



# NEWSLETTER

ISSUE 11 - FEBRUARY 2026

## Introduction – Jumping In

There's a moment every swimmer knows. That breath. The slight bend of the knees. The world narrowing to a single lane stretching out before you. And then... *Launch*.

February is that moment for South African aquatics.

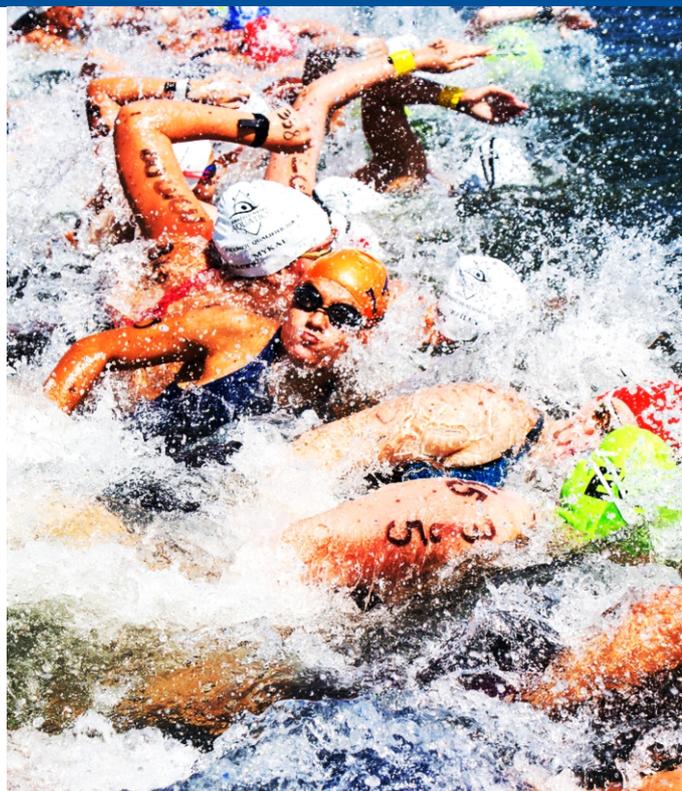
The reflective calm of our year-end pause has given way to something electric. You can feel it in the air at Hillcrest Pool, where the starting blocks of Grand Prix #2 still echo with the power of this season's rising stars. You can hear it in the chatter along Marina Martinique's shore, as open water swimmers prepare to trade lane lines for the vast, untamed beauty of Jeffreys Bay. You can see it in the determined eyes of our age-group champions, their sights locked on Gqeberha and the dream of standing on a national podium.

This is the moment we stop planning and start *doing*. This is where training meets taper, where potential meets the touchpad, where the vision of a season becomes the reality of a race.

In this issue, we're diving headfirst into the action. We'll bring you right to the deck of our biggest competitions, introduce you to the athletes making waves, and shine a light on the club development programs building our sport from the ground up. From the elite intensity of our High Performance squad to the grassroots passion of the Mass Participation Programme, February is proof that South African swimming is very much *in the water*.

So take a deep breath. Find your mark. The water is waiting...

**Let's jump in together.**



### Follow us for real-time updates:

- ✓ Facebook: [@SwimmingSouthAfrica](#)
- ✓ Twitter (X): [@SwimSouthAfrica](#)
- ✓ Instagram: [@swimsouthafrica](#)
- ✓ Website: [www.swimsa.org](http://www.swimsa.org)



## Message from the Competitions Manager

by Mrs. Daphne Bird, SSA Competitions Manager

Dear Aquatics Family,

### Competition Time

The waiting is over. The training has been logged. The taper has been trusted. And now, finally, it's *competition time*.

If the results from Grand Prix #2 at Hillcrest Swimming Pool last week are any indication of what awaits us, then buckle up because we are in for something special. The speed, the depth, the sheer determination on display in Pretoria sent a clear message: South African swimming is ready to race.

And race we will. The next eight weeks represent the most concentrated, high-stakes period on our domestic calendar – a relentless surge of competitions building towards the crown jewel of our season, the Bombela SA National Aquatic Championships in Gqeberha.



### By the Numbers: A Season of Promise

I am thrilled to share that entries across all our upcoming competitions are exceptionally strong. The response to our inaugural **SA Youth Swimming Championships** has been particularly heartening. This new addition to our calendar gives our senior swimmers a vital additional racing opportunity and, crucially, one more chance to secure those coveted qualifying times for SA Nationals in April. The pathway we envisioned is taking shape, and our athletes are walking it with purpose.

