

# BULLETIN

## Week of August 26, 2024

Follow us on social media!



**Attention all National Federations!** We would appreciate it if you could share this bulletin with your entire Aquatic Family.

### Featured Athletes:

**Melanie Triana Velado, Nathalie Alyssa Velado, Nancy Lorena Fuentes, Sidney Miguel Velado (Costa Rica SW)**

### A Family United by Aquatics



The Costa Rican family, Velado Fuentes, represented Costa Rica in the PanAm Aquatics Masters Championships in Trinidad and Tobago where they were a true testament on how Aquatics can unify and lead to extraordinary achievements. Mother Nancy started swimming at the age of 40 due to a knee injury. Since then, swimming has been her physical and emotional salvation. "Swimming has saved me from many emotional issues and has given me a very supportive

family in my teammates and coach. An experience she wanted to share with her two daughters and son, Melanie, Nathalie, and Sidney. Inspired by their mother's enthusiasm, they began serious training just over a year ago. The journey has not been easy, especially when, this past February, Nancy was diagnosed with thyroid cancer. Despite the challenges, the family reflects on the importance of living in the present and enjoying every moment together. "Our mother is very brave and full of courage, and has shown us that swimming is a great sport that we should practice for our health and for our family connection" say her children. "Seeing our mother and how much she enjoys swimming, along with her motivation to include us on this path, has been very special. Even though we live in different parts of the continent, this event has brought us together in one place, creating memories that will last a lifetime."





## NEWS

- [Resultados completos](#) del Campeonato Panamericano de Natación Artística por Categorías de edad Lima 2024
- [Resultados completos](#) del Campeonato Panamericano de Natación por Categorías de edad San Juan 2024
- We're thrilled to announce our successful collaboration with **Latinoamérica Swim Channel** for exclusive athlete takeovers at the Paris 2024 Olympic Games! Our Latin American swimmers and open water stars are front and center, bringing you all the action and behind-the-scenes moments. Check it out on our social media—together, we're shining a spotlight on our incredible athletes! [Check it out here](#)
- **MALMSTEN PRO LANE LINES FOR SALE:** GREAT DEAL to buy the 11 - 50m Gold PRO (6" diameter) lanelines used at the 2023 Santiago PanAmerican Games, retails for more than US\$ 12,000.00, offered for US\$ 8,600.00 plus shipping. Contact: [office@panamaquatics.com](mailto:office@panamaquatics.com)

## PAQ EVENTS

August 29 – 31, 2024	2024 <b>PanAm Aquatics Open Water</b> Championships Ponce (PUR)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register <a href="#">Click here</a> for Travel Details <a href="#">Click here</a> for Accommodation
November 19 – 25, 2024	2024 <b>PanAM Aquatics Water Polo</b> Championships Ibagué (COL)	<a href="#">Click here</a> for the Summons <a href="#">Click here</a> to Register

Interested in hosting a PAQ Championship?

Contact [office@panamaquatics.com](mailto:office@panamaquatics.com) for more information



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## PAQ ~ AQUA Webinars & Clinics for Coaches and Technical Officials

Aug 23-24, 2024	Artistic Swimming	Coaches	Lima, Peru	<a href="#">ACRO with Anastasiya Petrenko</a>	<a href="#">Click here</a> to register
Aug 22-24, 2024	Swimming	Coaches	San Juan, Puerto Rico	<a href="#">Long-term athlete development with Orlando Moccagatta</a>	<a href="#">Click here</a> to register
Aug 26 - 28, 2024	Open Water	Coaches	San Juan, Puerto Rico	<a href="#">Coaches &amp; Athletes Training Camp with David Thomas</a>	<a href="#">Click here</a> to register
Sept 12-14, 2024	Diving	Technical Officials	Lima, Peru	World Aquatics Diving Certification Course for Technical Officials <a href="#">Memo Program</a>	Register with your NF <b>Deadline: August 7</b>
Sept 20-22, 2024	Artistic Swimming	Technical Officials	Montreal, Canada	World Aquatics Artistic Swimming Development Course for Technical Officials – Advanced Level <a href="#">Memo Program</a>	Register with your NF <b>Deadline: August 12</b>
Oct 9-11, 2024	High Diving	Coaches	Brasilia, Brazil	Level 1 (part 1)	Click here to register
Oct 10-12, 2024	High Diving	Technical Officials	Brasilia, Brazil	World Aquatics High Diving Certification Courses for Technical Officials <a href="#">Memo Program</a>	Register with your NF <b>Deadline: August 12</b>
Oct 17, 2024	Open Water	Coaches	Virtual	Q & A with Panel of Coaching Experts	Click here to register
Nov 15-16, 2024	Swimming	Coaches	Virtual	<a href="#">The Hungarian program</a>	<a href="#">Session 1</a> <a href="#">Session 2</a>
Nov 25-27, 2024	Diving	Coaches	Brasilia, Brazil	Athlete Development	Click here to register
Dec 7, 2024	High Diving	Coaches	Virtual	Level 1 (part 2)	Click here to register

➤ Visit the [PAQ website](#) and [PAQ YouTube](#) for all previous webinars





## WORLD AQUATICS EVENTS

### WATER POLO

#### U18 World Championships:

- Women's September 15 - 22, 2024 in China [click here](#) for the bulletin.
- [Schedule](#)
- Qualified Countries from the Americas:  
USA, BRA, CAN, ARG, MEX

### OPEN WATER SWIMMING:

#### World Cup Series:

1. Hong Kong October 26-27, 2024 [click here](#)
2. Israel, TBD [click here](#)

### ARTISTIC SWIMMING:

### SWIMMING:

#### World Cup Series:

1. Shanghai, China October 18-20, 2024, [click here](#)
2. Incheon, Republic of Korea October 24-26, 2024 [click here](#)
3. Singapore, October 31- November 2, 2024 [click here](#)

