL		2	4	6
3. CANADA		3	4-1	6
4. COLOMBIA		3-1	3+1	5
5. CUBA		4	3+1	8
6. REP. DOMINICANA		2+1	0	3
7. ECUADOR		0	1	1
8. EL SALVADOR		0	2-1	1
9. GUATEMALA		1	0	1
10. HAITI		1-1	1	1

NOC		MEN	WOMEN	TOTAL
11. JAMAICA		1	0	1
12. MÉXICO		4	4	8
13. PARAGUAY		3	1	4
14. PERÚ		1	0	1
15. PUERTO RICO		1	0	1
16. USA		3+1	3	7
17. VENEZUELA		0	3	3

NOC	QUOTA
1. ARGENTINA	2
2. ARUBA	2
3. BRAZIL	9
4. CANADA	4
5. CHILE	9
6. COLOMBIA	9
7. COSTA RICA	2
8. CUBA	9
9. EL SALVADOR	2
10. GUATEMALA	2

NOC	QUOTA
11. MÉXICO	9
12. PARAGUAY	2
13. PERÚ	9
14. URUGUAY	2
15. USA	9
16. VENEZUELA	9



90 athletes

representing

16 National Federations

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19 Females and 19 Males

representing

16 National Federations

Cupos oficiales ASUNCION 2025

NOC		MEN	WOMEN	TOTAL
1.	MÉXICO	2	2	4
2.	BRAZIL	2	2	4
3.	ECUADOR	2	2	4
4.	ARGENTINA	2	2	4
5.	ARUBA	0	1	1
6.	COLOMBIA	1	2	3
7.	URUGUAY	0	1	1
8.	HONDURAS	1	0	1
9.	VENEZUELA	1	2	3
10.	PERÚ	2	1	3

Cupos oficiales ASUNCION 2025

NOC		MEN	WOMEN	TOTAL
11.	PUERTO RICO	2	2	4
12.	COSTA RICA	1	0	1
13.	CHILE	1	0	1
14.	REP. DOMINICANA	1	0	1
15.	BOLIVIA	1	0	1
16.	GUATEMALA	0	2	2
TOTAL ATHLETES		19	19	38



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Qualification for the 2026 Female and Male u18 World Aquatics World Championships



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PAQ CALENDAR 2025 - 2028

Sep 1 - 7, 2025	PanAm Aquatics U15 Water Polo Championships Bauru 2025	Summons will be released soon
July 4 - 7, 2026	PanAm Aquatics Age group Swimming Championships Ibague 2026	Summons will be released soon
Oct 2026	PanAm Aquatics Masters Championships Buenos Aires 2026	Summons will be released soon

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

	When	Category	Qualifying event for
PAQ Championship			
2027	Jan-Feb	all disciplines	2027 PAG Lima
Water Polo			
2026	August	u19	Qualifier for 2027 World u20
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			
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	

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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. [Last chance to join the program click here](#)

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
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. Selina Shah	Registration link

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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

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 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@panamaquatics.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
- [International Technical Officials, PAQ Executive & Staff](#)
- **BUY YOUR TICKETS NOW**
 - Inform Parents and Supporters of your athletes:
<https://www.tuti.com.py/ASU2025>
- Technical manuals:
 - [AS](#)
 - [DV](#)
 - [OW](#)
 - [Qualification times](#) & [full manual](#)

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• Swimming August 10 - 14:

August 10		
09:00 - 10:30	Prelim	400 Fr/100 BR/200 FL/4 x 100 Fr Relay
18:00 - 20:15	Finals	400m Free/100m Breast/200m Fly/4 x 100 Fr Relay
August 11		
09:00 - 10:30	Prelim	200 Fr/100 FL/200 BK/ 4 x 100 Mixed Fr Relay
18:00 - 20:15	Finals	200 Fr/100 FL/200 BK/ 4 x 100 Mixed Fr Relay
August 12		
09:00 - 10:30	Prelim	100 Fr/200 BR/100 BK/800 Fr/ 4 x 100 Mixed Medley Relay
18:00 - 20:15	Finals	100 Fr/200 BR/100 BK/800 Fr/ 4 x 100 Mixed Medley Relay
August 13		
09:00 - 10:30	Prelim	50 Fr/400 IM/4 x 200 Fr Relay
18:00 - 20:15	Finals	50 Fr/400 IM/4 x 200 Fr Relay
August 14		
09:00 - 10:30	Prelim	1500 Fr/200 IM/4 x 100 Medley Relay
18:00 - 20:15	Finals	1500 Fr/200 IM/4 x 100 Medley Relay

