



NEWSLETTER

ISSUE 5 – AUGUST 2025

Introduction

Dive into August with SSA's hottest updates, triumphs, and a splash of inspiration!

Welcome to the **fifth edition** of SSA's newsletter! From elite triumphs to community currents, we're serving up the freshest updates in South African aquatics.

Whether you're an athlete chasing gold, a coach shaping champions, an official ensuring fair play, or a fan cheering from the stands – this is your hub to **stay informed, inspired, and connected** with our swimming family.

This month, we're making waves with:

- A special message from our **Open Water Swimming Coordinator** on the future of the discipline.
- In-depth analysis of our Juniors' stellar performance at the **World Aquatics Junior Swimming Championships**.
- Celebrating **Ingrid Trusler's** golden haul at the **World Aquatics Masters Championships**.
- Spotighting community heroes **Jayden Williams** and **Coach Isaac Kock** in our Mass Participation Programme.
- And the latest on SSA's innovative hybrid learning approach from our **Education & Training** desk.

The water's fine – *let's dive in!*



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- ✓ Instagram: [@swimsouthafrica](#)
- ✓ Website: [www.swimsa.org](#)



Message from the Open Water Swimming Coordinator

by Mr. Neville Smith, SSA Open Water Swimming Coordinator

Dear Swimming Community,

The 2025-2026 South African open water swimming season kicks off this weekend at the **African Aquatics Zone IV Open Water Swimming Championships** in Manzini, Eswatini. Some of South Africa's finest open water swimmers will test their mettle against athletes from fourteen Zone IV nations.

The competition on **7 September** will feature the 5km, 3km, and 4x1km relay events. Our national team is led by **SSA National Open Water Head Coach Cedric Finch**, with the experienced **Liz de Vry** as Team Manager and **Athi Mtiya** as Assistant Coach.

The squad comprises talented [athletes](#) ready to uphold South Africa's proud open



[www.SWIMSA.org](#)

water legacy. We anticipate strong results and inspiring performances.

Looking ahead, the domestic open water season begins in October, with exciting updates to follow in future newsletters.

None of this would be possible without our dedicated technical officials. SSA continues to build capacity in open water swimming with specialized training this September:

- **16 September:** Thian de Jager will present a comprehensive course on Judging in Open Water Events.
- **23 September:** Ronel van Veenhuizen will share insights on Open Water Timekeeping.

Both sessions will equip officials with the skills and confidence needed for the upcoming season. Keep an eye on SSA's platforms for registration details.

Let's make this season one to remember!
Neville Smith



High Performance (HP) – South Africa's Road to Glory

The Wave of the Future: Juniors Shine, Olympic Pathway Illuminated

The future of South African swimming is not just bright; it's blazing. The phenomenal performances by our junior squad at the **World Aquatics Junior Swimming Championships** in Otopeni have sent a powerful message: the next generation has arrived, and they are ready to take on the world.

The team's collective effort was nothing short of inspirational, showcasing depth, heart, and world-class potential across



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every discipline. From semi-final berths and **Top-10** finishes to historic, **gold-medal glory**, our juniors proved they can compete with the best on the global stage.

Kris Mihaylov's sensational gold medal in the Men's 200m Butterfly was the crowning moment – a swim of pure class and determination that announced his arrival as a future superstar. Alongside him, **Jessica Thompson's incredible versatility** saw her reach multiple semi-finals and a fourth-place finish, demonstrating a poise beyond her years. The relay teams consistently punched above their weight, securing **Top-15** finishes against powerhouse nations and proving that our team culture is stronger than ever.

This junior success is the direct feeder system into our elite programme, and the timing could not be more perfect.

A Historic Position of Strength

"This junior team's performance is a testament to the growing depth in South African swimming," stated the High-Performance Manager. "Their success directly translates to our senior outlook. After the conclusion of **Junior World Champs**, Swimming South Africa has **22 swimmers** who have either **achieved Olympic qualifying times or are tenths of a second off**. This is the strongest position Swimming SA has been in."

