

BULLETIN

FEBRUARY 9, 2026



FLUIDRA

ASTRALPOOL   **ZODIAC**

 **Malmsten**



 **DEPORTE VIRTUAL**
tecnología deportiva

 **Sports**
#EARN YOUR NUMBER

GMX7



TOSWIM



PHYSIO



2026 CALENDAR



2026 CALENDAR

MAR 20-22

Central American & Caribbean Games Open Water Swimming Qualifier **Aruba 2026** by PanAm Aquatics

 [Summons](#)



APR 8-11

PanAm Aquatics Artistic Swimming Championships **Santiago 2026** & Central American & Caribbean Games Artistic Swimming Qualifier by PanAm Aquatics

 [Summons \(Updated Jan 26\)](#)



APR 11-19

Central American and Caribbean Games Water Polo Qualifier **Cali 2026**

 [Summons \(Updated Jan 19\)](#)



APR 12-19

IV South American Youth Games Panama 2026 Sanctioned by PanAm Aquatics & CONSADA

 TBC [ITO's List](#)



MAY 9

PanAm Aquatics Athlete Forum 2026

 [Register Here](#)



JUL 8-12

PanAm Aquatics Swimming Championships **Ibague 2026**

 [Summons](#)



JUL 24 - AUG 8

Central American and Caribbean Games **Santo Domingo 2026** Sanctioned by PanAm Aquatics

 TBC



SEP 12-26

XIII South American Games Santa Fe 2026 Sanctioned by PanAm Aquatics & CONSADA

 TBC



SEP 28 - OCT 4

PanAm Aquatics U19 Water Polo Championships **Bauru 2026**

 TBC



OCT 19-29

PanAm Aquatics Masters Championships **Buenos Aires 2026**

 [Summons](#)



PAQ OPEN WATER SWIMMING SERIES - STOPS

MAR 20-22

STOP 1



Central American & Caribbean Games Open Water Swimming Qualifier **Aruba 2026** by PanAm Aquatics



[Summons](#)

MAY 13-16

STOP 2



XX Open Water Pacific Cup Salinas 2026



[Summons](#)

JUNE 13

STOP 3



Cayman Islands



TBC

SEP 10-11

STOP 4



Cuba



TBC

OCT 9-11

STOP 5



Mexico



TBC

PAQ RECOGNIZED EVENTS

NOV 12-15



Falcons Diving Cup Santo Domingo 2026



[Summons](#)

INTERESTED IN HOSTING A PAQ CHAMPIONSHIP?

PAQ CHAMPIONSHIPS

Year	Month	Category	Qualifying event for
2027	Mar - Apr	All disciplines	2027 PAQ Lima (WP-AQUA-WC)

WATER POLO



Year	Month	Category	Qualifying event for
2027	August	U15	Qualifier for 2028 World U16
2027	June	U17	Qualifier for 2028 World Junior
2028	June	U19	Qualifier for 2029 Worlds U20

SWIMMING



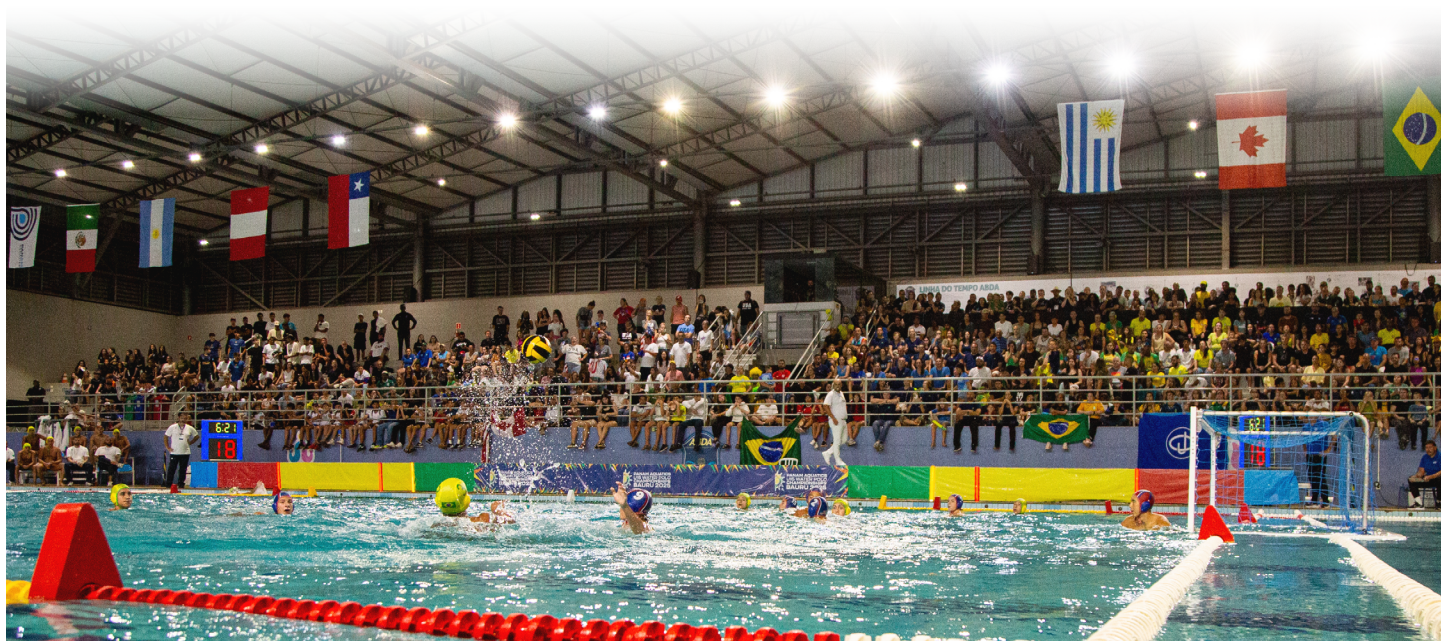
Year	Month	Category	Qualifying event for
2027	December	Open/Age Group	SCM Qualifier for 2028 Worlds Junior
2028	June	Open/Age Group	Qualifier for 2028 OG / 2029 Worlds

