

BULLETIN

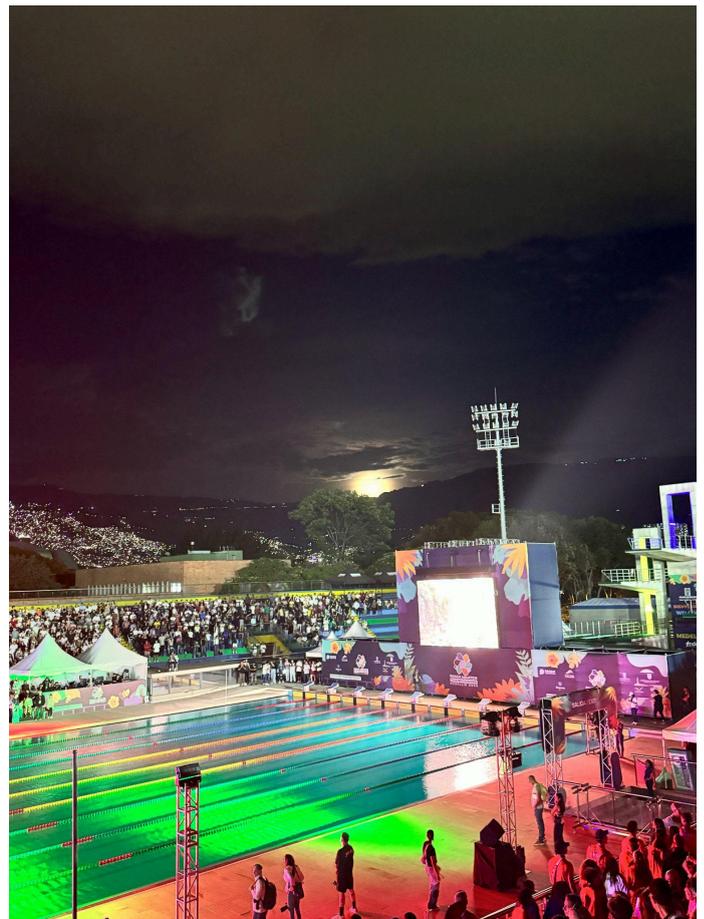
Week of May 12, 2025



Follow us on social media!

HISTORY IN MEDELLIN

The Opening Ceremony in Medellín, Colombia was a vibrant celebration of sport, unity, and culture. With more than 5,000 people in attendance, the atmosphere was electric—charged with anticipation and pride. Under the glow of a full moon at the stunning aquatic venues, the event marked the beginning of two exciting weeks where over 1,000 athletes will compete across five disciplines. The energy of the crowd, the color of the performances, and the passion of the athletes set the perfect tone for this historic first edition of the Pan American Aquatic Championships.



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**PANAM AQUATICS
CHAMPIONSHIPS
MEDELLIN 2025**

**HOW TO WATCH
LIVE
FOR FREE**



STEP 1

GO TO:
[HTTPS://PANAMAQUATICSPRAY.COM/](https://panamaquaticisplay.com/)

STEP 2

MAKE A NEW ACCOUNT
BY CLICKING THE TOP RIGHT BUTTON.

STEP 3

REGISTER &
ENJOY ALL THE LIVE EVENTS!



[CLICK HERE FOR PANAMAQUATICSPRAY.COM](https://panamaquaticisplay.com)



[Diving](#)

[Swimming](#)

[Artistic Swimming](#)

[Female Water Polo](#)

[Male Water Polo](#)

[Open Water](#)

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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
Sept/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	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
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				
2028		Masters		contract pending

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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.

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](#)

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
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

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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



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

WORLD AQUATICS EVENTS

WORLD CHAMPIONSHIPS SINGAPORE 2025 July 11-August 3, 2025

- [General information on venues, schedule, deadlines, accommodations and transport](#)
- **SW:**
 - [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](#)
- **HD:**
 - [Qualification procedures](#)
- **OW:**
 - [Application for Technical Official](#)

MASTERS WORLD CHAMPIONSHIPS SINGAPORE 2025

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

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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

- 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 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)

2025 Male U20 Water Polo Championships

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

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OTHER EVENTS IN THE REGION

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: 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!