### To Our Unseen Champions

A message from the heart: to every Technical Official who will don the white this season, thank you. We will be relying on you, perhaps more than ever, to ensure our competitions are officiated with the fairness, consistency, and integrity our sport demands.

A result is only as credible as the deck it's called from. Maintaining the highest standards and the integrity of every touchpad and time requires sufficient, skilled officials at every session. Please, if you have ever considered volunteering, *now* is the moment. Your service does not go unnoticed. It is the bedrock upon which every fair race is built.

### Rules of the Game

A brief but important note: World Aquatics has released updates to its Competition Rules, effective from 1 February 2026. We will provide a comprehensive summary across all disciplines in our next issue. For now, please be aware that as our competition rules for the current season have already been published, the enforcement of these new updates will be at the discretion of the Technical Delegates for each sport. Should you have specific questions ahead of your event, please don't hesitate to reach out.

### Go Forth and Race

To every athlete stepping onto the blocks between now and April: this is your moment. All those early mornings. Those sets that pushed you to your limits. The sacrifices made by you and your families. It all leads here.

May your effort meet opportunity. May your dedication translate into times you can be proud of. And may you race not just against the clock, but *with* the joy that first drew you to the water.

**The blocks are set. The calendar is full. Let the games begin.**

*Daphne Bird*



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

The momentum building towards our major international assignments is gathering pace and if Grand Prix #2 in Pretoria was any measure, our elite squad is peaking at exactly the right moment.

The Hillcrest Pool delivered speed, statement swims, and several performances that stopped the clock and the crowd in their tracks. Here's who made waves.





### Swimmer of the Meet: Caitlin de Lange

The performance of the meeting belongs without question to **Caitlin de Lange**. In the 50m Freestyle, Caitlin exploded off the blocks to touch in **24.8**, a mere one-tenth of a second outside the Olympic qualifying time. That's not just fast; that's a declaration of intent. She followed up with a personal best in the 50m Butterfly (**26.6**), showcasing the kind of versatility and composure that defines world-class talent. Caitlin is knocking loudly on the door of international qualification.

### Men's Standout: Chris Smith

On the men's side, **Chris Smith** served notice that his junior record-breaking form is no flash in the pan. Chris powered to a **26.7** in the 50m Breaststroke, just one-tenth off his own Junior World Record. His 100m Breaststroke time of **1:01** also matched his personal best, proving consistency at elite level. When a junior athlete is breathing down the neck of a world record, you pay attention. Chris is one to watch, very closely.



### The Champions Return

Two of South Africa's most celebrated breaststroke stars used Grand Prix #2 to remind us exactly why they belong on the world stage.



**Lara van Niekerk** is back and she's back emphatically. Lara posted a sharp **30.0** in the 50m Breaststroke in both heats and finals, the kind of controlled, confident swimming that has defined her career. Her 100m time of **1:08.8** suggests the engine is humming beautifully ahead of Nationals.

**Kaylene Corbett**, meanwhile, demonstrated her trademark class in the 200m Breaststroke, touching in **2:28**. For Kaylene, every race now is about fine-tuning the rhythm and endurance required to mix it with the best on the global stage.



### Versatility on Display

Junior World Championships finalist **Jessica Thompson** continues to evolve into one of our most adaptable weapons. Jess claimed victory in both the 100m Freestyle and the 50m Butterfly, posting fast times that speak to a mature racing brain and growing confidence. Athletes who can win across disciplines are invaluable in team environments and Jess is proving she belongs in conversations about our deepest talent.

### Junior Sensation: Armand Landmann

If you're looking for the future of South African sprinting, look no further than **Armand Landmann**. The junior standout delivered a statement performance that demands attention: **22.8** in the 50m Freestyle and **50.5** in the 100m Freestyle. These are not just "good for his age" times – these are genuinely competitive senior times. Armand is knocking, and the door is opening.



### The Road Ahead

Grand Prix #2 was always designed as a sharpening opportunity, a final tune-up before the intensity of Nationals and the pressure of international selection. Based on what we witnessed in Pretoria, the sharpening has worked.

The next challenge? Channelling this form into Gqeberha. The Bombela SA National Aquatic Championships await. And with performances like these, the selection debates are only going to get harder which is exactly the problem we want to have.