ARTISTIC SWIMMING



Year	Month	Category	Qualifying event for
2028	August	Age group	

Contact office@panamaquatics.com for more information



A new continental competition circuit under PanAm Aquatics and World Aquatics, designed to unify and elevate the discipline in the Americas.



PANAM AQUATICS OPEN WATER SWIMMING SERIES

The series is conducted annually, bringing together multiple "Stops" across the continent, with each event contributing to the overall ranking.

RACE DISTANCE
(MEN & WOMEN) **10 KM**



POINTS & RANKINGS:

Points are awarded at each stop toward a continental ranking and season-long General Classification (men & women):

1st - 800 pts
2nd - 750 pts
3rd 700pts ...

down to 100 pts for 27th, decreasing by 1 point per place thereafter.

SERIES PRIZE MONEY (PER GENDER):

1 USD\$3,000
2 USD\$1,500
3 USD\$500



**PANAM
AQUATICS**

ATHLETE FORUM

SATURDAY | MAY 9TH, 2026
2:00 - 8:00PM (ET - MIAMI)

Pre-Registration for the First-Ever PAQ Athlete Forum is Now Open!

Date: May 9

Time: 2–8 PM ET (Miami time)

Location: PAQ Play

Join us for an exclusive opportunity designed for athletes! Engage with critical topics like athlete representation, athlete voice, and practical takeaways you can immediately apply to your training, including:

Performance & training strategies

Nutrition & recovery

Mental health & performance psychology

Injury prevention & overall well-being

Connect with aquatic athletes from across the continent and beyond, and cap the day with an incredible aquatic celebration! Don't miss out—reserve your spot today and register now

[REGISTER HERE](#)

PAQ CLINICS & WEBINARS



COACHES CLINICS



This programme is supported by World Aquatics

WATER POLO

DEFENDING IN FRONT OF THE GOAL AND ZONE/PRESS RECOGNITION

Date: 17 Feb Time: 5:00-7:00 (ET)
Lecturer: Ricardo Azevedo
Virtual
Interpretation to Spanish.
» [Registration](#)

DIVING

HURDLES

Date: 23 Mar Time: 7:00-9:00 (ET)
Lecturer: Aaron Dziver
Virtual
Interpretation to Spanish available.
» [Registration](#)

DIVING

TRAINING THE ESTABLISHMENT AND MAINTENANCE OF VERTICAL LINES ON TAKEOFFS

Date: 19 May Time: 21:00-23:00 (ET)
Lecturer: Jeff Stabile
Virtual
Interpretation to Spanish available.
» [Registration](#)

BUILDING A HIGH PERFORMANCE PROGRAM

Date: 7 Sep Time: 7:00-9:00 (ET)
Lecturer: Aaron Dziver
Virtual
Interpretation to Spanish available.
» [Registration](#)

MASTERS

BUILDING A STRONG MASTERS CULTURE IN YOUR FEDERATION OR CLUB

Date: 16 Jun Time: 7:00-8:30 (ET)
Lecturer: Mel Goldstein, Ed Tsuzuki
Virtual
Interpretation to Spanish available.
» [Registration](#)

COACH CARDS AT COMPETITION: BEST PRACTICES AND HOW JUDGES EVALUATE PERFORMANCE

Date: 15 Sep Time: 7:00-8:30 (ET)
Lecturer: Gabriela Viglino
Virtual
Interpretation to Spanish available.
» [Registration](#)

IN-PERSON COACHES CLINICS

DIVING

TECHNICAL METHODOLOGY, PHYSICAL PREPARATION, AND PROGRAM DEVELOPMENT

Dates: 12-14 Nov

Lecturer: Omar Ojeda

Santo Domingo, Dominican Republic

· During the Falcons Diving Cup 2026

Interpretation to Spanish available.

» [Program & Registration](#)

SWIMMING

BUILDING THE COMPLETE SWIMMER: PERFORMANCE, STRENGTH, AND INJURY

Dates: 8-11 Jul

Lecturer: Hagar Elgendy, MD, MS.

