



Week ending March 1, 2020

~News from our Federations~



Collegiate Athletic Association (NCAA), conclusion of the fourth and final day of was based on his conference titles in the performances contributed to Hartwick both the combined and Empire 8 Marshall's preliminary time of 46.08 and garnered him a AAAA (quadruple-A) record (AMCC). Diallo's impressive 50-National Age Group Record (NAGR) for 50 yards. Earlier this year, Marshall was named the Empire 8 Conference Male Athlete of the Week for all competitions taking place between December 31, 2019 and January 5, 2020. Meanwhile, Noah Mascoll-Gomes, who swims Mounties in New Brunswick, (AUS) Swimmer of the Year 2019-University. Noah earned a total of individual finishes throughout the swim meets in which he competed. 100m and 200m men's freestyle



(St. John's) Antigua and Barbuda's national swimmers have continued to showcase their talent in overseas meets, and at the same time, they have collected prestigious awards while achieving numerous age group and national records. Most recently, Diallo Marshall, swimming for the Hartwick College Hawks in Division Three of the National was named Empire 8 (E8) Male Rookie of the Meet, upon the the inaugural Allegheny Empire Championships. The award 50 and 100 short course yards events. His strong men's swimming and diving team finishing second overall in standings ahead of third-place Penn State Behrend. Of note, seconds in the 100-yard event ranks third in program history time along with the Allegheny Mountain Collegiate Conference yard time of 20.84 was also a AAAA time and resulted in a new



Year 2018-19 and Rookie of the Meet 2019-2020; at the 2020 Subway AUS Swimming Championships. Noah has previously represented Antigua and Barbuda at the 2016 Summer Olympics held in Rio de Janeiro in the men's 200-meter freestyle event and was the flag bearer in the closing ceremonies. Mascoll-Gomes ended 2019 with three age group and national records while swimming in the 2019 Kemp Fry AUS Invitational, hosted by the Dalhousie Tigers' Dalplex Pool in Halifax, November 15th – 17th. Noah set new marks in the 50 meter freestyle with a time of 23.19, 50:48 in the 100 meter freestyle and 4:01:01 in the 400 meter freestyle. President of the ABSF, Dr. Derek Marshall, congratulated the swimmers on their outstanding achievements, saying, "2020 is off to a great start for our overseas swimmers. Both Diallo and Noah are to be commended for their achievements. They are shining examples

of what of 3 great the world and is on President Samantha Samantha 3 age



can be achieved with hard work, focus and dedication." He added, "We have other 2 swimmers at universities overseas and they are doing fantastic things in the pool. As prepares for the summer Olympics, it is great to see that swimming continues to rise the right track to, one day, bring home Antigua and Barbuda's first Olympic medal." Marshall also made references to the other outstanding swimmers including Roberts and Jadon Wuilliez who both capped-off 2019 with inspiring performances. Roberts, swimming in Canada for the Western University Mustangs, produced group and national records at the 2019 OUA Fairweather Division Championships, held at the University of Toronto Varsity Pool, November 22nd – 23rd. Roberts delivered her short course records in the

50 meter freestyle in a time butterfly. Her 50 meter earlier at the Western also produced a record in around the world, Jadon with a time of 23.54, and a record of 2:27.62 from National Qualifier, Jadon ranked 17-year-old in the United Kingdom for the 50 meter breaststroke in short course meters. Darren Derrick, ABSF Vice-President of Pools, added his congratulations to the overseas swimmers saying, "It is exciting to see our swimmers branching out and proving their potential on the big stage. It is worth noting that all of these swimmers learned to swim in Antigua and have come up through the local club system. They are doing fantastic things and making Antigua and Barbuda proud every time they touch the water. I encourage everyone to support the swimmers as they represent our nation at every event in which they participate." Local swimming action continues with the 7th National Swimming Championships, February, 28th to March 1st, 2020 at the Viper's Aquatic Facility located at Langfords.