*Dean Price*  
SSA High-Performance Manager



## Competitions – Thrills in the Pool & Open Water

SA Swimming Grand Prix #2 – Hillcrest Swimming Pool (Pretoria), 20-22 February 2026

### Momentum is at an all-time high and the competition is fierce!

The energy on deck. The focus on the blocks. The hunger to win. If Grand Prix #2 taught us anything, it's this: South African swimming has arrived.

Over three electrifying days at Hillcrest Swimming Pool in Tshwane, the nation's finest swimmers delivered a masterclass in speed, endurance, and sheer competitive fire. From Olympic qualification near-misses to junior sensations rewriting expectations, here's how the action unfolded.



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### SPRINT QUEEN: Caitlin de Lange Shakes the Touchpad

The pool practically ignited when **Caitlin de Lange** (TUKS-TSH) exploded off the blocks in the Women's 50m Freestyle. Her **24.87** in preliminaries was a statement, just one-tenth outside Olympic qualifying time. She followed up with a commanding A-Final victory in **25.14**, then added a personal best **26.6** in the 50m Fly. Caitlin isn't just knocking on the door; she's rattling the frame.

Event	Time	Note
Women's 50m Free (Prelim)	24.87	0.1 off Olympic Q
Women's 50m Free (Final)	25.14	1st place
Women's 50m Fly	26.63	Personal Best

### JUNIOR PHENOM: Armand Landmann Announces Himself

If you're looking for the future of South African sprinting, look no further than **Armand Landmann** (PSC-TSH). The 17-year-old delivered a breakout performance that demands attention:

- **Men's 50m Free: 22.85** in prelims, **23.09** in A-Final victory
- **Men's 100m Free: 51.08** in prelims, **50.50** in A-Final victory
- **Men's 50m Back: 26.62** in A-Final victory

Again, these aren't just "good for his age" times. These are genuinely competitive senior times. Armand is here, and he's here to stay.

### BREASTROKE DOUBLE: Chris Smith Chases History

**Chris Smith** (TUKS-TSH) continues to breathe down the neck of his own Junior World Record. His **26.79** in the Men's 50m Breaststroke A-Final was just one-tenth off that historic mark, following a **26.98** in prelims. He backed it up with a scorching **1:01.76** in the 100m Breaststroke, right on his lifetime best. Consistency at elite level? Check.

Event	Time	Note
Men's 50m Breast (Final)	26.79	0.1 off Junior WF
Men's 100m Breast (Final)	1:01.76	=Personal Best



**THE CHAMPIONS RETURN: Lara and Kaylene**

Two of South Africa's most decorated breaststrokers used Grand Prix #2 to remind us exactly why they belong on the world stage.

**Lara van Niekerk** (PAC-TSH) secured first place in the Women's 50m Breaststroke with a **30.75** in prelims, meeting the Commonwealth Games Qualification Standard and won the A-Final in **30.96**. Her 100m Breaststroke time of **1:08.88** (winning the A-Final) confirms she's back to her commanding best. Earlier this month, she also clocked **30.26** to win the Girls 50m Breaststroke Final at the Dubai Open.

**Kaylene Corbett** (TUKS-TSH) demonstrated her trademark class, winning the Women's 200m Breaststroke in **2:28.89** and the 200m IM in **2:24.94**, with a blistering **2:22.80** in prelims.

Athlete	Event	Time	Result
Laravan Niekerk	W 50m Breast (Prelim)	30.75	Commonwealth Q
Lara van Niekerk	W 50m Breast (Final)	30.96	1st place
Lara van Niekerk	W 100m Breast (Final)	1:08.88	1st place
Kaylene Corbett	W 200m Breast (Final)	2:28.89	1st place
Kaylene Corbett	W 200m IM(Final)	2:24.94	1st place



**VERSATILITY AWARD: Jessica Thompson**

Junior World Championships finalist **Jessica Thompson** (CA-EKU) continues to evolve into one of our most adaptable weapons:

- **Women's 100m Free: 56.43** in prelims, **56.44** in A-Final victory
- **Women's 50m Fly: 26.61** in prelims, **26.97** in A-Final victory

Athletes who can win across disciplines are invaluable and Jess is proving she belongs in conversations about our deepest talent.

**DISTANCE DOMINANCE: Catherine van Rensburg and Adrian van Wyk**

**Catherine van Rensburg** (TUKS-TSH) dominated the Women's 800m Freestyle in **8:56.07**, showcasing strength and tactical control from start to finish.

