

# athlete core

The new continental hub for aquatic athletes across the Americas.

This is your space. Your voice. Your future.

Athlete Core is a unified digital space to empower PAQ athletes through education, mentorship, well-being, leadership, and community – available for aquatic athletes of all disciplines and ages across the continent.

One Hub. Many Pathways. Your Journey.

## The Four Pillars of Athlete Core

-  Athlete Voice & Visibility
-  Community Development
-  Career & Mentorship Pathways
-  Digital Learning & Underwater Chats

### Athlete voice & visibility initiatives

 **PANAM AQUATICS**  
**ATHLETES COMMITTEE**

Leading athlete representation across the Americas.

 **athletes VOICE**

Spotlighting athlete journeys and elevating their voice.

 **outreach**

Outreach and surveys to guide athlete-centered solutions

 **masters working group**

Championing Masters athlete needs and development.

 **well-being**

Mental health, Safe Sport and Clean Sport awareness and education.

 **news**

Continental updates, athlete highlights, and announcements.

### Community engagement & development initiatives



**community engagement**

A community built on open communication, shared learning, and support.



**impact sessions**

Powerful Underwater Chats live sessions driving athlete development and bringing the aquatic community together.



**continental development**

Building pathways for development for every athlete and coach across the continent, building a unique culture of collaboration in aquatics.



**clinics**

Hands-on learning for athletes of all ages and levels.



**power up lab**

High-energy and exclusive experiences to grow skills and areas of development to best support athletes, tailored for Clubs and National Federations



**safety**

Championing safe conditions, athlete protection, and clean, fair sport.

### Learning & digital innovation

**Webinars & Short Courses**

Skill-building for performance and life.

**Digital Learning Modules**

Flexible learning designed for athletes.

**UNDERWATER CHATS** 

A digital series for athletes and coaches across the Americas.

**Skill Development Tracks**

Grow your toolkit at every stage of your career.

### Mentorship & career initiatives

 **mentorship pathways**

Connecting athletes across nations and generations.

 **career pathways**

Supporting personal and professional growth beyond sport.