• Diving 16 - 19 August:

Date	Session	Time	Event	Gender	Stage
16-Aug	S1 10:00 - 13:00	10:00 - 11:30	1m Springboard	Men's	Preliminary
		11:30 - 13:00	10m Platform	Women's	Preliminary
	S2 19:00 - 22:00	19:00 - 20:00	Synchronized 3m Springboard	Women's	Final
		20:30 - 22:00	1m Springboard	Men's	Final
17-Aug	S1 10:00 - 13:00	10:00 - 11:30	3m Springboard	Women's	Preliminary
		11:30 - 13:00	10m Platform	Men's	Preliminary
	S2 19:00 - 22:00	19:00 - 20:00	10m Platform	Women's	Final
		20:30 - 22:00	Synchronized 3m Springboard	Men's	Final
18-Aug	S1 10:00 - 13:00	10:00 - 11:30	1m Springboard	Women's	Preliminary
		11:30 - 13:00	3m Springboard	Men's	Preliminary
	S2 19:00 - 22:00	19:00 - 20:00	1m Springboard	Women's	Final
		20:30 - 22:00	10m Platform	Men's	Final
19-Aug	S1 10:00 - 13:00	10:00 - 11:30	Synchronized 10m Platform	Women's	Final
		11:30 - 13:00	3m Springboard	Men's	Final
	S2 19:00 - 22:00	19:00 - 20:00	3m Springboard	Women's	Final
		20:30 - 22:00	Synchronized 10m Platform	Men's	Final

• Open Water August 17:

Date	Session	Time	Event	Gender	Stage
Aug-17	S1 9:00 - 12:45	9:00 - 9:30	10km	Men's	Warm up
		10:00 - 12:30	10km	Men's	Final
		12:30 - 12:45	Medal Ceremony Men's 10km		
	S2 12:30 - 16:30	12:30 - 13:00	10km	Women's	Warm up
		13:30 - 16:15	10km	Women's	Final
		16:15 - 16:30	Medal Ceremony Women's 10km		

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- Artistic Swimming August 20 - 23:

Date	Session	Time	Event	Gender	Stage
20-Aug	S1 12:00 - 14:30	12:00 - 13:30	Duet	Women's	Technical Routine
		13:30 - 14:30	Duet	Mixed	Technical Routine
	S2 20:00 - 21:00	20:00 - 21:00	Team	Mixed	Technical Routine
22-Aug	S1 12:00 - 14:45	12:00 - 13:30	Duet	Women's	Free Routine
		13:30 - 14:30	Duet	Mixed	Free Routine
		14:30 - 14:45	Duet	Women's and Mixed	Medal Ceremony
	S2 20:00 - 21:00	20:00 - 21:00	Team	Mixed	Free Routine
23-Aug	S1 12:00 - 13:15	12:00 - 13:00	Team	Mixed	Acrobatic Routine
		13:00 - 13:15	Team	Mixed	Medal Ceremony

- Qualified National Federations and Accepted Quotas:

OPEN WATER				ARTISTIC SWIMMING		DIVING			
NOC	Women	Men	Total	NOC	QUOTA	NOC	Women	Men	TOTAL
ARG	2	2	4	ARG	2	ARG	1	1	2
ARU	1	0	1	ARU	2	BRA	2	4	6
BOL	0	1	1	BRA	9	CAN	3	3	6
BRA	2	2	4	CAN	4	COL	2	3	5
CHI	0	1	1	CHI	9	CUB	4	4	8
COL	0	1	1	COL	9	DOM	3	0	3
CRC	0	1	1	CRC	2	ECU	0	1	1
DOM	2	1	3	CUB	9	ESA	0	1	1
ECU	2	2	4	ESA	2	GUA	1	0	1
ESA	1	0	1	GUA	2	HAI	0	1	1
GUA	2	0	2	MEX	9	JAM	1	0	1
HON	0	1	1	PER	9	MEX	4	4	8
MEX	2	2	4	URU	2	PAR	3	1	4
PAR	1	1	2	USA	9	PER	1	0	1
PER	1	2	3	VEN	9	PUR	1	0	1
PUR	2	2	4	TOTAL	88	USA	4	4	8
VEN	2	1	3			VEN	0	3	3
TOTAL	20	20	40			TOTAL	30	30	60