In the Men's 400m Freestyle, **Adrian van Wyk** (TUKS-TSH) delivered a composed and authoritative performance to secure gold in **4:02.75** in a tightly contested field.

**FLYING HIGH: Jaime Mote and Juan Boshoff**

Butterfly brilliance was on full display. **Jaime Mote** (INFA-NMA) claimed the Women's 100m Butterfly title in **1:01.36**, while **Juan Boshoff** (TUKS-TSH) secured an impressive double:

- **Men's 400m IM: 4:45.15** (gold)
- **Men's 200m Butterfly: 2:08.50** (gold)

**BACKSTROKE BRILLIANCE: Helgaard Muller and Tayla Jonker**

Backstroke events delivered further highlights:

- **Helgaard Muller** (TUKS-TSH): Men's 100m Backstroke **57.92** (gold)
- **Helgaard Muller** (TUKS-TSH): Men's 200m Backstroke **2:04.85** (gold)
- **Tayla Jonker** (TUKS-TSH): Women's 50m Backstroke **29.15** (gold), 100m Backstroke **1:03.83** (gold)

Clubs from across the country demonstrated the strength of their development pathways, with TUKS, CA-EKU, and emerging clubs contributing to a highly competitive atmosphere throughout the weekend.





### WATCH THE ACTION

Relive every moment:

- **Full Set of Results:** [https://swimsa.org/events-results/all-events/2nd-grand-prix/grand-prix-2\\_nts\\_full-set-of-results.pdf](https://swimsa.org/events-results/all-events/2nd-grand-prix/grand-prix-2_nts_full-set-of-results.pdf)
- **Watch LIVE on SwimSA TV:** <https://www.youtube.com/@swimsatv6776/streams>
- **Read the Full Press Release:** South Africa's Elite Deliver World-Class Performances at Grand Prix #2 in Tshwane: <https://swimsa.org/news/south-africas-elite-deliver-world-class-performances-at-grand-prix-2-in-tshwane>

### WHAT'S NEXT?

The Hillcrest pool has fallen silent, but the momentum only builds from here. All roads now lead to:

- **Bombela SA National Open Water Swimming Championships** – Marina Martinique (Jeffreys Bay), 6-8 March
- **Bombela SA National Aquatic Championships** – Gqeberha, 14-18 April

One thing is clear: South African swimming is surging forward with confidence, depth, and undeniable momentum.

**The water is waiting. Who's ready to make waves?**

### Thank You, aQuellé!

A massive thank you to **aQuellé** for their incredible support at the **2026 SA Swimming Grand Prix #2** and all of our prestigious events throughout the season! Your commitment to keeping our athletes hydrated has been instrumental in preparing them for the international stage.

Thank you, aQuellé, for believing in our athletes and fuelling their journey to success. We're excited to continue this winning partnership and look forward to achieving even greater heights together! **#ThankYou #aQuellé**





## Overview of the SA Schools Swimming Championships 2026

The countdown is on for one of the most anticipated events on the junior swimming calendar. The **SA Schools Swimming Championships 2026** returns to Cape Town, promising four days of intense competition as the nation's best school-age swimmers battle for provincial pride and national glory.

### Venue

University of Western Cape, Robert Sobukwe Road,  
Bellville, Cape Town

### Key Dates

- **23 April 2026:** Teams arrive Compulsory managers' meeting SAIDS workshop
- **24-26 April:** Competition – Heats 08:30 | Finals 15:00
- **27 April:** Competition – Heats 08:00 | Finals 11:00

### Entry Deadlines

- **1 April 2026:** Technical entries close
- **10 April 2026:** Entry corrections close

### Age Groups & Categories:

#### Abled-Bodied Swimmers

- 12, 13, 14, 15, 16, and 17-18 years (male and female)

#### Para Swimmers (Multi-disability/Multi-class)

- 12-14 years, and 15-19 years

### Eligibility & Selection

Swimmers must participate at their official Provincial Championships or trials to be eligible for selection. Provisions for home and online schooling are outlined on pages 2-3 of the competition rules. Provincial demographic representation targets must be adhered to for athletes, management teams, and technical officials (refer to pages 9 and 11 of the rules).

### Qualifying Times

Athletes must achieve the qualifying standards for their age group, gender, and chosen event. Times must be:

- Achieved at the official provincial schools' event, OR
- Improved at an official provincial federation gala before team selection (these times may be considered for selection)
- Recorded on the Provincial database

*This applies to both abled-bodied and para swimmers.*

### Para Swimmer Requirements

Swimmers with a disability must submit a verifiable classification certificate with their entries to be eligible to participate at the National Championships.