of 26.73, 58.38 for the 100 meter freestyle and 1:05.63 in the 100 meter freestyle record eclipsed her previous record of 26.82, set just one week University Intersquads Time Trials held November 15th – 17th, where she the 50 meter butterfly with a time of 28.47. Earlier in November, half-way Wuilliez set a national age group record in boys 15 – 17 50 meter freestyle, national record of 2:21.76 in the 200 meter breaststroke, breaking his old almost a year ago. Although ill during the Plymouth Leander Winter produced outstanding results and proves why he is the number-one



On the first day of the 2020 UANA Swimming Cup held in Lima, Peru, Aruban swimmer Chloe Farro writes history winning the first ever medal for Aruba with her third place in 50m free for girls 15-17 years. This has never been achieved in previous participations. But the fun did not stop there. Chloe wins another bronze medal for 100m free 15-17 girls on the last day of the championships. But wait....A few minutes later Braynsly Dirksz surprises us with yet another bronze



medal in the 100m breaststroke for 13-14 boys. A big shout out also goes to the other 2 Aruban swimmers, Jaydon Croes and Gavin Kock, who swam incredibly and lowered almost all their personal best times. Jaydon came in 10th place in the 100m free while Gavin came in the 5th for 100m breast, 10th in the 200 IM and 8th in the 50m breast. These 4 young athletes did their best and came home with great results swimming among 480 athletes from 24 different countries. Aruba Aquatics Federation congratulates these fine athletes with their outstanding performances.

Hoevertsz and Meghan Championships and won Artistic Swimming World



Aruba's Senior Artistic Swimming Duet Kyra Tromp competed at the Alberta Canada Provincial their event. They will be participating in the FINA Series in Paris France this week.



The Barbados Aquatic Sports awards on Sunday, March 1st. The athletes, officials and coaches across all took the Coach of the Year Award for and Darry Olalde Hernandez captured

Swimming and Swimming. Mrs. Sonia O'Neal won the was recognized for her dedication and hard work in the hopefuls Danielle Titus and Alex Sobers took the Most while Jack Kirby was recognized for his outstanding Championships in Gwanju, Korea. Nicky Neckles was also



Association hosted its annual ceremony recognized the top the Aquatic Sports. Akeem Nurse Water Polo while Fiona Bethell the top spots for Artistic Award for Official of the Year and sport of swimming. Olympic Outstanding Swimmers Awards performance at the FINA World recognized for his outstanding

performances in 2019 at CCCAN and in particular his three Gold Medals and three world records at the FINA World Masters Championships. BASA President Tony Selby provided the opening address and he mentioned that the association and with the National further develop skills in the make sure as many and are exposed to benefits of all



water polo club would be working Sports Council on a program to aquatic sports and swimming community. The mission is to children as possible learn to swim the excitement and many aquatic sports.



Fueron los mejores en los 10 km que se realizaron en la laguna de La Angostura, Cochabamba

Los nadadores Jaime Arévalo (del club SPACB) y Najela Nina (TIBCB) se impusieron en los 10 kilómetros de la primera fecha del Circuito Nacional de Aguas Abiertas que se realizó este sábado en la laguna de La Angostura, Cochabamba. Unos 50 bañistas, de diferentes clubes del país, dijeron presente en este evento que era clasificatorio para conformar la selección que participará en el Sudamericano de Buenos



Aires, Argentina (del 31 de marzo al 6 de abril). Hubo tres categorías habilitadas que cumplieron con diferentes distancias: 12-13 años, Absoluto (14 en adelante) y Mayores (25 en adelante), tanto en damas como en varones. Los del Absoluto son los que lucharon por conseguir los ocho cupos (cuatro damas y cuatro varones) que daban acceso al Sudamericano. Cuatro plazas fueron designadas a 10 km y las restantes cuatro a 5 km para así “tener una selección juvenil y otra de mayores, tal y como lo hacen los otros países”, explicó Pedro Cervantes, presidente de la Federación Boliviana de