The Road to LA 2028 Starts Now

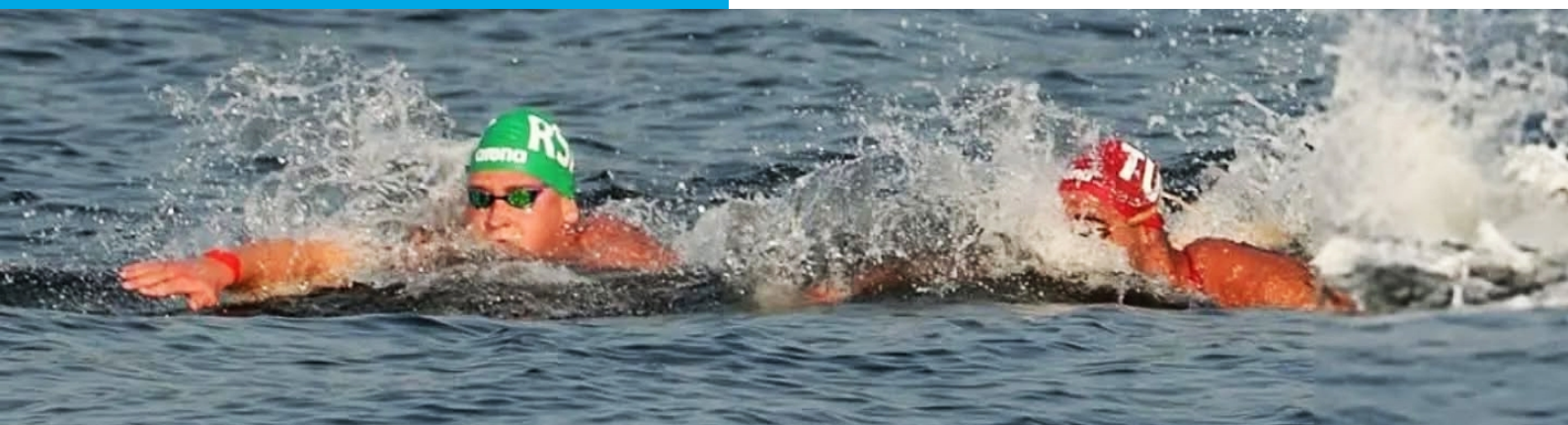
This unprecedented depth allows for ambitious and structured planning for the Los Angeles 2028 Olympic Games.



"We will shortly announce squads with the competition windows in. In conjunction with **SASCOC**, we will announce our **Relay Program going forward to LA with build-up competition leading up to LA 2028**," the statement continued. "We have an open-door policy – **any swimmers achieving a time standard, will be added to our squad.**"

The message is clear: the pipeline is open, and performance is the only key. The determination shown by our Juniors in Romania has set the standard. The journey from Otopeni to LA has already begun, and the waves we are making today are destined to become a tsunami of success in 2028.

#RoadToLA2028 #NextGen #HighPerformance





Competitions – Thrills in the Pool & Open Water

The Spotlight Shines on Short Course: Bombela SA Nationals Await

The momentum from a stellar international August is set to continue right here at home! The focus now turns to the **Bombela Concession Company SA National (25m) Championships**, taking place from **25–28 September 2025**.

This premier domestic event promises four days of electrifying racing as the nation's top swimmers, including our returning junior world stars and established elites, dive into the fast-paced short course format. It's the perfect opportunity to see the future of South African swimming in action as they build towards the long-course season and the road to LA 2028. We anticipate fierce competition, national records under threat, and a fantastic showcase of aquatic talent.

Mark your calendars and join us for what promises to be a great competition!

[Click HERE for MORE INFO](#)

August 2025 Results Round-Up: A Global Display of SA Pride

South African athletes made waves across the globe throughout August, delivering inspiring performances from the Junior pool to the Masters circuit. Here is a full breakdown of the results:

World Aquatics Masters Championships – Singapore, 7–15 August

- **Ingrid Trusler (Coelacanth):** 3km Open Water, 800m Free, 400m Free, 200m Free, 100m Free (All Gold), 7th 50m Free.
- **Harald Ruck (Coelacanth):** 50m Back (World Record: 29.77 - Gold), 100m Back (SA Record - Silver), 50m Fly (SA Record - Silver), 100m Free (Silver), 50m Free (Bronze).
- **André Roothman (Cape Town):** 50m Free (Gold), 100m Fly (Gold), 100m Free (Silver), 50m Fly (Silver).
- **Tim Shead (Cape Town):** 100m Breast (Gold), 200m Breast (Gold), 200m IM (Silver), 4th 50m Free.
- **Jeff Norton (Ohana):** 200m Back (SA Record - Gold), 400m Free (SA Record - Silver), 4th 200m Free (SA Record), 4th

100m Back (SA Record).