### Technical Officials

- **Visiting provinces:** Five qualified, registered, and capitated SSA technical officials per province must be selected and approved by the provincial federation.
- **Host province (Western Cape):** Thirty officials must be provided.

### Safeguarding & Coaching Requirements

- **Team Managers & Coaches:** Must have completed the SSA Safeguarding awareness course, either in person or through an accredited safeguarding programme administered by The Guardian or an equivalent recognised provider.
- **Coaches:** All coaches representing the provinces must be qualified, registered, and capitated with SSA.

### Team Numbers

Refer to page 14 of the **2026 SA Schools Swimming Championships rules** for full details on team composition and permitted numbers per province.



## The Road to Bellville

With entries closing on 1 April, provinces are finalising their teams and fine-tuning their selections. The SA Schools Championships represent a crucial stepping stone for young swimmers with aspirations of national colours and international representation.

We look forward to welcoming the future stars of South African swimming to the University of Western Cape for what promises to be an unforgettable championship.



**SA National Water Polo Championships**  
13-15 March 2026

**Exclusive Offer**  
12-15 March 2026 (Stay Dates)

<p><b>Southern Sun Elangeni &amp; Maharani</b> Reservations: SINGLE: R1550 (B/B) or DOUBLE: R1750 (B/B) Per Room Per Night <b>BLOCK CODE: 2069156</b> www.southernsun.com/</p>	<p><b>Garden Court Marine Parade</b> Reservations: SINGLE: R1395 (B/B) or DOUBLE: R1595 (B/B) Per Room Per Night <b>BLOCK CODE: 2069157</b> www.southernsun.com/</p>
<p><b>Garden Court South Beach</b> Reservations: SINGLE: R1255 (B/B) or DOUBLE: R1455 (B/B) Per Room Per Night <b>BLOCK CODE: 2069158</b> www.southernsun.com/</p>	<p><b>The Edward Hotel</b> Reservations: SINGLE: R1395 (B/B) or DOUBLE: R1595 (B/B) Per Room Per Night <b>BLOCK CODE: 2069159</b> www.southernsun.com/</p>

Dedicated Point of Contact: Katelynn Larche - (031) 337 3341 or Katelynn.Larche@southernsun.com

BOOK NOW

## EXCLUSIVE OFFER: Special Accommodation Rates

Get ready for the Bombela Concession Company SA National Water Polo Championships, happening 13-15 March 2026! Whether you're competing, supporting, or just love the sport, we've got the perfect stay for you.

Enjoy Exclusive Accommodation Rates at these top Durban [Southern Sun](#) hotels from 12-15 March 2026.

Limited rooms available at these special rates, so... **BOOK NOW!!!** Remember to quote the correct Block Code!

[CLICK to VIEW ADVERT](#)

#TeamSA #SANAT2026 #WaterPolo #ExclusiveOffer  
#SpecialAccommodationRates

## Mass Participation Programme (MPP) – Community Currents

### SSA's Club Development Program: Making Waves at Grand Prix #2

There's something special about watching a seed you've planted begin to bloom.

Swimming South Africa's Club Development Program was designed with a simple but powerful mission: to identify promising black swimmers from across the country and provide them with the support, exposure, and competitive opportunities to flourish. At Grand Prix #2 in Pretoria, that mission came to life in a spectacular way.

### The Vision, Adapted

Originally, the plan was straightforward – select swimmers from the Club Development Program to compete at Grand Prix #2. The program's two standout athletes, **Kyle Cleophas** and **Jayden Williams**, were the initial selections. When Williams was unfortunately unable to attend, the door didn't close. It opened wider.

The next best thing? Identify additional black swimmers who had already qualified for the Grand Prix in their own right and invite them into the fold. What emerged was a team of ten athletes representing five provinces, a testament to the growing depth of talent in our developmental pathways.