Ibague, Colombia

· During the PAQ Swimming Championships Ibague 2026.

Interpretation to Spanish available.

» [Program & Registration](#)

SWIMMING

ADVANCED BIOMECHANICS AND TRAINING

Dates: 3-5 Apr

Lecturer: Dr. Genadijus Sokolovas.

Lamentin and Ste Luce, Martinique.

· During the Swimming competitions of the CARIFTA Championships 2026.

Only English.

» [Program & Registration](#)

SWIMMING

USE OF EXERCISE PHYSIOLOGY TO IMPROVE PERFORMANCE

Dates: 5-7 Nov

Lecturer: Dr. Genadijus Sokolovas.

Reduit, Gros Islet, Saint Lucia (LCA).

· During the Swimming competitions of the Organisation of Eastern Caribbean States 2026.

Only English.

» [Program & Registration](#)

TECHNICAL OFFICIALS CLINIC



This programme is supported by World Aquatics

WATER POLO

CENTER FORWARD LIVE DISCUSSION

Date: 21 Feb Time: 8:00-9:00 (ET)

Lecturer: Boris Margeta

Virtual

Interpretation to Spanish available.

» [Registration](#)

ARTISTIC SWIMMING

UPDATE AQUA RULES 2026 *(only english)*

Date: TBC

Lecturer: Erika Lindner

Virtual

» [Registration](#)

DIVING

BUILDING A "JUDGING EYE"

Best practices for those who do not have experience to gain skills in accurately evaluating judging

Date: 7 Apr Time: 21:00-23:00 (ET)

Lecturer: Jeff Stabile

Virtual

Interpretation to Spanish available.

» [Registration](#)

THE JUDGING PROCESS

A discussion about how to find the appropriate category for a performed dive, apply rewards and deductions, and finalize your award.

Date: 9 Jun Time: 21:00-23:00 (ET)

Lecturer: Aaron Dziver

Virtual

Interpretation to Spanish available.

» [Registration](#)

UNDERWATER CHATS by PANAM AQUATICS

This digital series creates a space for our aquatic community to discuss crucial subjects of development and support that are not commonly discussed in the aquatic community.

An initiative by Athlete Core and the PAQ Athletes Committee.

ATHLETE SPOTLIGHT



Laura Vaca (MEX, MA-SW)

Legendary Mexican Olympic swimmer and Masters champion Laura Vaca dives into her historic career to share how lifelong discipline and mental resilience fuel athletic success. In this interview, she inspires the next generation of Pan-American athletes to embrace swimming as a journey of purpose and health, proving that a competitive spark and a balanced mindset are the ultimate tools for achieving excellence both in and out of the water.

Watch full interview: [here](#)

WEBINARS

Explore our Webinar Series on [YouTube](#)! Covering performance, mental health, nutrition, identity in aquatics, body image, media, and more, these webinars feature experts and athlete panels—an enriching opportunity to learn directly from the best in the world.

IMPACT SESSIONS

Interactive sessions on Zoom and the perfect opportunity for athletes and coaches to come together as a community, explore key topics, and engage directly with experts and special guests from across Aquatics.

Start date: Saturday, February 21st | **Time:** 3pm ET | **Frequency:** Bi-monthly (Saturdays at 3pm ET)

» [Register here](#)

POWER UP LAB

Unlock a Game-Changing Opportunity for Your Club or National Federation! In just one hour, get hands-on support across 1-2 areas to brainstorm, conceptualize, and implement solutions with guidance from the PAQ Athletes Committee. Engage in open discussions, get practical advice, and tackle your biggest challenges in aquatics. Want your organization to be next?

Contact us and join the waitlist to **Power Up** with the **PAQ Athlete Committee**!:
athletes@panamaquatics.com

UNDERWATER CHATS^{BY} PANAM AQUATICS

COACHES SERIES



UWC Coaches Series

Fernando Canales, Tammy McGregor, and Rick Walker bring extensive experience in coaching, athlete development, and leadership across the Americas. Together, they lead meaningful conversations that empower and connect the next generation of aquatics coaches.

PAQ CERTIFICATION PROGRAMS



The **PanAm Aquatics Club and National Federation Certification Program** is a comprehensive and interactive initiative designed to equip aquatic leaders across the Americas with the knowledge, skills, and resources needed to build stronger, more efficient, and sustainable aquatic sports organizations.

Registration for 2025-2026 is now closed. If you're interested in enrolling for the next cohort, please email development@panamaquatics.com

Live Session Schedule

Times in ET - Miami Time

**Please note the updated schedule.*

Feb 28, 2026	Clubs	11:00 - 1:00 pm	MODULE 5: Coach Development
Feb 28, 2026	National Federation	1:00 - 3:00 pm	MODULE 5: Athlete Wellness
April 25, 2026	Clubs	11:00 - 1:00 pm	MODULE 6: Parent and Volunteer Development
April 25, 2026	National Federation	1:00 - 3:00 pm	MODULE 6: Coach and Official Development
May 9, 2026	Clubs	11:00 - 12:00 pm	CLOSING SESSION
May 9, 2026	National Federation	12:00 - 1:00 pm	CLOSING SESSION

PAQ ATHLETES COMMITTEE



We're dedicated to supporting aquatic athletes of all disciplines across the Americas! Focused on physical and mental well-being, inclusivity, and excellence, we strive to empower athletes, uplift their voices, and ensure they are heard and represented. We envision a future where every athlete has the resources, support, and opportunities to excel, and we aim to inspire the next generation of aquatic champions while fostering a vibrant, connected aquatic community.