Natación (Febona). En los 10 km masculino hubo dos Participantes: Arévalo y Liam López (WILCB). El primero fue el ganador por una diferencia de casi media hora. Hizo un tiempo de 2 horas, 19 minutos, 23 segundos y 25 centésimas. Su rival detuvo el cronómetro en 02h47'24"48. Nina sí lo hizo con un registro de 2 horas, 44 minutos, 48 segundos y 6 centésimas. En los 5 km hubo una mayor cantidad de participantes y los mejores fueron Sebastián Auza (TENLP) y Ana Martínez (WILCB). Auza se quedó con la primera casilla al terminar en 01h11'55"65. Fue escoltado por



Diego Solano (del CROCB, 01h12'00"52) y Humberto Bravo (UNAT, 01h12'17"38). Martínez fue la mejor de las chicas (01h23'42"40), seguida por Gabriela Flores (NEPOR, 01h27'51"30) y Beatriz Morales (01h32'16"03). Si bien ellos fueron los mejores del Absoluto, esto no quiere decir que tienen su cupo asegurado para el torneo internacional, ya que una comisión técnica de la Febona revisará sus tiempos y los comparará con las marcas mínimas que impusieron. Si alguno de ellos mejoró esos registros o se acercó será parte de la selección nacional. “Esto lo hacemos para que nuestros nadadores no queden de últimos en el Sudamericano”, explicó Cervantes.

Los vencedores de las demás categorías fueron: Hernán Burgos y Giovana García (ambos del DELOR y del grupo Mayores 2 km); Sebastián Yujra (DELLP) y Thais Rivero (WILCB), de 12-13 años 1 km. La segunda fecha del Circuito Nacional será en Tarija (29 y 30 de mayo); la tercera, en Cochabamba (11-12 de septiembre); y la cuarta, nuevamente en Tarija (27-28 de noviembre).



Montreal Canada was the site of the first leg of the FINA/CNSG Diving World Series, staged on February 28-March 1. The team of Canada shone at home, during the first by earning six gold medals out of the 10 finals of the competition. Russia won three titles and Great Britain left with

one victory. The Canadian supremacy was evident in the women's events, where all four gold medals went for the local heroes. Jennifer Abel controlled operations in the 3m springboard, both in the individual and synchro (where she paired with Melissa Citrini Beaulieu), while her teammate Meaghan Benfeito ruled in the 10m platform (in the synchro final, she performed for gold with Caeli McKay).



This past weekend the 2020 Cayman Islands Aquatics Sports Association Nationals saw 135 swimmers from Camana Bay Aquatic Club, Seven Mile Swimmers and Stingray Swim Club take to the blocks in the chase for national titles, and Junior and Development Team cuts. "CIASA Nationals is one of our biggest events," commented Bailey Weathers, CIASA Technical Director. "The meet is a



prelims and finals format, giving younger swimmers exposure to the format they may experience in larger meets. It is also the last opportunity for eligible swimmers to make

qualifying times that will allow them to be considered for the Cayman Islands Junior team

which will travel to Barbados and take part in CARIFTA over the Easter long weekend." While

CIASA volunteers are still verifying new National

(Cayman Islands citizens) and CIASA (Cayman Islands residents) records, it can be confirmed that 22 new Junior team times were achieved and 25 new Development



team times were achieved. It is expected that the Junior CARIFTA team will be announced either later this week or early next week. Saturday's finals session started with an Artistic Swimming performance; while senior swimmers Jordan

Crooks, Camana Bay Aquatic Club; and Alison Jackson, Krishna Adapa and Elana Sinclair all took part in their last CIASA Nationals as age group swimmers - this time next year they will all be in the 18 and over age group. Of the four, Jackson

and Adapa have committed to swim in college in the US while Crooks and Sinclair are still deciding what next year will bring to their swimming careers. The fund raising

CIASA raffle took place and winners were CI\$1000.00 – Erin Hollingsbee, CI\$ 500.00 – Samantha Ebanks and 3 x \$100.00 to Ria Lorde, Roberta

McLean and Joyce Cantlay. "Huge thanks to our sponsors, volunteers and officials – who are also volunteers; and to our swimmers and our coaches," said Duke Sullivan – CIASA Director and Meet Director for the meet. "This is a big undertaking which requires great team effort from all involved. Our

young athletes benefit, so the hours we as parents and volunteers invest is worthwhile."