- **Other Medalists & Finalists:** Annemarie Dressler (200m Back - Bronze, 4th 200m Breast, 5th 100m Breast, 7th 100m Back), Danelle Snyman (5th 200m Fly, 7th 200m Free, 8th 200m IM, 8th 800m Free, 11th 400m Free), Pia Stewart (8th 400m Free, 10th 800m Free, 13th 200m Free), Courtney van Biljon (7th 50m Fly), and many more top-10 finishes.

World Aquatics Junior Swimming Championships – Otopeni, Romania, 19–24 August

- **Kris Mihaylov:** 200m Fly (1:56.16) - Gold, 17th 200m Free, 20th 100m Free, 30th 400m Free.
- **Jessica Thompson:** 4th 50m Back, 8th 50m Fly, 14th 100m Back, 6th (SF) 50m Free.
- **Other Semi-Finalists:** Tai Pearson (14th 100m Fly), Armand Landmann (12th 50m Free).
- **Relays:** Men's 4x100m Free (12th), Women's 4x200m Free (10th), Mixed 4x100m Free (11th), Mixed 4x100m Medley (15th), Men's 4x200m Free (11th), Men's 4x100m Medley (15th), Women's 4x100m Medley (17th),



Women's 4x100m Free (12th).

- **Notable Top-20 Finishes:** Adrian Van Wyk (11th 800m Free, 14th 200m Back), Grace Morris (14th 200m Back), Helgaard Muller (18th 200m Back), Hannah Mouton (20th 400m Free).

World Aquatics Women's U20 Water Polo Championships – Salvador, Brazil, 10-18 August

- **Results:** RSA 4-17 AUS | RSA 4-16 CHN | RSA 8-14 CAN | RSA 10-15 ARG | RSA 4-12 CAN | **RSA 15-8 MEX (Win!)**
- **Player of the Match vs Mexico:** Hannah Banks.



World Aquatics Youth Artistic Swimming Championships – Athens, Greece, 26–30 August

- **Kenzie Malan:** 32nd - Women's Solo Free (139.4250)
- **Duet (Fatima Williams & Seneme Chiluvane):** 34th - Duet Free (60.1413)
- **Team (Chiluvane, Graham, Malan, Mtongana, Sterling, Williams):** 20th - Team Free Combination (126.6631)

World Virtus Swimming Championships – Thailand, 20–30 August

- **Minke Janse van Rensburg (II2):** Broke 6 World Records and won 11 medals (6 Gold, 2 Silver, 3 Bronze).
- **Team South Africa:** Finished 6th on the medal table (10 Gold, 2 Silver, 3 Bronze).

Full Set of Results





World Transplant Games – Dresden, Germany, 17–24 August

- **Jeandré Geldenhuys** provided one of the most inspiring stories of the month, winning gold and sharing his powerful journey from kidney failure to World Champion. [Read his full story here](#)
- Meet **Leendert Wijna** and his coach, **Ayrton Sweeney**. In a powerful moment, Leendert was asked to finish the sentence: "Because of my transplant I can..." [Watch his inspirational answer here](#)

[Full Set of Results](#)



The entire Swimming South Africa family salutes every athlete, coach, and official for their dedication and outstanding performances in August. You have done the nation proud!



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Athlete Profile – Ingrid Trusler: A Champion's Return

From Early Promise to Golden Comeback

Some champions are defined not just by their victories, but by their resilience and their profound love for the sport. **Ingrid Trusler's** story is a breathtaking testament to this truth – a journey of early talent, heartbreaking setback, and an inspirational return to the top of the podium on the world stage.

Ingrid's aquatic journey began at age five, when her mother enrolled her in swimming lessons. Talent was immediate. "I recall swimming a length of breaststroke," Ingrid shares, "and my swimming teacher recognised something special." That talent blossomed quickly; she earned provincial colours by nine and represented South African schools at 14. But at fifteen and a half, a severe rotator cuff injury brought a promising competitive career to a devastating halt.

INGRID TRUSLER

- ✓ **5** gold medals
- ✓ **4 500** swimmers
- ✓ **13** gold medals in 2 years at World Aquatics Masters

But thanks be to God! He gives us the victory through our Lord Jesus Christ. — 1 Corinthians 15:57 (NIV)

Though she stepped away from competition, swimming never left her. She married, raised four children, and passed on her passion by teaching them all to swim. It was through them that she found her way back, participating in Midmar events that rekindled a long-dormant dream. "I heard about Master Swimming, which didn't exist when I stopped," she says. The dream of competing internationally, once lost, began to feel possible again.