### The Team

These ten swimmers carried the flag for the Club Development Program at Hillcrest Pool:

- **Jevan Angelo Damoense** (Otters Rustenburg, North West)
- **Oyama Baqwa** (Seagulls, KwaZulu-Natal)
- **Bandile Mahaye** (Big Dream Aquatics, KwaZulu-Natal)
- **Art Mpungose** (Seagulls Swimming Club, KwaZulu-Natal)
- **Aphelele Melokuhle Mhlongo** (Penguins Swimming Club, KwaZulu-Natal)
- **Levi Jacobs** (Bull Sharks, Free State)

- **Kyle Cleophas** (Paarl Aquarius, Western Cape)
- **Ramano Sefehle** (Westville Swimming Club, KwaZulu-Natal)
- **Jothany Mawouet Ngotchouye** (Seals Swimming Club, KwaZulu-Natal)
- **Khulani Mabaso** [Coach] (Big Dream Aquatics, KwaZulu-Natal)

**The Results: Personal Bests and Promising Signs**  
Competing against South Africa's elite is no small task. But these athletes didn't just show up, they showed out, with multiple personal best times and performances that turned heads.

**Here are their results:**

### **Jevan Angelo Damoense – Otters Rustenburg (North West)**

Making his mark across multiple events, Jevan posted solid times in the 100m Free (58.76), 100m Back (1:07.51), 50m Fly (28.46), and 200m Free (2:16.65). Every swim was a building block.

### **Oyama Baqwa – Seagulls (KwaZulu-Natal)**

Oyama was the iron woman of the team, competing in seven events. Highlights included 10th place in the 800m Free (10:32.87), 11th in the 400m IM (5:53.99), and 8th in the 200m Fly (2:52.65). That's endurance, versatility, and heart.

### **Bandile Mahaye – Big Dream Aquatics (KwaZulu-Natal)**

Bandile showed his sprint credentials with a sharp 56.46 in the 100m Free (56th overall) and a 27.12 in the 50m Fly. His 50m Back time of 29.51 placed him 16th in prelims, a strong foundation to build on.

### **Art Mpungose – Seagulls Swimming Club (KwaZulu-Natal)**

Art delivered one of the standout performances of the team, advancing to the **B-Final of the 50m Breaststroke** and finishing 16th overall in 32.14. His prelim time of 30.65 placed him 13<sup>th</sup>, a whisker away from the A-Final. He also competed in six events, showing the kind of workload that builds champions.

### **Aphelele Melokuhle Mhlongo – Penguins Swimming Club (KwaZulu-Natal)**

Aphelele made her own statement in the Women's 50m Breaststroke, qualifying for the **A-Final** and finishing 6th overall in 34.97. Her prelim time of 35.07 placed her 9<sup>th</sup>, a tremendous achievement against a world-class field.

### **Levi Jacobs – Bull Sharks (Free State)**

Levi gained invaluable experience across six events, including the 100m Free (59.12), 50m Breast (36.02), and 50m Back (32.48). Every race at this level is a lesson, and Levi soaked them all in.



### Kyle Cleophas – Paarl Aquarius (Western Cape)

One of the program's original selections, Kyle competed in the 100m Free (58.91), 100m Back (1:10.83), and 50m Fly (28.58). His presence on deck was a reminder of what the Club Development Program is all about.

### Ramano Sefehle – Westville Swimming Club (KwaZulu-Natal)

Ramano joined Art in the finals circle, qualifying for the **B-Final of the 100m Backstroke** and finishing 14th overall in 1:02.87. His prelim time of 1:03.19 showed composure and competitiveness. He also swam the 50m Fly (28.10), 200m Free (2:09.66), and 100m Fly (1:02.28).

### Jothany Mawouet Ngnotchouye – Seals Swimming Club (KwaZulu-Natal)

Jothany took on the challenge of the 400m IM, finishing 14th overall in 6:14.27, a gutsy performance in one of swimming's most demanding events. She also competed in the 200m Free (2:25.04), 50m Free (30.08), and 50m Fly (31.97).

### Khulani Mabaso – Big Dream Aquatics (KwaZulu-Natal)

Khulani accompanied the squad as coach, representing Big Dream Aquatics alongside his athlete Bandile Mahaye. His presence on deck is a powerful reminder that the Club Development Program isn't just about developing swimmers, it's about developing coaches too. The growing pipeline from KZN's developmental clubs starts with dedicated mentors like Khulani.

#### The Bigger Picture

Results matter, of course. But for the Club Development Program, Grand Prix #2 was about something more. It was about ten young swimmers standing on the same deck as Olympians and national champions. It was about feeling the energy of elite competition and realising, "I belong here."

It was about PB's and the quiet pride that comes with knowing you're moving forward.