Next on the calendar for CIASA is the XXX CARIFTA 2020 where Cayman will be fielding teams in Artistic, Pool and Open Water swimming.





El día de ayer, finalizó en Guatapé la primera Parada Nacional de Aguas Abiertas con más de 170 nadadores participantes en las diferentes categorías del torneo. Además de ser el primer campeonato de nuestro calendario nacional 2020, los mejores atletas en los 10K obtendrían los cupos para el Sudamericano en Buenos Aires, que se realizará del 2 al 5 de abril. El grupo de nadadores estará dirigido por el entrenador Juan Sebastián Guerra. La FECNA anuncia a su Selección Colombia de Aguas Abiertas:

- David Carrillo – Norte de Santander
- Luis Fernando Bolaños – Valle
- Luis Fernanda López – Bogotá
- Valentina Bolívar – Bogotá



En primer lugar queremos agradecer por la oportunidad de participar en la copa UANA, envío algunas fotos de lo que fue nuestra delegación y participación de nuestros deportistas. Fue una bonita experiencia, muchos éxitos en la siguiente.



The first Maxi Meet tournament was held at the facilities of the sports center of Merliot City on February 29, 2020 with a participation of 280 athletes with 9 clubs registered

- 1.- Merliot Olympic swimming team (Tournament Champion Team)
- 2.- El Polvorín Swimming Club (Tournament sub Champion)
- 3.-Aqua Center Swimming Club (Third place by teams)
- 4.-San Marcos Swimming School
- 5.-Instituto Municipal de los Deportes S.S
- 6.-Swim Yacht Club
- 7.-Ilopango Swimming Club
- 8.-Club Maneolistli Tepemechin
- 9.-COPESA





This is the 1st national children's event with standout athletes between the ages of 7 years to 14 years in both genders, these events are of great magnitude for these age group categories as it helps us to develop swimming by improving national times and establishing brands for international competitions such as the CCCAN 2020

Central American and Caribbean Championship.



Team Haiti is continuing to make its mark on swimming. Two of their swimmers have made waves recently. Laila Michel competing for her college team Case Western Reserve University was just off her best times at the recent University Athletic Association conference Championships with her best finish in the 100 yard butterfly 1:00.30. Emilie Grand'Pierre competing for Bowdoin College had a top finish of 7th at



Athletic Conference in the 50-29.96. She will be heading this month. Alexandre in the 100-yard breaststroke Championships and won breaststroke in a new school



the New England Small College yard breaststroke with a time of to the Division III Championships Grand'Pierre recently won Silver at the Georgia High School State Silver in the 100-yard record of 58.63.



The last CARIFTA qualifying Championships were held from was the NCBC WALTER ROGERS AGE GROUP CHAMPIONSHIPS 2020 held at the National Aquatic Centre .The Tornadoes Swim club topped the competition with 1,767 points, followed by the Y Speedos Swim Club with 1,668 and the top three was rounded out by Swimaz Aquatics with 621.50 points.