Fulfilling a Dream: 13 Gold Medals and a Legacy of Gratitude

With unwavering determination, Ingrid revived her career. She began training in earnest and dove into her first Masters Nationals. The pandemic may have disrupted plans, but it also led her to the World Masters Championships – the international stage she had always dreamed of.



What followed was nothing short of legendary. Despite not considering herself a sprinter, Ingrid's power and endurance shone through. Her golden journey began at the **2023 World Masters in Japan**, where she won four gold medals (200m, 400m, 800m freestyle, and 3k open water). This was only the beginning. She repeated this incredible feat in **Doha later that year**, dominating her events and breaking two Championship Records.

Most recently, at the **2025 World Masters in Singapore**, Ingrid added five more gold medals to her collection, including a stunning victory in the 100m Freestyle – a testament to her versatility. In just two years, Ingrid Trusler has claimed an astounding **13 gold medals** across three World Championships.

Reflecting on her journey, Ingrid's voice is filled with deep

gratitude. "I am so grateful for the opportunities and the support I received from my club, my friends, my coach, and Swimming South Africa," she says. "To have achieved this... it's amazing."

Ingrid Trusler is more than a champion; she is an inspiration. She proves that passion never fades, dreams never expire, and it's never too late to make waves.

#ChampionMindset #MastersSwimming #NeverTooLate



Mass Participation Programme (MPP) – Swimming for All

From Paarl to the Podium: Jayden Williams' Journey to Team SA

This month, the Mass Participation Programme shines a spotlight on a story that embodies the very heart of our mission: **talent, dedication, and community spirit overcoming all obstacles**. We celebrate **Jayden Williams** of Paarl Aquarius Swimming Club and his coach, **Isaac Kock**, as Jayden prepares to represent South Africa at the XII Africa Aquatics Zone IV Championships in Eswatini.



For Coach Isaac, Jayden's selection is the culmination of years of unwavering belief and hard work. "I've worked with Jayden from the age of 8 years," says Kock. "He has always shown the potential to make it big. He works hard and his parents are his biggest supporters."

Jayden's record speaks for itself: a dominant force in the breaststroke events, he was the **Western Cape Champion in the 100m and 200m Breaststroke** from the age of 11 and has been **Paarl Aquarius's top**



swimmer for the last three years – an honour that led to him being selected as captain of the Western Cape schools team this year.

But behind every great athlete is a coach who finds a way. Coach Isaac's dedication highlights the realities and triumphs of community-level coaching. "Paarl Aquarius swimming circumstances are not the best," he explains. "In summer we have to work around the public in the pool, and in winter we swim very late, which makes it difficult for many juniors to join. With that expenditure, to work with a swimmer like Jayden, I must constantly think about how to make it work for him."



This story is a powerful testament to what can be achieved with passion and perseverance. "I believe Jayden can be one of this country's top swimmers," Coach Isaac states with pride. "For a community club to reach the top level... it shows what is possible."

Everyone at Swimming South Africa is incredibly proud of Jayden and immensely grateful to coaches like Isaac Kock, who are the bedrock of our sport. They truly are #MakingWaves and ensuring every splash counts.

We wish Jayden the very best of luck as he dives for glory in Eswatini!

Ready to take the plunge and unlock your coaching potential?

Register now and embark on an exciting journey.



Education & Training (E&T) – Building Future Leaders

SSA's Online Approach: Embracing Hybrid Learning for a Brighter Future

The landscape of education has evolved, and Swimming South Africa's Education & Training unit has embraced innovation to better serve our aquatic community. Since

COVID, SSA was compelled to not only coordinate online workshops but to reimagine how we deliver our courses. This journey has enabled our team to grow, develop, and sharpen their technological abilities – and we're excited to share the results with you.



SSA firmly believes that a **hybrid approach** is the most effective way forward. Because our offerings are skills-oriented, it's crucial for candidates to gain first-hand experience in the practical aspects of teaching and coaching. That's why workplace assessment, including logged hours must still be completed at a swim school with accredited instructors. However, the hybrid model enhances the learning experience by combining the best of both worlds: the flexibility of online theory and the irreplaceable value of face-to-face interaction with practicing instructors and peers.

