

BULLETIN

MARCH 9, 2026



FLUIDRA

ASTRALPOOL ZODIAC

 **Malmsten**



 **DEPORTE VIRTUAL**
tecnología deportiva

 **Sports**
READY YOUR NUMBER

GMX7

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 **PHYSIO**

CALENDAR 2026



2026 CALENDAR

MAR 20-22

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

 [Summons](#) (Updated Feb 22)



APR 8-11

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

 [Summons](#) (Updated Mar 1)



APR 11-19

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

 [Summons](#) (Updated Jan 19)



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

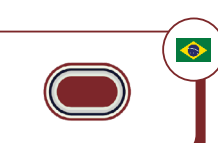
 TBC



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



PAQ RECOGNIZED EVENTS



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



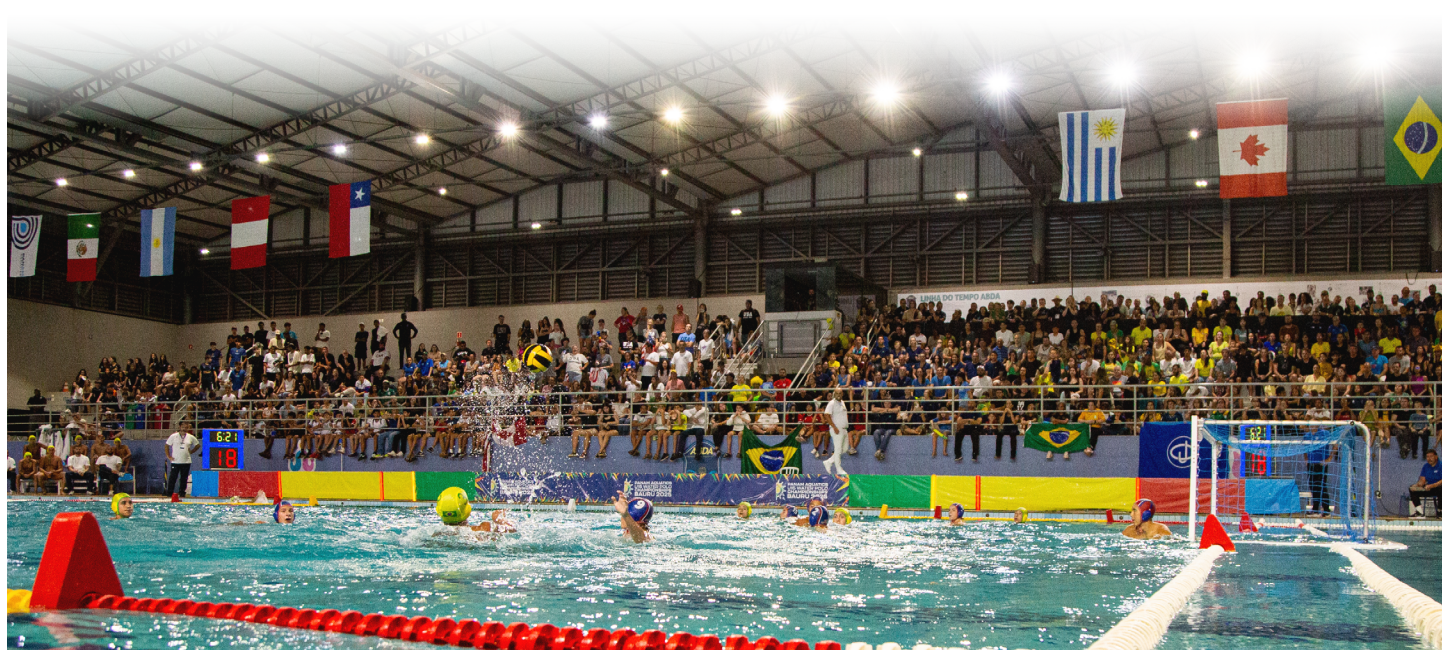
Year	Month	Category	Qualifying event for
2027	December	Open/Age Group	SCM Qualifier for 2028 Worlds Junior
2028	June	Open/Age Group	Qualifier for 2028 OG / 2029 Worlds

ARTISTIC SWIMMING



Year	Month	Category	Qualifying event for
2028	August	Age group	

Contact office@panamaquatics.com for more information





PANAM AQUATICS MASTERS CHAMPIONSHIPS BUENOS AIRES 2026

REGISTRATION NOW OPEN!



How to register

Registration and payment is completed online through Deporte Virtual. Click the button below to continue:

[REGISTER HERE](#)



Step-by-step GMS registration guide

[REGISTRATION GUIDE](#)



Technical Officials Form

Applications from technical officials will be accepted, subject to maximum quota limits and in coordination with the Organizing Committee. To apply, the attached form must be submitted, duly signed.