The 2020 CARIFTA team and management has been named

The Team is as follows:

Girls 11-12: Davia Richardson, Christanya Shirley, Siri Cogle, Kayla Kerr

Boys 11-12: Noah Barrett, Benjamin Davis, Josh Johnson, Brady MacPherson Lewison

Girls 13-14: Morgan Cogle, Kokolo Foster, Giani Francis, Aliyah Heaven, Brooke Hopkins, Raine Hopkins, Safiya Officer, Leanna Wainwright

Boys 13-14: Nelson Denny, Henry Gray, Jaedon Lynch, Daniel Mair, Devaughn Robe

Girls 15-17: Zaneta Alvaranga, Ashley Hodge, Sabrina Lyn, Emily MacDonald, Alisha Stephenson, Simone Vale

Boys 15-17: Akeem Alleyne, Cameron Brown, Kito Campbell, Kaheem Lozer, Kyle Sinclair, Nathaniel Thomas

Team Manager: Annelies Denny; Head Coach: Wendy Lee; Assistant Coaches: Rory Alvaranga and Prince Easton; Team Doctor: Dr. Carleene Grant-Davis; Team Physiotherapist: Jodian Simpson





Approximately 140 swimmers from 6 clubs, namely Seajays Swim Club, Sharks Swim Club, Lightning Aquatics, RHAC Swim Club, Southern Flying Fish and RR Aquatics competed at the swim challenge in an effort to improve their

times. The swim challenge also served as a last chance for swimmers to attempt to achieve the qualifying times set by SLAF to represent Saint Lucia at the upcoming Carifta Swim Championship scheduled for April 11th to the 15th 2020. SLAF congratulates the Seajays Swim Club on their win with 694.5 points followed by The Sharks Swim Club with 542.50



points and Lightning Aquatics taking 3rd place with 493 points. Three records were set by 11-12-year-old swimmer Tristan Dorville. Tristan held the most recent records in the 50 Freestyle and 100 Butterfly. He broke it again with a time of 25.76 in the 50 Freestyle



and a time of 1:03.38 in the 100 Butterfly. The 3rd record broken was the 200IM which was previously held by Terrel Monplaisir set in 2015. Tristan set the new record at 2:21.53 for the 11-12 age group SC record.



With all efforts made to swim the qualifying times for Carifta, there were no additional names added to the list of swimmers qualifying for the 2020 Carifta Team. SLAF has scheduled the meeting this week to ratify the swimmers making the qualifying times. The team chosen to represent St. Lucia will be announced in the upcoming days.



El seleccionado Nacional Paraguayo participo en el Torneo Copa Uana que se desarrolló en Peru, la nómina es cuanto sigue Alice Ayala, Constanza Areco, Mariana Rodriguez, Luciana Codas, Florencia Amarilla, Mireya Gomez, Astrid Caballero, Andrea Cuevas, Cielo Peralta, Celeste Aguilar, Fiorella

Mateos, Rebeca Da Silva, Natasha Evreinof, Cecilia Gimenez, Julieta Cabrera, Evelyn Negrette, Josue Meaurio, Joaquin Bogado, Laurent Barrios, Luciano Benitez, Bruno Heinichen, Mathias Benitez, Maximiliano Benitez, Duncan Cameron, Matias Silguero, Ernesto Gonzales, Maximiliano Pedrozo, Santiago Maciel, Santiago Leiva, Mateo Mascareño, Ian Cameron, Erik Cameron, Willian Gamon.



Delegada: Gladys Mongelos Profesores: Martin Lezcano, Jazmin Hoge. La seleccion tuvo buena participacion de nadadores y asi tambien una mejora en los tiempos de inscripcion, los medallistas fueron:

Astrid Caballero Categoría Juvenil con un tiempo de 1'16'96 en los 100 metros pecho Medalla de Plata

Medalla de Plata en los 100 metros pecho Maximiliano Benítez 1'07'49 categoría Juvenil

Medalla de Plata en la posta 4 x 50 combinada, juveniles A, integrada por Matías Silguero, Maximiliano Benitez, Maximiliano Pedrozo y Duncan Cameron con un tiempo de 1'54'86

Medalla de Oro y Récord Nacional de Categoría Juvenil A con un tiempo de 30'86

Maximiliano Benítez



Medalla de Bronce en los 50 pecho con un tiempo 34'24 Astrid Caballero

Medalla de Bronce Josué Meaurio infantil B, en 50 libre 26'77 en Copa Uana, Lima, Perú.