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WORLD AQUATICS EVENTS

- **AQUA Press Release: [World Aquatics Acts To Protect Sport From Enablers Of Doped Sport](#)**
- To submit the registration of each participant at any World Aquatics Event they have to complete the Anti-Doping e-learning course.
 - The Anti-Doping e-learning course on the ADEL platform or an e-learning course developed and approved by your National Anti-Doping Organisation (NADO) that covers the same topics. [More information](#)
 - The ADEL courses are as follows:
 1. Athletes: International Athlete Education Program
 2. Team Official- Coach, Head Coach, Chef de Mission, Team Leader, or Support Staff: Coaches of High Performance Education Program
 3. Team Official- Doctor, Medical Professional, Massage Therapist, or Physiotherapist: ADEL for Medical Professional's Education Program
 - [Where can I find my certificate after successfully completing an Education Program and/or a Course? – ADEL Helpdesk](#)

WORLD CHAMPIONSHIPS SINGAPORE 2025 **July 11-August 3, 2025**

- **[General information on venues, schedule, deadlines, accommodations and transport](#)**
- **SW:**
 - Team Leaders Online Briefing: June 10th 2:00 -2:45 pm CET (8 am Miami)
[Click here to join the meeting](#)
 - [Swimming Schedule](#)
 - Qualification period has been extended from 9 March 2024 – 29 June 2025
 - [Qualifying Standards](#)
 - Congratulations to the following ITO's selected to officiate:
 - Claudio Raul AITA (ARG)
 - Gena Kendra CULMER-TAYLOR (BAH)
 - Norma LACHANCE (CAN)
 - Ruben HERNANDEZ (GUA)
 - Sorei NUÑEZ ROQUE (PER)
 - Dana COVINGTON (USA)
 - Lisa VETTERLEIN (USA)
- **WP:**
 - [Qualification system for Water Polo at the 2025 Singapore World Championships](#)
- **DV:**
 - Team Leaders Online Briefing: June 26th 2:00 -2:45 pm CET (8 am Miami)
[Click here to join the meeting](#)
- **HD:**
 - Team Leaders Online Briefing: June 19th 2:00 -2:45 pm CET (8 am Miami)
[Click here to join the meeting](#)
 - [Qualification procedures](#)

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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](#)
- Congratulations to the following ITO's selected to officiate:
 - Pierre CLOUTIER - CAN
 - Cesar GALARZA NAVARRO - COL
 - Mabel MATEO - GUA
 - Janet LLERENA RODRIGUEZ - PER
 - Francis Maxime Akasha SAMPSON - TTO
 - Mickey SMYTHE - USA
 - Jason Keith JOHNSON - USA

AQUA Recognized Diving Events

- 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.](#)
- [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 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)

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2025 Male U20 Water Polo Championships

- 14-21 June - [Zagreb, Croatia](#)
- [Bulletin](#)

2025 Female U20 Water Polo Championships

- 10 - 16 August - [Salvador, Brazil](#)
- [Bulletin](#)
- [Schedule](#)

2026 Youth Olympic Games

- [Participation Principles](#)
- [National Federation information](#)
- [Event Programme](#)

OTHER EVENTS IN THE REGION

OPEN WATER: XIX Copa Pacifico in Salinas Ecuador, June 30 - Jul 5, 2025. [Download the Summons here](#)

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!



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](#).