[TECHNICAL OFFICIALS FORM](#)



For Artistic Swimming and Diving, AQUA evaluators will be present during the competitions.



C.A.C. GAMES OPEN WATER SWIMMING QUALIFIER ARUBA 2026 BY PANAM AQUATICS

Competition Schedule

[VIEW COMPETITION SCHEDULE](#)

Aruba 2026 is a key stop on the road to **Santo Domingo 2026**, bringing together Open Water Swimming athletes from 17 countries:

COUNTRIES					
 ARU	 BRA	 COL	 CRC	 CUR	 DOM
 ECU	 ESA	 GUA	 HON	 ISV	 JAM
 MEX	 PUR	 TTO	 USA	 VEN	



PANAM AQUATICS
OPEN WATER SWIMMING SERIES

ARUBA 2026

The event will also open the PanAm Aquatics Open Water Series, with the 10K kicking off the Series rankings as athletes begin accumulating points toward the overall standings.

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



This programme is supported by World Aquatics

COACHES CLINICS - VIRTUAL

DIVING

HURDLES

Lecturer: Aaron Dziver

Date: Mar 23 Time: 19:00-20:30 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

DIVING

TRAINING THE ESTABLISHMENT AND MAINTENANCE OF VERTICAL LINES ON TAKEOFFS

Lecturer: Jeff Stabile

Date: May 19 Time: 21:00-23:00 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

ARTISTIC SWIMMING

UNMASKING INJURY PATTERNS AND STRENGTH AND CONDITIONING TRAINING STRATEGIES FOR ARTISTIC SWIMMING

Lecturer: Klaudia Paradi MA, ATC, CSCS, CF-L1

Date: Jun 6 Time: 11:00 - 13:00(ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

MASTERS

BUILDING A STRONG MASTERS CULTURE IN YOUR FEDERATION OR CLUB

Lecturers: Mel Goldstein & Ed Tsuzuki

Date: Jun 16 Time: 21:00-23:00 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

DIVING

BUILDING A HIGH PERFORMANCE PROGRAM

Lecturer: Aaron Dziver

Date: Sep 7 Time: 19:00-23:00 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

MASTERS

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

Lecturer: Gabriela Viglino

Date: Sep 15 Time: 19:00-20:30 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

COACHES CLINICS - IN-PERSON

SWIMMING



ADVANCED BIOMECHANICS AND TRAINING

Lecturer: Dr. Genadijus Sokolovas

Date: Apr 3-5

Location: Lamentin and Ste Luce, Martinique.

- During the Swimming competitions of the CARIFTA Championships 2026

Only in English

PROGRAM & REGISTRATION

ARTISTIC SWIMMING



DEVELOPING ACROBATICS: TECHNICAL PRINCIPLES AND TRAINING METHODOLOGY

Lecturer: Aldo Pantaleoni

Date: Apr 9-11

Location: Santiago, Chile

- During the PanAm Aquatics Artistic Swimming Championships Santiago 2026.

Interpretation to Spanish available.

PROGRAM & REGISTRATION

SWIMMING



BUILDING THE COMPLETE SWIMMER: PERFORMANCE, STRENGTH, AND INJURY

Lecturer: Hagar Elgendy, MD, MS.

Date: May 19

Location: Ibague, Colombia

- During the PAQ Swimming Championships Ibague 2026.

Only in English

PROGRAM & REGISTRATION

SWIMMING



USE OF EXERCISE PHYSIOLOGY TO IMPROVE PERFORMANCE TRAINING

Lecturer: Dr. Genadijus Sokolovas

Date: Nov 5-7

Location: Reduit, Gros Islet, Saint Lucia (LCA).

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

Only in English

PROGRAM & REGISTRATION

DIVING



TECHNICAL METHODOLOGY, PHYSICAL PREPARATION, AND PROGRAM DEVELOPMENT

Lecturer: Hagar Elgendy, MD, MS.

Date: Nov 12-14

Location: Santo Domingo, Dominican Rep.

- During the Falcons Diving Cup 2026.

Interpretation to Spanish available.

PROGRAM & REGISTRATION



TECHNICAL OFFICIALS CLINICS

ARTISTIC SWIMMING

2026 AQUA RULES UPDATE AND KEY CLARIFICATIONS

Lecturer: Erika Lindner & Bill May

Date: Mar 15 Time: 11:00-13:00 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

WATER POLO

PENALTIES LIVE DISCUSSION

Lecturer: Boris Margeta

Date: Mar 21 Time: 11:00-12:00 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

DIVING

BUILDING A "JUDGING EYE"

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

Lecturer: Jeff Stabile

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

Interpretation to Spanish available.