Have questions, ideas, or concerns? Reach out to your Athlete Representatives at athletes@panamaquatics.com - we're just one message away!

YOUR VOICE MATTERS

Thank you in advance for your time and valuable contribution!

PAQ Athletes

Make YOUR Voice Heard! Take 3 minutes to share your thoughts and help us improve programs, events, and communication for all aquatic athletes across the Americas. [Survey](#)

PAQ Community

Share your feedback! Take this 10-minute survey for athletes, coaches, technical officials, and National Federation representatives to help us understand your needs and shape future programs. [Survey](#)



WORLD AQUATICS EVENTS

2026 DIVING WORLD CUP

» [Rules and Regulations](#)

26 Feb – 1 Mar	Montreal, Canadá	More information
5 – 8 Mar	Guadalajara, México	More information
1 – 3 May	Beijing, China (Super Final Event)	More information

WORLD AQUATICS JUNIOR DIVING CHAMPIONSHIPS 2026

21 - 28 Aug	Rijeka, Croatia	More information
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2026 HIGH DIVING WORLD CUP

15 - 17 May	Stop 1 - Fort Lauderdale USA	More information
11 - 12 Jul	Stop 2 - Porto Flavia, Italy	More information

2026 JUNIOR HIGH DIVING CHAMPIONSHIP

15 - 17 May	Fort Lauderdale USA	More information
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2026 ARTISTIC SWIMMING WORLD CUP

» [Rules and Regulations](#)

13 – 15 Feb	Medellin, Colombia	More information
27 – 29 Mar	Paris, France	More information
1 – 3 May	Xi'an, China	More information
29 – 31 May	Pontevedra, Spain	More information
19 – 21 Jun	Toronto, Canada (Super Final)	More information

2026 JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS

12 – 16 Aug	Budapest, Hungary	More information
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2026 WATER POLO WORLD CUP

MEN DIVISION 1 & 2

6 – 12 Apr (Division 1)	Alexandroupoli, Greece	More information
7 – 12 Apr (Division 2)	Gzira, Malta	More information

WOMEN DIVISION 1 & 2

21 – 26 Apr (Division 2)	Gzira, Malta	More information
1 – 6 May (Division 1)	Rotterdam, Netherlands	More information

FINALS

20 - 25 Jul (Men's)	Sydney, Australia	More information
1 – 6 May (Women's)	Sydney, Australia	More information

2026 U18 WATER POLO WORLD CHAMPIONSHIPS

27 Jun - 4 Jul (Men's)	Rio Maior, Portugal	More information
16 - 23 Aug (Women's)	Puerto de la Cruz, Spain	More information

2026 U16 WATER POLO WORLD CHAMPIONSHIPS

25 - 31 Jul (Women's)	Zagreb, Croatia	More information
3 - 9 Aug (Men's)	Zagreb, Croatia	More information

2026 OPEN WATER SWIMMING WORLD CUP

Technical Officials nominations for the World Aquatics Open Water Swimming World Cup 2026 must be **submitted by 23 January 2026**.

» [ITO NOMINATIONS](#)

27 - 28 Mar	Stop 1 - Somabay, Egypt	More information
24 - 25 Apr	Stop 2 - Ibiza, Spain	More information
1 - 2 May	Stop 3 - Golfo Aranci, Italy	More information
20 - 21 Jun	Stop 4 - Setubal, Portugal	More information

2026 JUNIOR OPEN WATER SWIMMING CHAMPIONSHIPS

3 - 6 Sep	Santa Fe, Argentina	More information
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2026 SWIMMING WORLD CUP

1 - 3 Oct	Stop 1 - Baku, Azerbaijan	More information
8 - 10 Oct	Stop 2 - Tashkent, Uzbekistan	More information
15 - 17 Oct	Stop 3 - Astana, Kazakhstan	More information

WORLD AQUATICS CHAMPIONSHIPS - BUDAPEST 2027

26 Jun - 8 Jul	Water Polo
26 Jun - 4 Jul	Diving
3 - 8 Jul	Open Water Swimming
8 - 11 Jul	High Diving
10 - 18 Jul	Swimming
10 - 17 Jul	Artistic Swimming

WORLD AQUATICS MASTERS CHAMPIONSHIPS - BUDAPEST 2027

26 - 30 Jun	Artistic Swimming
29 - 30 Jun	Open Water Swimming
3 - 9 Jul	Swimming
5 - 10 Jul	Diving
11 - 17 Jul	Water Polo

2026 WORLD AQUATICS SWIMMING CHAMPIONSHIPS (25m)

1 - 6 Dec, 2026	Beijing, China	More information
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- » Applications are now accepted for Qualifying Events for the World Aquatics Swimming Championships (25m) 2026.
- » Qualification period from 27 July 2025 and 15 November 2026.
- » [Application form](#): Return the completed form, along with the supporting documents, to the World Aquatics Office via email at aquaticscalendar@worldaquatics.com by specified deadlines.
- » Competitions approved as qualifying events for the World Aquatics Championships - Singapore 2025 will be automatically considered as qualifying events for the World Aquatics Swimming Championships (25m) 2026, provided that the dates fall within the respective qualifying period. There is no need to re-apply.