La delegacion volvio con sendas medallas y con mucho optimismo esperando tener un buen año a nivel internacional.



Suriname Swimming Association.

Suriname was invited to participate at The Megaquarius meet which is an annual meet hosted by the swim team. Martinique was also

present with 1 team. Suriname Teams that were present : Oase, De Dolfijn, TnT (The

National Team), De Witte Lotus and Neptunes. Oase swim team was present with 21 swimmers and the other teams were present with 3 to 4 swimmers. Many medals were won by our swimmers.

[Full results of the meet](#)



ASATT held its monthly Swim and Council meeting Tuesday evening during which the Carifta 2020 swim and open teams were selected.

Management Team/Officials: Manager- Keith Matamoro, Head Coach -Maurice Faria, Assistant Coaches- Nisha Charles, Mosi Denoon, and Mark Rivas, Chaperones- Derek Changar and Gresha Gonzales. The swimmers representing TTO in the pool are:

11-12 GIRLS: Madera Edwards, Shauna Nelson, Sydney Look Fong, Ludmilla Guenther, Analee Toussaint, Atiyah Walter and Siena Jagdeo





11-12 BOYS: Giovanni Rivas, Shaelen Reece, Zachary Anthony, Liam Carrington, Christiano Rivas, Jacob Cox and Anpherne Bernard

13-14 GIRLS: Amari Ash, Gabrielle Vickles, Amelia Rajack, Zoe Anthony, Caitlyn Look Fong and Kiara Goodridge

13-14 BOYS: Zarek Wilson, Nikoli Blackman, Josiah Changar, Sheni St.Hillaire, Akash Singh and Stachys Harley

15-17 GIRLS: DeNicha Lewis, Jahmia Harley, Jada Chatoor and Gabriella Donahue

15-17 BOYS: Aqeel Joseph

In the Open Water Championships TTO will be represented by:

14-15 GIRLS: Zoe Anthony and Soriyah Alphonso

14-15 BOYS: Nikoli Blackman, Josiah Changar and Khadeem Braithwaite

16-18 GIRLS: Gabriella Acosta, Dominique Nurse- Allen and Jade Foncette

16-18 BOYS: Kyle West, Michael McLeod and Jaidan Harris



USA Synchro Changes Name to USA ARTISTIC SWIMMING and launches [We Move As One Campaign](#) In a little more than a year, the organization formerly known as USA Synchronized Swimming or USA Synchro for short has transformed itself.

Under the leadership of their board of directors they have hired a new Chief

Executive Officer, arguably the best coaching staff in the world, revitalized events, directly partnered with the USA Artistic Swimming Foundation, solidified an athlete first athlete policy and made sure the members always come first. All of this has built up to the greatest change the organization has ever made. After 41 years, the organization has voted to approve the official name change from USA Synchronized Swimming to USA Artistic Swimming. As many know the change comes

international federation

While that played an

Swimming CEO Adam

usher in a new era for the

recognized the need to

proud to support the

our sport forward," Andrasko said "However, that is not the only reason for the change. The name change offers us an opportunity to showcase how the sport has evolved. Gone are the days of water ballet. This is where true athleticism and artistry meet. We look forward to showing you how exciting artistic swimming is" Along with the name change, USA Artistic Swimming launched a new campaign titled "We Move As One." USA Artistic Swimming Communications

Coordinator Emily Falkenberg, said this campaign will be used to show off every part of the membership and grow Artistic Swimming around the country. "This campaign and name change offers us a unique opportunity to clearly demonstrate what our sport is and how talented our athletes are in a way that excites and inspires newcomers to join" Falkenberg said. "The "We Move As One" slogan will be used to connect with our current members and invite new fans and athletes to see the unparalleled passion our membership has for the sport. With the best national team in recent memory focused on qualifying for the Olympic Games Tokyo 2020, a duet that returns 2016 Olympian Anita Alvarez and a pipeline of athletes that are primed to push the entire sport to new heights, excitement is at a new high. USA Artistic Swimming Senior National Team Head Coach, Andrea Fuentes, said this name change embodies what the reality of the sport really is. "We are not only synchronizing like rowers do, we are innovating and creating every routine," Fuentes said. "Artistic Swimming is one of the fastest evolving sports because the competition to have the most unique routines around the world requires it. Every country tries to bring choreography with more difficulty and originality than ever. I



approximately two and a half years after the for Artistic Swimming, FINA, made the change. important role in the decision, USA Artistic