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RESOURCES & INFORMATION

AQUA Development Office Information & Programs

- **Webinars:**

- **Sustainability for National Federations Series**

- **Topic:** *How to be more sustainable - tips and tricks*

- 10th June at 1200 CET (6 am ET Miami time)

- [Click here to join Zoom](#)

- **Topic:** *Introduction to World Aquatics Sustainability strategy - The Blueprint*

- 19th June at 1200 CET (6 am ET Miami time)

- [Click here to join Zoom](#)

- **Women's Health series**

- **Topic:** *Understanding the Impact of the Menstrual Cycle and Managing Symptoms in Aquatic Sports*

- 25 June at 8:00 CET & 14:00 CET (2 am and 8 am ET Miami time)

- Register here:**

- ♦ [Session 1](#) – 8:00 CET

- ♦ [Session 2](#) – 14:00 CET

Join Swimming Olympic Champion **Pernille Blume** and Open Water Olympian **Caroline Jousse** as they share their insight into how the menstrual cycle has impacted their physical, emotional, and mental well-being throughout their athletic careers and how they have managed its symptoms along the way. They will be joined by:

✓ **Tom Rushton**, renowned coach, offering insights into how he helps his female athletes manage menstrual symptoms to minimize their impact on training.

✓ **Marine Dupuit**, Sport Scientist (French Institute of Sport Performance), will share key research on managing the impact of the menstrual cycle.

This webinar is open to athletes, coaches, and club staff, and we encourage you to be part of the conversation. Please feel free to share the registration links with members of your aquatic community.

- **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 Development Office presented all their programs available. [Check out all the development programs available for athletes, coaches, and athletes entourage.](#)

- **AQUA 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 | |

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- AQUA Waterpolo Rules changes [Click here to download](#)

WORLD ANTI DOPING AGENCY (WADA)

- [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 Olympic Games](#)

FROM OUR PARTNERS

[Fluidra](#)

Fluidra present in Medellin during the PAQ Ordinary Congress

We were proud to welcome our valued partner Fluidra to Medellín during the PanAm Aquatics Congress, where they took the opportunity to connect personally with our Member Federations. Their presence added a meaningful touch to the event, as they not only engaged in thoughtful conversations but also presented each federation with a beautifully crafted photo book commemorating the 2023 Santiago Pan American Games. This generous and heartfelt gesture reflected Fluidra's ongoing commitment to the aquatics community in the Americas and helped celebrate the shared moments and achievements that define our sports across the Americas. [Check out their video presentation.](#)

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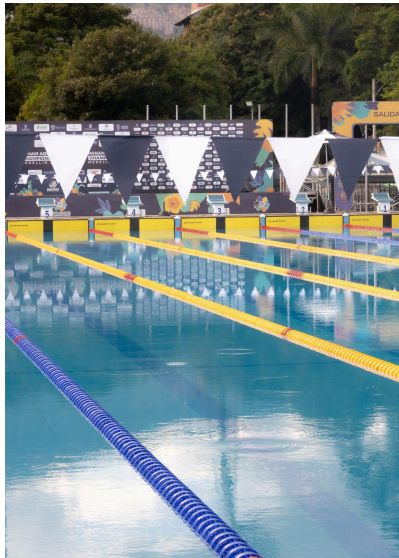
Malmsten

Malmsten shined in Medellín!

Dear PanAm Aquatics Community,

Congratulations on delivering an outstanding PanAm Aquatics Championships!

From the athletes to the organizers, every detail reflected the excellence and dedication that defines your community.



Malmsten is proud to support events that celebrate high performance and bring the aquatics world together. Thank you for your trust and for creating an atmosphere worthy of champions.

With appreciation, **The Malmsten Team**

Catch all the action on our social channels — and be sure to follow us on [Instagram](#) [Facebook](#) and [LinkedIn](#) for the latest updates!

Visit us anytime at malmsten.com.

Global Sport Technology

Dr. Genadijus Sokolovas of Global Sport Technology delivered a highly impactful three-day clinic for swim coaches during the PanAm Aquatics Championships in Medellín. Focused on **science-based swimming technique**, the sessions



provided coaches with cutting-edge insights into biomechanics, energy systems, and performance optimization. His expertise offered practical, data-driven tools to elevate coaching practices across the continent. Stay tuned for more webinars with Dr. G. soon.



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