**Jayden Williams**, the program's other original selection, may not have made it to Pretoria, but his journey from near-drowning to African Youth Games champion (as featured in

our last issue) remains the North Star for what this program can achieve. His absence was felt, but his story inspired.

#### The Ripple Continues

The Club Development Program is still in its early stages. But if Grand Prix #2 is any indication, the future is bright. These ten swimmers are proof that talent exists in every corner of South Africa. What they need is opportunity, support, and the belief that they can compete with the best.

Thanks to SSA's Club Development Program, that belief is growing – one PB, one final, one breakthrough at a time.

**Congratulations to the entire team. The water is yours.**



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

Big news from the Education and Training unit this month, news that's been months, even years, in the making.

### Learn to Swim Course: Ready for Launch

After what can only be described as a mammoth undertaking, the new **SSA Learn to Swim course** is finally complete and ready to launch. This has been a labour of



love, countless hours of development, and an unwavering commitment to raising the standard of swimming education across South Africa.

And here's the game-changer: the course will be available **both face-to-face AND online**.

This milestone cannot be overstated. For the first time, aspiring instructors in the furthest reaches of our country from remote villages to small-town communities will have access to the same quality training as those in major centres. The online platform removes geographical barriers and opens the door for anyone with the passion to teach swimming.

#### DQS Approval Secured

DQS has successfully uploaded the online version of the Learn to Swim course, and the E&T unit has had the opportunity to walk through the platform first-hand.



Experiencing the different steps and modules has confirmed what we hoped: this is accessible, intuitive, and built with the user in mind. Whether you're tech-savvy or taking your first online course, the pathway is clear.

#### Todswim Conference Rescheduled

The **Todswim Beginner Learn to Swim Conference** has been rescheduled to **30-31 May 2026** and this is an opportunity too good to miss. The conference presents a unique chance for collaboration and learning between Todswim and Learn to Swim teachers, focusing specifically on the littlest ones in our care.

SSA encourages all teachers who work with 12-48 month old toddlers to attend. The early years are when water confidence is born, and the skills shared at this conference will ripple outward for years to come. More details below.

#### Gauteng: New Coaches, New Hope

The **Gauteng Provincial Sports, Arts, Culture & Recreation Course** concluded successfully, and the results speak for themselves. The initiative led to the training of:

- 8 new coaches of colour
- 16 new Learn to Swim instructors

All from Gauteng communities. All now equipped with the skills to teach and coach. All eager to implement their training and make a difference where it matters most.

This is what transformation looks like. Not just numbers on a page, but real people returning to their communities with new knowledge, new confidence, and the ability to save lives through swimming education.

#### Looking Ahead

The progress across the Education and Training portfolio is commendable and reflects a strong commitment to enhancing swimming education and community engagement. From the national LTS launch to provincial training successes to specialised conferences, the foundation is being strengthened at every level.

Because every child deserves a qualified instructor. Every community deserves water safety. And every coach deserves the chance to grow.

**The water is waiting. Let's build together.**

#### Todswim & Beginner Learn to Swim Conference 30-31 May 2026 | Johannesburg

Swimming South Africa is excited to invite Todswim and Learn to Swim teachers to a conference aimed at providing deeper insight into the teaching of toddlers aged **12 to 48 months**.





**CPD POINTS  
WILL BE  
ALLOCATED!**

**JOIN  
US**  
REGISTRATION  
CLOSES:  
15 May at Midnight

## BRIDGING THE GAP, SHAPING THE FUTURE: TODSWIM & LTS TEACHERS

Join SSA's Todswim and Beginner Learn To Swim Conference!

DATE: 30-31 May 2026 | VENUE: Garden Court O.R. Tambo

SPECIAL RATES: Accommodation at Garden Court O.R. Tambo

*\*Full Programme & Times to Be Confirmed.*

01

### CONFERENCE OBJECTIVES:

- To bridge the gap between Todswim and LTS.
- To revive Todswim and make it more accessible for the LTS teachers.
- To update accredited Todswim teachers/instructors.
- To provide alternative methods of assessment that will enable Todswim teachers to complete the course.

02

- To create a networking opportunity for Todswim/LTS teachers.
- To increase the number of accredited Todswim & LTS teachers with the necessary skills to teach toddlers aged 12-48 months to swim.

### WHO SHOULD ATTEND?

- Current and aspiring Todswim and Learn to Swim teachers.

03

### YOUR MISSION, OUR GOAL:

Increase the number of water-safe children across all 9 provinces!