Andrasko said this change was also a chance to sport. "As a world leader in the sport we align with the changes FINA made, and we are great work that is being done by them to move

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want the U.S. to start leading in this direction too and to be game changers and leaders.” “We want to be a team who makes history,” Fuentes added. “That is why we are invested in doing routines with movements and acrobatics that no one has seen before. We are artists in every sense, and we want to inspire others by being united and moving as one.” USA Artistic Swimming is ready to show off their skills to the world in 2020, reinvigorate the membership, excite new fans and support the efforts of FINA. The United States has an incredible history in this sport that a name change will not diminish. All athletes, coaches, judges and fans will be involved and celebrated more than ever. USA Artistic Swimming, We Move As One. Keep up with USA Artistic Swimming [here](#).



Campeonato
realizarse en
Olímpico de
compañía de
quienes resultaron

La nadadora olímpica, Paola Pérez y el también destacado nadador venezolano de aguas abiertas Diego Vera, resultaron ganadores de los 10KM realizados el 1 de marzo en el Embalse “La Coromoto”, en la ciudad de Guanare, Edo Portuguesa, en los llanos venezolanos.



Ambos nadadores estarán representando a Venezuela en el Suramericano de Primera Fuerza a Buenos Aires, Argentina y en el Pre-Fukuoka, Japón en el mes de mayo en Jhondry Segovia y Liliana Hernández sub-campeones en cada categoría.



Black Sands Swim Squad raced against the clock out of the pool on Sunday 23rd February when the team took on the challenge to clean up and paint the Salvation Army Childrens’ Home in Pembroke. It was swim mom Shivern Peters that brought the project to the attention of Black Sands Coach Kyle Dougan back in January 2020 and together they formed a planning team consisting of Jake Heinmann, Loren Gun-Munro and Akin John. With an optimistic completion date, the team conducted fundraising events and leaned towards many local businesses for donations. 16 BSSS swimmers, along with their parents and other volunteers successfully carried out the project in just nine hours. All interior rooms were repainted and all light fittings were replaced.



Living Art Landscaping transformed the garden by donating over 40 ornamental plants, also planting lettuce, kale, cabbage, sweet pepper, tomato, basil, rosemary and thyme. Soursop, plumrose, golden apple, five finger, guava, cocoa and cherry trees were also planted. G.I. Investments contributed by steam cleaning all of the mattresses. Mr Dover kindly gave his electrical expertise for the day along with the painter and his professional painting skills,

whilst Kaitlin Rhode and Robyn Milloy of St. James’ Medical College contributed their time.



~Medical Corner by the UANA Medical Commission~

MEDICAL TIPS FOR AQUATICS IN THE AMERICAS

COVID-19 is a novel Coronavirus first detected in Wuhan, China on December 2019. It is part of a large family of viruses that can be found in humans and animals. It can cause coughing, fever and difficulty in breathing. It has a 14 days incubation period from first exposure to symptoms development. As of today, it has reached other countries, including USA, Canada and Latin America. So far, although it can affect every age group, elderly people with comorbidities appear to have greater risk. World Health Organization (WHO), IOC and FINA MC has made some punctual recommendations on gatherings such as Sports events, which should be noted, in order to perform prevention and assessment strategies. We should highlight to maintain good communication with national policies and current status on the virus, along with identifying People with symptoms in order to consider isolating during mass gatherings to prevent dissemination. Promote frequent hand washing and mouth covering (using your elbows) with your Athletes would help to prevent virus spreading into your delegation. Athletes presenting FLU-like symptoms should avoid traveling to events and seek for medical evaluation.