#### 2024 World (25m) Championships Budapest

- [Summons](#)
- [Information Bulletin](#)
- December 10 – 15, 2024
- Qualification period August 17, 2023 - November 17, 2024
- Information [click here](#)
- [Application for Qualifying Events](#)
- [Qualifying events](#)
- [Qualification procedures](#)
- Application for Technical Officials: [Guidelines](#); [Application form](#)

### DIVING

#### World Aquatics Junior Diving Championships 2024

- Rio de Janeiro, Brazil November 24 – December 1, 2024
- Information Bulletin [HERE](#)
- Preliminary Entry Form [HERE](#) (by 19 Sep 2024)
- Judges Nominations Form [HERE](#) (by 19 Sep 2024)
- Final GMS registrations & Sport Entries [HERE](#) (by 19 Oct 2024)
- Final Accommodation Form [HERE](#) (by 19 Oct 2024)

#### Recognized Events:

1. 2<sup>nd</sup> Malaysia Open Diving Championships, Kuala Lumpur November 1-4, 2024 [click here](#)







## HIGH DIVING

### Competitions:

1. Brasilia, Brazil October 11 – 13, High Diving Cup [click here](#)
  - a. Information Bulletin **HDWC Brasilia** 2024 [HERE](#)
  - b. World Aquatics High Diving World Cup 2024 Rules and Regulations [HERE](#)
  - c. Preliminary Accommodation Form [HERE](#) (August 23)
  - d. Final entries, registrations, and final accommodation Form ([HERE](#)) (September 6)
  - e. Flight details (September 13)
  - f. Event Contact: [saltosbrasil@cbso.org.br](mailto:saltosbrasil@cbso.org.br)
2. Brasilia, Brazil, October 11 – 13, High Diving Junior World Championships [click here](#)
  - a. Information Bulletin **JHDC Brasilia** 2024 [HERE](#)
  - b. Preliminary Accommodation Form [HERE](#) (August 23)
  - c. Final entries, registrations, and final accommodation Form ([HERE](#)) (September 6)
  - d. Flight details (September 13)
  - e. Event Contact: [saltosbrasil@cbso.org.br](mailto:saltosbrasil@cbso.org.br)

## OTHER COMPETITIONS IN THE REGION

**DIVING** 2024 Pacific Cup in Lima, Peru September 12 – 15, 2024. Click here for the summons

**OPEN WATER:** International Festival in Lake Peten Itza, Isla de Flores, Peten, Guatemala September 27 – 29, 2024. [Summons](#) and [Program](#)

**SWIMMING** 2024 TYR Giants Open October 10 – 13, 2024 in Aruba. **AQUA Qualifier for World 25m Budapest** [Click here](#) for registration information

**SWIMMING** Puerto Rico International Open October 9 – 12, 2024 **AQUA Qualifier for World 25m Budapest**. [Click here](#) for the summons.

**ISHOF Coaches and Swimmers Clinics:** October 4-6, 2024 at the International Swimming Hall of Fame in Fort Lauderdale, Florida, USA. . [Check out the presentors](#). For more information: [swimclinic.com](http://swimclinic.com)

**Special Price for PanAm Aquatics: \$175 for coaches and \$150 for swimmers**

**SWIMMING** 5th International Invitational “Bridging the Gap” October 29 – November 2, 2024 in Barbaods.. [Click here](#) for the summons.

**DIVING & HIGH DIVING** Diving Plongeon Canada & Fort Lauderdale Diving Club host the [2024 International Winter Festival Invitational](#) in Fort Lauderdale, Florida, USA, December 11-15. [Preliminary entry form](#)







## RESOURCES FOR ATHLETES

- [AQUA Athletes Committee Toolkit](#) and all relative information for National Federations. For those that attended the webinar, kindly respond to this [survey](#) to provide your feedback.
- **International Testing Agency Webinar:** “Proactive reporting- your questions answered” on Tuesday, 27 August from 14h-15h CEST. (Suisse time). [Click here](#) to register
- International Testing Agency Webinar of “Things you need to know for 2024”.
  - Webinar summary [click here](#).
  - ITA’s YouTube Page [click here](#).
  - 2024 WADA Prohibited List Article “What you need to know” [click here](#).

List of prohibited Substances and Methods published by WADA for 2024 [Click here](#)

- List the [PAQ website](#) for all previous webinars and **UNDERWATER CHATS** Athletes Series

## FROM OUR PARTNERS

### Fluidra:

Modular swimming pools have become an outstanding solution for many types of pools. A modular pool is an installation constructed from prefabricated panels to create the pool basin and walls. Ideal both for sports and leisure facilities, they provide many advantages: quick installation, reliability, easy maintenance, precision and the possibility of disassembly or renovation. [Discover more about modular pools here](#).

### Malmsten Elevating Water Polo to New Heights:

Our trusted partner is leading the charge, equipping our water polo athletes with the best gear, from the USA Water Polo Junior Olympics to the grand stage of Paris 2024. They're not just supplying equipment; they're fueling the journey of every player, driving them to excel at every level of elite competition. Get ready to play hard, dream big, and reach new heights in the pool.

### 6-8 Sports:

While every day at the 6-8 Academy is unique, we always bring our athletes the best resources around to grow their water polo skills in a variety of ways!

On our social media, you can see some of the experiences the summer athletes have had so far ➡ Academy athletes are measured with the 6-8 Challenge and work through the semester to improve that score. A range of guest coaches, collegiate coaches and Olympians come through the academy to work with our athletes.

You can find this and past bulletins in our [website](#)





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