RESOURCES & INFORMATION

- **International Testing Agency (ITA) webinar: Ask the Expert: Nutrition**
 - Professor Louise Burke, IOC Diploma program in Sports Nutrition and Australian Catholic University Director, will provide an overview of the topic, along with practical insights and expert answers to your questions.
 - May 22, 2025
 - 2:00 pm CET (8:00 am Miami time)
 - [Click here to register](#)
- **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](#)
- 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.](#)
- [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

The diving pool: how to develop these pools



Diving pools are key facilities in water sports competitions around the world, and their design must comply precisely with official standards.

At Fluidra, official sponsor of Panam Aquatics, we analyse in detail the essential measurements and characteristics of these pools in all our competition projects: from the minimum depth required to the layout of platforms and diving boards. We also address aspects such as orientation, lighting, and safety

systems that ensure an optimal environment for both athletes and spectators.

In addition, we use innovative construction solutions such as Skypool modular systems, ideal for temporary events or removable installations. This content is especially useful for architects, engineers, and sports organisations seeking optimal performance.

Discover more at Fluidra:

<https://www.fluidra.com/commercial-solutions/inspiration/blog/diving-pool-measurements-and-characteristics/>

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Malmsten & PanAm Aquatics!



Malmsten is thrilled to sponsor PanAm Aquatics and support the spirit of excellence at the upcoming Pan American Aquatic Sports Championships in Medellín! Best of luck to all nations competing—we're proud to be part of this exciting journey! 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

Swim Power Freestyle Turns

After analyzing freestyle turns using our unique Swim Power technology, we learned many things that are important to make the turn faster. Here are some recommendations for swimmers:

1. Accelerate into the turn using a stronger kick and the neck fully extended, watch down.
2. Rotate your body in a vertical plane, which is faster than a semi-horizontal plane. Use your arms to rotate faster.
3. Place your feet on the wall by being on your back with bent knees ready to push off the wall immediately.
4. Don't rotate on your stomach when pushing off the wall. Stay on your back until you leave the wall.
5. Once you push off the wall, start kicking at a small amplitude and slowly rotate on your stomach. Keep your arms still.
6. Continue kicking butterfly until you fully finish the first stroke.
7. Switch to freestyle kick only at the beginning of the second stroke.

See Swim Power Freestyle Turn videos:

<https://www.dropbox.com/scl/fi/49hgj4amk5x72bjljjh2z/Freestyle-Turn.avi?rlkey=2t6ik81wqedqf97xr7lj4o34c&st=zbdtt52y&dl=0>

<https://www.dropbox.com/scl/fi/onjagq06ajbioev6wa0a5/Underwater-kick.avi?rlkey=ja09h3dss6gm6urvpa6hp3kos&st=pbx9933g&dl=0>

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GMX7 Training

TRAIN LIKE A PRO



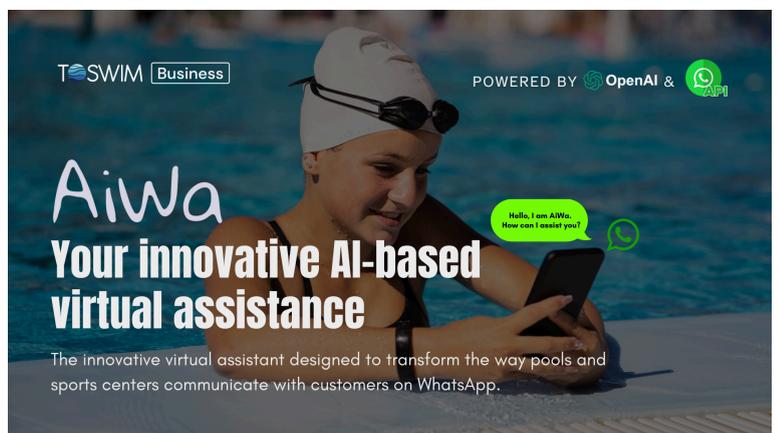
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Grow Your Business with AiWa!

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!

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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](#)

Academy of Leadership Sciences Switzerland (ALSS)

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](#)

ACADEMY OF LEADERSHIP SCIENCES SWITZERLAND

MBA LEADERSHIP IN INTERNATIONAL SPORTS LAW

LAST WEEK TO APPLY!

Program Duration: 12 months
Start Date: March 1, 2025
Study Format: 100% Online

[REGISTER NOW](#)

✉ sports@alss-edu.ch

www.alss-edu.ch

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!

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