[REGISTRER HERE](#)

OPEN WATER SWIMMING

2026 UPDATES AND AMENDMENTS TO THE WORLD AQUATICS RULES

Lecturer: Sylvie Potvin

Date: May 19 Time: 21:00-23:00 (ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

DIVING

THE JUDGING PROCESS

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

Lecturers: Aaron Dziver

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

Interpretation to Spanish available.

[REGISTRER HERE](#)

DIVING

EXPLORING TECHNICAL OFFICIAL CERTIFICATION

The Gold, Silver, and Bronze Levels of AQUA Diving Judges

Lecturers: Jeff Stabile

Date: Sep 22 Time: 21:00 - 23:00(ET)

Interpretation to Spanish available.

[REGISTRER HERE](#)

UWC DIGITAL SERIES

UNDERWATER CHATS ^{BY} PANAM AQUATICS

An initiative by Athlete Core and the PAQ Athletes Committee.

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.

UWC HIGHLIGHT



High-Performance Psychology with Architecture of Excellence | Dr. Alina Schulhofer

The first episode of Underwater Chats launches a five-part series on the mental side of performance in aquatic sports. Dr. Alina Schulhofer highlights how high performance and wellbeing are shaped by the full ecosystem, not just the athlete, and why mental skills should be trained early, before stress becomes burnout or anxiety. Key takeaways include stronger self-talk, visualization for pressure moments, and emotional literacy to better manage competition stress.

[Watch full interview](#)

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

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.

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](#)

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](#)

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	Beijing, China	More information Qualification Criteria
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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

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

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](#)

PAQ DEVELOPMENT GUIDES

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

- [1. Coaching Development in Aquatics](#)
- [2. Goal-Setting](#)
- [3. Season Panning](#)
- [4. Skill Development in Aquatics](#)
- [5. Hosting a Community Water Polo Event in Natural Waters](#)

ENGLISH LANGUAGE SUPPORT FOR PAQ MEMBERS



PanAm Aquatics members can now boost their English with special offers from EF English Live: 40% off the Private Teacher 24 license and 28% off multi-platform access (for validated PAQ members). To claim the discount, complete the form in this bulletin and an EF representative will contact you to finalize registration.

[EF Form](#)



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

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.

For Athletes - 2026-27 STIPENDIUM HUNGARICUM SPORTS SCHOLARSHIP

World Aquatics has opened applications for the 2026–27 Stipendium Hungaricum Sport Scholarship, giving eligible swimmers the opportunity to study at a Hungarian university while continuing high-performance training. Full details are available here:

» [More details](#)

How to apply: National Federations must submit applications via GMS by 13 March. The programme is open to swimmers from World Aquatics National Federations, except those from the European Union (EU) and European Economic Area (EEA).

Questions: World Aquatics Development Unit | development@worldaquatics.com

For Technical Officials - 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](#)

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).

ALSS SCHOLARSHIP OPPORTUNITY

MBA in International Sports Law

The Academy of Leadership Sciences Switzerland (ALSS) has reopened two 50% scholarships for the March intake of its online MBA Leadership in International Sports Law. Recipients may pay the remaining tuition in six installments.

» [View programme information](#)

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 CORPORATE PARTENERS

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).

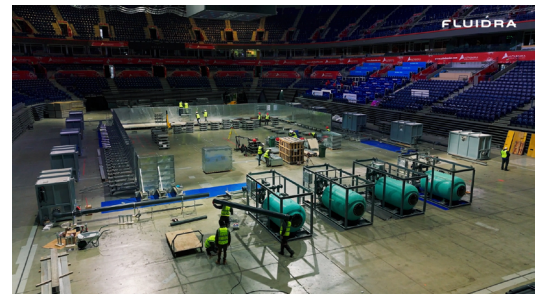
The project consisted of the design, supply, and installation of a temporary water polo pool in the iconic basketball court of the Belgrade Arena. All this had to be done in 10 days, with the aim of dismantling the pool after the event and leaving the stadium in the same condition as before.

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=4lIW06DAFN0>





2026 MPSF Swimming & Diving Championships

Mike Örn, CEO of Malmsten USA, was on-site at the 16th edition of the MPSF Swimming & Diving Championships, held February 25–28, 2026, at the City of Pharr–PSJA Natatorium and hosted by the University of Texas Rio Grande Valley.

The MPSF Championships brought together top collegiate swimmers and divers from across the federation, showcasing outstanding talent and competition.

We are proud to support yet another championship and to continue our strong collaboration with the Mountain Pacific Sports Federation (MPSF).