1. The Bridging Course

Designed for candidates who wish to follow the coaching pathway without prior teaching certification, the Bridging Course creates a direct route to the Level 1 Coaching Course. It covers essential units from the Learn to Swim curriculum, ensuring every coach understands the basics of swimming and is equipped to be effective and empathetic on their coaching journey.

2. The Learn to Swim Course

s the foundation of all aquatic disciplines, the LTS course



covers water familiarization, floating, movement principles, entries, exits, and early stroke development. Candidates who meet all assessment requirements will be certified as LTS instructors – empowered to teach swimming, promote water safety, and help reduce drowning incidents across South Africa.

Why Hybrid? The Advantages of a Modern Learning Model

- Learn from home while balancing life's commitments.
- Access training material anywhere, on any device.
- Save on travel and accommodation costs – especially beneficial for those outside major cities.
- Enjoy varied learning styles that suit different candidates.
- Experience standardised, high-quality course delivery.
- Get support from SSA mentor facilitators every step of the way.
- Join an inclusive learning community that extends across Africa.
- Connect with peers from diverse backgrounds and grow your network.
- Help us reduce paper use and support eco-friendly operations.

SSA would like to extend a special thank you to the affiliate E&T teams and individuals like **Biffy Joubert (ECA)** and **Vani Govender (KZNA)**, whose hard work and dedication were instrumental in finalising these materials. [Click HERE](#)

Together, we're shaping the future of aquatics – one lesson at a time.

#SSAEducation #HybridLearning #LearnToSwim #SwimmingSA

Upcoming Events

"Mark Your Calendars!"

September/October 2025 Preview

- **World Para Swimming Championships** – Singapore, 21–27 September 2025
- **Bombela Concession Company SA National (25m) Championships** – G.C. Jolliffe Pool (Pietermaritzburg), 25–28 September 2025
- **CTMA Open Water #1** – Western Cape (Grabouw Dam), 5 October 2025
- **MPS Open Water #1** – Mpumalanga (Ngodwana Dam), 12 October 2025
- **Munyaka Open Water Sprint AG #1** – Munyaka Estates, 12 October 2025

Stay tuned for details on upcoming events on our official website and social media channels.

General Updates – Poolside Chat

A Night of Stars: Tatjana Smith, Rocco Meiring and Kagiso Musi Shine Bright!

The South African sporting scene glittered this month, and the aquatics community was at the very heart of it! Huge congratulations are in order for our phenomenal stars who took top honours at the nation's most prestigious awards ceremonies.

SA Sport Awards Dominance

A massive standing ovation for the incredible **Tatjana Smith** on her stunning double victory at the **SA Sport Awards 2025**:

- **Sportswoman of the Year**
- **Sport Star of the Year**

And a roaring applause for the strategic mastermind



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behind so much of our success, **Rocco Meiring**, rightly crowned **Coach of the Year**!

Your dedication, power, and relentless pursuit of excellence continue to elevate South African swimming and inspire an entire nation. So deserved!

Gsport Awards Volunteer Triumph

In yet another celebrated moment, a massive congratulations to the incredible **Kagiso Musi** on being named **Volunteer of the Year** at the prestigious **Gsport Awards**!

Your passion, dedication, and selfless contribution to sport behind the scenes have not gone unnoticed. Thank you for lighting the way and inspiring so many with your commitment and humility. The entire sporting community salutes you! **Watch her inspiring acceptance speech here**

Teamwork Makes the Dream Work

The celebration didn't stop there! Kagiso's triumphant night was powerfully supported by two amazing leaders from the Senior Women's Water Polo Team:

- **Shakira January (Captain)**
- **Boati Motau (Vice Captain)**

True teamwork doesn't end at the pool's edge – it shines through in moments of celebration and solidarity. That's what the #WaterPoloFamily is all about: lifting each other up, always.

SSA Celebrates International Success

Finally, don't miss our official press release celebrating the outstanding achievements of our athletes at the recent World Aquatics Championships and beyond! It's a proud summary of the waves we're making globally.

[Read the full story](#)



What a month of accolades! Join us in celebrating these amazing achievements – they represent the very best of our aquatic family.

SHARE THE SSA LOVE: Don't forget to **Tag us** on Facebook and Instagram to be featured in our Stories!



Your Feedback is
IMPORTANT to US!



Contact Us

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Follow, Share, Engage! Let's grow swimming together.



Want Your Story Featured?

Submit news, events, or athlete spotlights to brynwell.kasper@swimsa.org!



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