YOUTH OLYMPIC GAMES, DAKAR 2026

30 Oct – 13 Nov, 2026 Dakar, Senegal

- » [Participation Principles](#)
- » [National Federations Information](#)
- » [Event Programme](#)

WORLD AQUATICS SWIMMING CHAMPIONSHIP (25M) - BEIJING 2026 QUALIFYING EVENTS

- » [Application Form](#)

2026 AQUA RECOGNIZED DIVING EVENTS

13 - 15 Feb	Southern Cross Diving Series – Australian Leg Sheffield, Queensland, Australia
9 - 12 Apr	2026 Canada Cup of Diving Ontario, Canada
16 - 19 Apr	2026 American Cup TBD
12 - 14 Jun	Madrid International Diving Meet 2026 Madrid, Spain
3 - 5 Jul	Bolzano Diving Meeting Alto Adige-Sud Tirol 2026 Bolzano, Italy
30 Oct - 1 Nov	Malaysia Open Diving Championships 2026 Kuala Lumpur, Malaysia
10 - 13 Dic	Southern Cross Diving Series – New Zealand Leg Christchurch, New Zealand

RESOURCES & INFORMATION



**WHATSAPP
COMMUNITY**



JOIN NOW
ÚNETE AHORA

STAY CONNECTED WITH THE PANAM AQUATICS WHATSAPP COMMUNITY!

Get real-time updates, exclusive insights, and important event information - all in one place. Plus, you can join role-specific groups to access content created just for you.

Join now and be part of the PAQ network!

[Join Now](#)

QUALIFICATION STANDARDS



Swimming

[Click here to download](#)



Swimming

[Click here to download](#)

Open Water Swimming

[Click here to download](#)

Artistic Swimming

[Click here to download](#)

Diving

[Click here to download](#)

LIMA 2027 - SW QUALIFYING EVENT'S REQUEST FORM

- » [Application form](#)
- » [Approved events](#)

NEW PAQ DEVELOPMENT GUIDES

Short, practical reads on key topics in aquatic development - written exclusively by world-leading experts.

[Goal-Setting](#)

[Skill Development in Aquatics](#)

[Season Panning](#)

[Coaching Development in Aquatics](#)



PanAm Aquatics is excited to offer members discounted access to **EF English Live**, a world-class online English learning program, as part of our ongoing efforts to support members' continued growth and professional development. Validated PAQ members can receive **40% off** the Private Teacher 24 license and **28% off** the multi-platform access. **To access these exclusive rates, please complete [this form](#).** An EF English Live representative will follow up to finalize registration.

Moreover, Coursera offers the following free English learning specialized courses to help improve communication skills in professional settings: [Speak English Professionally](#), [English for Career Development](#), [Improve Your English Communication Skills Specialization](#) and [more](#).

AQUA Masters

WORLD AQUATICS MASTERS - RESULTS & TOP 10 SUBMISSION

(For National Federations & National Masters Recorders)

All Masters results for the 2025 Top 10 must be uploaded on the Aqua Sport Management platform (email submissions are not accepted).



[[Download PDF](#)]

» [Platform link here](#)

Use the latest spreadsheet template and follow the instructions in the User Manual. Do not upload results from the Singapore 2025 Masters Championships.

Deadline: February 27, 2026

For support: masters@worldaquatics.com

AQUA Development Office Information & Programs

CORAL (World Aquatics Learning Platform)

What is CORAL? The centralized hub for National Federations: course enrollments, educational content, session recordings (where applicable), and development updates—all in one place.

Presentation (PDF): [Informational Session on Nov 6](#)



How to access CORAL: Log in with your Federation account at coral.worldaquatics.com (use “Forgot your password?” if needed).

Need help? Contact the World Aquatics Development Team for access support.

AQUA NEW OFFICIALS PATHWAY

- | | | | |
|----------------------------|--------------------------|---------------------|--------------------------|
| » Diving | Document | » Swimming | Document |
| » High Diving | Document | » Open Water | Document |
| » Artistic Swimming | Document | » Water Polo | Document |

NEW AQUA WATER POLO WORLD RANKING SYSTEM

- » Learn more about the ranking methodology in the “[How it works](#)” section.
 - » View the complete [World Aquatics Men’s Water Polo Rankings](#)
 - » View the complete [World Aquatics Women’s Water Polo Rankings](#)
-

AQUA WATER POLO RULES CHANGES

[Click here to download](#)

INTERNATIONAL TESTING AGENCY (ITA) WEBINAR



Ask the Expert: Testing

Date: Thursday, 26 February 2026

Time: 14:00 - 15:00 (CET)

Panelists: Richard Driscoll, Experienced Doping Control Officer & IDCO Trainer

» [Registration](#)

Simultaneous translation will be available in Arabic, Spanish, French and Russian.