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

Visit us anytime at malmsten.com

FROM OUR DEVELOPMENT PARTENERS



SCIENCE-BASED LEARN-TO-SWIM PROGRAM

The Science-Based Learn-To-Swim program stands out as the only scientifically-based learn-to-swim initiative, developed through extensive research conducted by Dr. Genadijus Sokolovas, a globally recognized expert in swimming biomechanics, also known as Dr. G. Dr. Sokolovas has over 40 years of experience in swimming research. He utilized unique Swim Power technology to analyze the swimming techniques of more than 18,000 elite swimmers from 130+ countries, including 90 Olympic Champions and over 120 Olympic medalists. No other individual has tested more swimmers than Dr. G and his colleagues.

Upon examining common technical errors among elite swimmers, we discovered that even these athletes do not possess flawless swimming techniques. By improving their technique, they could potentially surpass current world records. The Science-Based Learn-To-Swim program aims to teach future athletes how to swim without such typical mistakes.

Our research indicated that many technical errors stem from existing learn-to-swim programs currently in use. These programs often instill incorrect swimming techniques in young swimmers.

The Science-Based Learn-To-Swim program teaches both children and adults effective swimming skills modeled after the movements of fish and dolphins. Unlike humans, fish and dolphins do not utilize their arms, have no necks or knees, and generate propulsion through body motion. By following the Science-Based Learn-To-Swim program, participants learn superior swimming techniques, free from common errors seen in current elite swimmers.

A few key features of the new learn-to-swim program include:

- ◇ Mastering skills on land before practicing them in water. Participants spend approximately 50% of their training time on land, enabling clubs and schools to teach twice as many individuals correctly compared to traditional learn-to-swim programs.
- ◇ Developing strong and balanced body positions both on land and in water.
- ◇ Swimming using body muscles, mimicking the movements of fish and dolphins.
- ◇ Breathing techniques that do not rely on arm movements or buoyancy equipment.
- ◇ Learning to kick using body muscles.
- ◇ Learning better swimming techniques than most of the current elite level swimmers.

Contact: info@globsport.org

ARCHITECTURE OF EXCELLENCE™

Architecture of Excellence™ | Dr. Alina Schulhofer



Architecture of Excellence™, founded by clinical psychologist Dr. Alina Schulhofer, helps high-performing individuals and organizations build the psychological foundations for sustainable excellence and wellbeing. Blending high-performance psychology with deep clinical expertise, AOE offers education, strategic consulting, and advisory support, grounded in the belief that mental health isn't separate from performance, it's the foundation.

Architecture of Excellence | Dr. Alina Schulhofer will offer PAQ members a **10% discount** on select educational, group-based coaching, and speaking offerings. **Learn more here:**

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Dr. Alina Schulhofer is leading a five-part webinar series for the PAQ community, focused on building the psychological foundations of sustainable high performance and wellbeing.

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Where development meets data.

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.

If you're interested in visiting or sending an athlete, please contact us to inquire about availability!

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

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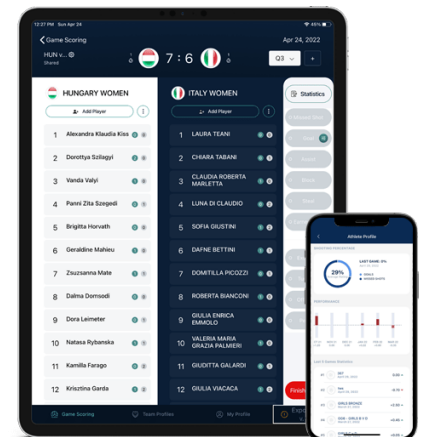
Ready to upgrade your tournament or league? The 6-8 Game Desk makes live scoring simple, accurate, and engaging — giving your event an elevated experience, real-time game performance analytics, and athlete exposure through 6-8 technology. Bring your tournament to life and let your athletes' performance tell the story.

Main Features:

- » Track live stats and performance analytics
- » 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

INTERESTED IN TRYING THE 6-8 GAME DESK?

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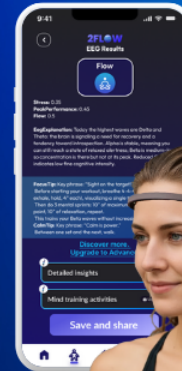
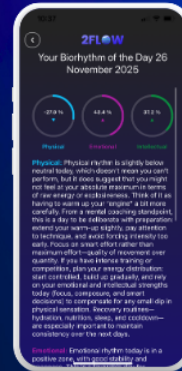
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Prepare body and mind to give your best when it truly matters.

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.

With 2FLOW, mental preparation becomes **simple, measurable, and transferable**. Not intuition alone, but real feedback to support better decisions, readiness, and recovery.

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.

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Special PanAm Promotion

For PanAm members, athletes and coaches:

- » 2FLOW Advance annual plan: €29.70 (instead of €69.70)
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Use code 2FLOWPANAM* to activate the offer.

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