UANA medical commission encourage its country members to follow closely local and international news on this topic, in order to grant every athlete health.

[Further news click here](#)

CONSEJOS MÉDICOS PARA DEPORTES ACUÁTICOS DE LAS AMERICAS

COVID-19 es un nuevo coronavirus detectado por primera vez en Wuhan, China, en diciembre de 2019. Forma parte de una gran familia de virus que se pueden encontrar en humanos y animales. Puede causar tos, fiebre y dificultad para respirar. Tiene un período de incubación de 14 días desde la primera exposición hasta el desarrollo de los síntomas. Al día de hoy, ha llegado a otros países, incluidos Estados Unidos, Canadá y varios países de América Latina. Hasta ahora, aunque puede afectar a todos los grupos de edad, las personas mayores de 60 años con comorbilidades parecen tener un mayor riesgo. La Organización Mundial de la Salud (OMS), el COI y la FINA MC han hecho algunas recomendaciones puntuales sobre reuniones como eventos deportivos, que deben tenerse en cuenta, para llevar a cabo estrategias de prevención y evaluación. Debemos resaltar que se debe mantener una buena comunicación con las instituciones nacionales y el estado actual del virus, junto con una identificación temprana de personas con síntomas para considerar aislarnos durante las reuniones y así evitar la diseminación. Promover el lavado frecuente de manos y cubrirse la boca (utilizando su codo) con sus atletas ayudaría a prevenir la propagación de virus en su delegación. Los atletas que presentan síntomas similares a la gripe deben evitar viajar a eventos y buscar una evaluación médica.

Comisión médica de la UANA alienta a los miembros de su país a seguir de cerca las noticias locales e internacionales sobre este tema, para garantizar la salud de cada atleta.

[Más noticias haga clic aquí](#)

~News from our Committees and Commissions~



The [summons](#) for the 2020 UANA Panamerican Junior Water Polo championships in Edmonton has been released. Se ha publicado [la convocatoria](#) para el campeonato UANA Panamericano junior de polo acuatico 2020 en Edmonton.

Medical As of now, and based on all scientific information available, our plans remain unchanged, all while being alert that we must always consider important and necessary public-health precautions as they arise ... COVID-19 is a fast-evolving situation globally, and we will update or revise our event planning as necessary.

Por el momento y en base a toda la información científica disponible, nuestras planificaciones permanecen sin cambios; al mismo tiempo que estamos alertas de que siempre debemos tener en cuenta las precauciones de salud pública necesarias a medida que surjan ... COVID-19 es una situación de rápido crecimiento a nivel mundial, por lo cual actualizaremos o revisaremos nuestra planificación según sea necesario.

[UANA Sports Medicine Committee Information](#)

[FINA Sports Medicine Committee Information](#)

[International Olympic Committee Information](#)

[World Health Organization Information](#)

~Upcoming UANA events in the Americas~

[UANA Pan American Masters Championships](#) hosted by the Colombian Swimming Federation (FECNA) and Liga de Natación de Antioquia June 17 – 27, 2020 in Medellin, Colombia

[UANA Junior Pan American Water Polo Championships](#) hosted by Canada Water Polo July 3 – 13, 2020 in Edmonton Canada

[UANA Pan American Artistic Swimming Championships](#) hosted by the Aruba Aquatic Federation
September 1 – 7, 2020

~Upcoming FINA certification events in the Americas~

[FINA Diving Certification School for Judges](#)- April 3-5, 2020 // Tucson, AZ

Visit the [UANA Website \(DEVELOPMENT tab\)](#) for information on Clinics, Schools and certification courses in the Americas

To have your federation's or discipline's news in the [Aquatics across the Americas](#) newsletter please send your news items to Tony Morrison: thawkeyes@hotmail.com

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