2026 WADA PROHIBITED LIST

The World Anti-Doping Agency (WADA) has published the 2026 List of Prohibited Substances and Methods, which will take effect on 1 January 2026.

The full list and a summary of the major changes can be found here:

- » [2026 WADA Prohibited List](#)
- » [2026 WADA Monitored Substances List](#)
- » [Summary of major modifications for 2026](#)

OTHER EVENTS & OPPORTUNITIES

OPEN WATER COURSE

Dive into the greatest secret of Open Water: learn from the legends



Guided by three world legends - **Steven Munatones, Antonio Argüelles, and Chris Morgan, WOWSF**- this advanced and exclusive course will take you to explore the greatest secrets and challenges of open water swimming. Designed for anyone who wants to go deeper and learn from the best, this one-of-a-kind program covers everything from Olympic marathons and ice swimming to channel crossings and creating your own aquatic adventures.

For the first time, this advanced-level course will be available live online, divided into 6 interactive sessions starting in **January**, where you'll be able to participate actively and get all your questions answered by these top professionals.

Don't miss this unique opportunity to learn from the leading figures who have lived and shaped open water swimming across all five continents.

Plus, as a Panam user, you'll automatically receive a **10% discount** on your purchase using the code **TOSWIM10**.

Access all information at the link: [WOWSF-Curso de Aguas Abiertas – ToSwim](#)

Register now for more information and secure your spot (Spaces are limited to ensure a personalized, high-quality experience).

THE BASA LONG COURSE NATIONAL CHAMPIONSHIPS 2026

Invitation to all local swimmers and countries from the OECS who are in good standing with their Federation

February 17 - 22, 2026 organized by Barbados Aquatic Sports Association

» [Summons](#)

PUERTO RICO INTERNATIONAL SWIMMING OPEN 2026

Open to all members of the Federación Puertorriqueña de Natación (FPN) or their respective WA federation members and who have achieved the time standards.

April 9 - 12 organized by Federación Puertorriqueña de Natación in Salinas, Puerto Rico.

» [Summons](#)

2026 WORLDWIDE ARTISTIC SWIMMING INVITATIONAL

NOVICE, INTERMEDIATE, 12-U & YOUTH AGE GROUP & ATHLETES WITH DISABILITIES (AWD) WORLD WIDE INVITATIONAL

May 1 - 3 hoster by Coral Springs Aquacades Synchro Team in Coral Springs, FL - USA.

» [Summons](#)

BEACH WATER POLO PRO CLASSIC 2026

May 1 - 3 organized by Federación Puertorriqueña de Natación in Balneario la Monserrate, Luquillo, Puerto Rico

» [More information](#)

2026 SWIM PERFORMANCE SUMMER CAMP

Invitation to all swimmers from Puerto Rico and Central America.

June 14 - 19 in Albergue Olímpico de Salinas – Piscina Eugenio Guerra Cruz, Puerto Rico

» [More information](#)

ALOHA CUP 2026

Invitation to all Clubs & Federations.

June 17 - 19 organized by Walnut Creek Aquanuts in Honolulu, Hawaii.

» [Summons](#)

2026 PAN PACIFIC SWIMMING CHAMPIONSHIPS

10k Open Water Championships

August 10 in Long Beach, California

Pool competition

12-15 August in William Woollett Jr. Aquatics Center in Irvine, California

» [The official summons](#) » [Intent to compete form](#)

FROM OUR SPONSORS

FLUIDRA

From basketball court to water polo pool in 10 days

Fluidra, as an official partner of European Aquatics, took on the challenge of building the pool for the 2026 European Water Polo Championships in Belgrade (Serbia).

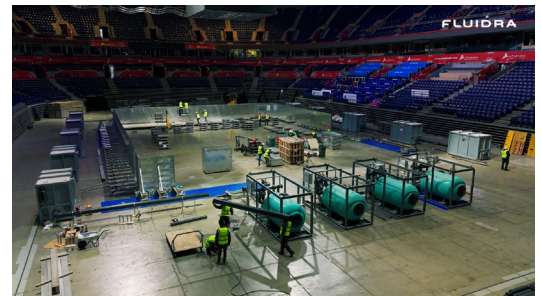
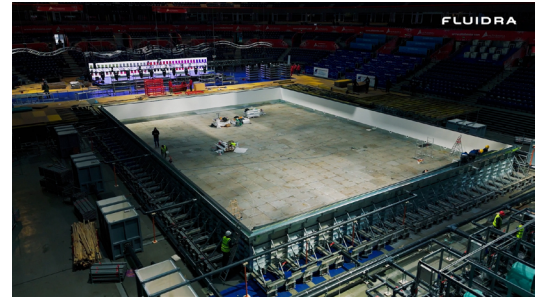
The project consisted of the design, supply, and installation of a temporary water polo pool in the iconic basketball court of the Belgrade Arena. All this had to be done in 10 days, with the aim of dismantling the pool after the event and leaving the stadium in the same condition as before.

To do this, Fluidra used its Skypool modular system, which consists of assembling galvanised steel panels on a floating floor (so as not to damage the basketball court) to form the pool basin. It is then covered with a liner for complete waterproofing, the water treatment, filtration and recirculation systems are connected, and finally the terrace surrounding the pool is raised.

All the elements installed are plug & play, allowing for quick installation, dismantling, and reuse for future events. In addition, Fluidra provided comprehensive technical support before and during the competition, reinforcing its commitment to elite sport and major international events.

Fluidra's temporary pools are an ideal option for aquatic sporting events. Their flexibility allows for quick installation, with all official guarantees and the possibility of dismantling the pool after the event.

Discover how it was done in our video: <https://www.youtube.com/watch?v=4IIWo6DAFN0>





2026 Malmsten Invitational - Event Recap

Malmsten USA was proud to sponsor the 2026 Malmsten Invitational, held at the Mona Plummer Aquatic Center in Tempe, Arizona on January 24–25. The tournament opened the regular season for Arizona State University and featured top-level competition from Cal Baptist, Loyola Marymount, McKendree, Michigan, and UC San Diego.

We were excited to support this high-caliber collegiate event and continue our commitment to excellence in aquatic sports.



Be sure to follow us on [Instagram](#), [Facebook](#) and [LinkedIn](#) for the latest updates!

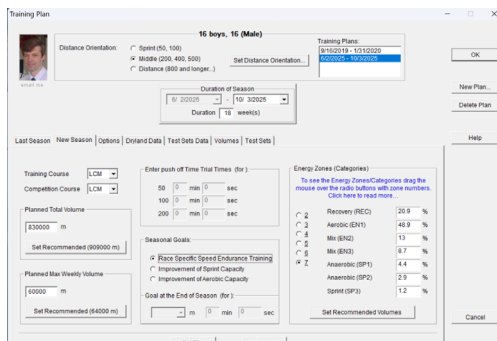
Visit us anytime at malmsten.com



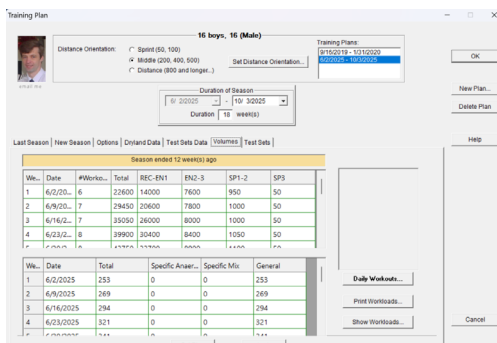
World's Best Training Software - E-Coach 2.0

E-Coach 2.0 is unique science-driven software designed to create thousands of unique seasonal, weekly, and daily training plans, specifically tailored for swimmers' age, event specialty, training history, current performances, gender, duration of season, and many more parameters. By considering these variables, E-Coach 2.0 ensures that every training season is optimized for individual swimmers or groups of swimmers. Since adaptation rates differ from swimmer to swimmer, using a one-size-fits-all seasonal plan – such as an elite-level program – for everyone won't deliver optimal results. E-Coach 2.0 creates science-based personalized seasonal and weekly/daily training plans for each athlete or group of athletes based on their unique adaptation profile.

E-Coach 2.0 software designs individual or group training plans based on the rate of adaptation. The younger athletes, the faster adaptation. That's why software selects optimal workload progression for swimmers depending on their age, gender, event, last season training, performances, duration of the season and some other parameters. All training plans are different and daily workouts are different.

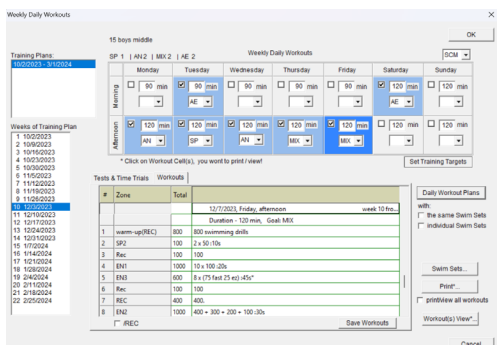


E-Coach 2.0 has element of Artificial Intelligence (AI). It adapts to coaches' individual needs, such as weekly and daily training volumes, energy zones, favor swimming sets and others. This is the only professional software that uses sport-science research on long-term adaptation. It is must-have for every coach from beginner to elite. E-Coach software is used to optimize training for swimmers of any age, including Olympic medalists.



In addition to the seasonal training design, E-Coach 2.0 creates weekly and daily training sessions that leverage supercompensation. The timing of supercompensation varies based on:

- » Athlete's age - younger swimmers recover faster than older ones
- » Type of training – aerobic workouts lead to faster recovery than anaerobic sessions
- » Event specialization - distance swimmers recover faster than sprinters
- » Nutrition and supplementation during and after practice
- » Quality of sleep and other lifestyle factors



E-Coach 2.0 evaluates these factors to guide coaches through the objectives of each practice, selecting appropriate swimming sets from its database. Coaches can also add their favorite sets or disable those they prefer not to use, making it possible to design science-based weekly workouts in seconds.

With this system, users can generate thousands of distinctive seasonal plans and millions of unique workouts, ensuring no repetition. Below is a sample weekly/daily training program from E-Coach 2.0.

For a free consultation, contact info@globsport.org. PanAm Aquatics members are eligible to purchase E-Coach 2.0 at a 25% discount, for a one-time cost of \$149.00.



Come experience the 6-8 Academy (USA)!

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The 6-8 Academy is redefining athlete training with a proven model that blends world-class coaching, 6-8 data metrics, and a completely unique training experience. Athletes don't just train — they track, learn, and elevate every day.

Whether your level is beginner or advanced - all are welcome at the 6-8 Academy! We offer the complete environment to support athlete growth in and out of the pool.

We're opening a limited number of guest training spots for athletes interested in seeing what makes the 6-8 Academy experience unique. This is your opportunity to check out our facilities, meet our staff, and experience a data-driven training model that's transforming the sport.

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- » **Email:** sara@6-8sports.com
- » **Location:** 6-8 Academy - Fountain Valley, California - [CLICK HERE TO LEARN MORE](#)

Power your tournament with the 6-8 Game Desk!

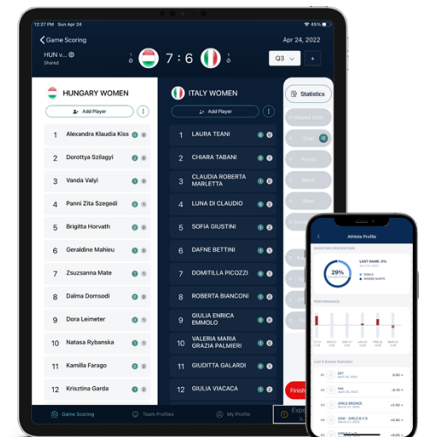
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- » Display team dashboards, schedules, and leaderboards
- » Create a customized event page on our 6-8 Scoreboard
- » Feature your event, athletes, and sponsors across 6-8's media channels

To learn more about how to bring 6-8 to your next event, check out the attached resources:

- ◇ [6-8 Game Desk Overview](#)
- ◇ [6-8 Game Desk Tournament Packages](#)



For questions or to learn more about getting the game desk for your event - email us: cam@6-8sports.com

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TRAIN SMARTER FOR THE OPEN WATER.

GMX7 THE WORLD'S #1 AQUATIC RESISTANCE TRAINING SYSTEM

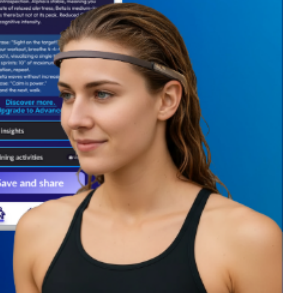
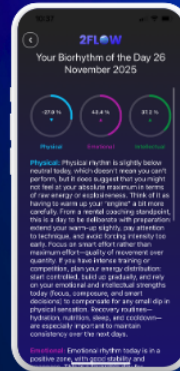
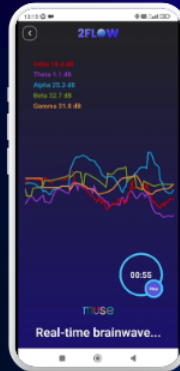
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Enter your optimal performance state.



CALMA

Find calm and control. Breathe, visualize, and reset.



FOCUS

Train your concentration.
Eliminate distractions. Stay present.



STRESS

Turn tension into energy.
Learn to manage stress, not be ruled by it.



PEAK PERFORMANCE

Prepare body and mind to give your best when it truly matters.

2FLOW – A Daily Mental Training Tool for Athletes and Coaches

What if mental training could be part of daily practice, just like physical training?

2FLOW is the new mental training app designed for athletes and coaches. Using neuroscience-based protocols and optional EEG neurofeedback, 2FLOW helps train focus, calm, stress regulation, flow, and peak performance, before and after training or competition.

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What's new in the latest update

- » Advanced biorhythm insights to understand daily readiness
- » In-depth analysis of 5 key mental states
- » Personalized exercises based on the athlete's current state
- » Smart alerts to restore focus and energy

2FLOW was developed in aquatic sports and is now used across disciplines by athletes and coaches who want to integrate mental training into everyday practice.

Download 2FLOW for free

Start using the app today on your smartphone.

[\[Download for iOS\]](#) [\[Download for Android\]](#)

Special PanAm Promotion

For PanAm members, athletes and coaches:

- » 2FLOW Advance annual plan: €29.70 (instead of €69.70)
- » 15% discount on the Muse EEG device ([aggiungere link](#))

Use code 2FLOWPANAM* to activate the offer.

* code to be entered during the personal account registration process, after downloading the app

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