CONFERENCE FEE: R1000

For any further information contact:  
Sakhile at [sakhile.masilela@swimsa.org](mailto:sakhile.masilela@swimsa.org)  
or Mbali at [mbali.mbuyazi@swimsa.org](mailto:mbali.mbuyazi@swimsa.org)

Secure Your Spot Today!

REGISTER NOW

[www.swimsa.org](http://www.swimsa.org)



### Conference Objectives:

- Bridge the gap between Todswim and Learn to Swim
- Revive Todswim and make it more accessible for LTS teachers
- Update accredited Todswim teachers and instructors
- Provide alternative assessment methods to help Todswim teachers complete the course
- Create networking opportunities for Todswim and LTS teachers
- Increase the number of accredited Todswim and LTS teachers with the skills to teach toddlers

### Expert Line-Up

The conference brings together a diverse panel of experts, including:

- Paediatrician
- Speech therapists
- Dietician
- Other specialists in the aquatics field

### Practical Information

- Cost:** R1,000 per attendee
- Accommodation:** Attendees are responsible for their own arrangements. SSA has arranged special sports rates at **Garden Court O.R. Tambo** for the benefit of attendees.
- Contact:** For any further information, reach out to:
  - Sakhile: [sakhile.masilela@swimsa.org](mailto:sakhile.masilela@swimsa.org)
  - Mbali: [mbali.mbuyazi@swimsa.org](mailto:mbali.mbuyazi@swimsa.org)

We look forward to coming together to strengthen our Todswim and LTS Teachers community as we all strive to increase the number of children who are water safe.

## Upcoming Events

"Mark Your Calendars!"

### March/April 2026 Preview

- SA Masters Championships** – George (Eastern Cape), 13-15 March 2026
- Bombela Concession Company SA National Water Polo Championships** – Durban Girls' College and Clifton School (Durban), 13-15 March 2026
- SA National Youth Championship** – Newton Park (Gqeberha), 18-20 March 2026
- SA National Junior Championships** – Newton Park (Gqeberha), 21-25 March 2026
- SA Regional Level 3 Championships** – Hillcrest Swimming Pool (Pretoria) and Bloemfontein (Free State), 26-29 March 2026
- Bombela Concession Company SA National Artistic Swimming Championships** – Herzlia School (Cape Town), 29 March-1 April 2026
- SA Regional Level 2 Championships** – Potch Dam Swimming Pool (Potchefstroom) and Delville Swimming Pool (Germiston), 30 March-1 April 2026

- SA Regional Level 2 Championships** – Rachel Finlayson Swimming Pool (Durban), 31 March-2 April 2026
- SA Regional Level 3 Championships** – Buffalo City (EC), 9-12 April 2026
- Bombela Concession Company SA National & Youth Diving Championships** – St. Dominic's School for Girls (Gauteng), 11-15 April 2026
- Bombela Concession Company SA National Swimming Championships** – Newton Park (Gqeberha), 14-18 April 2026
- SA Schools Swimming Championships** – University of Western Cape (Cape Town), 24-27 April 2026

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



## General Updates – Poolside Chat

Catch up on all the latest news, accolades, and digital developments from across the South African aquatic community.

### SSA President on Neto Sports Global: "2026 is Our Launchpad to LA 2028"

SSA President Mr. Alan A. Fritz here with Neto Sports Global to share his vision for the year ahead. In the wide-ranging interview, he highlights 2026 as a pivotal year in the journey to Los Angeles 2028, unpacking the thrilling calendar of competitions across all aquatic disciplines from swimming and water polo to open water, diving, and artistic swimming.

Watch the full interview here: <https://www.youtube.com/watch?v=RtGelAsHm4U>

### eThekweni Learn to Swim Programme Launches

The city's Sports Development and Recreation Division, in partnership with **uShaka Marine World**, officially launched its annual **Learn to Swim Programme**, a flagship initiative promoting water safety and life-saving skills across eThekweni.

#### Programme Highlights:

- **Target:** Learners from Grade 4 to Grade 5 across all eThekweni regions
- **Start Date:** Monday, 9 February 2026
- **Duration:** Three months
- **Reach:** 40 disadvantaged schools
- **Partners:** KZN Department of Education, Department of Sport, Recreation & Culture, and KZNAquatics

Lessons will be conducted by accredited swimming instructors at municipal pools, with a curriculum designed to balance fun, safety, and skill development. This is grassroots impact in action.

Read more and view photos:

<https://www.facebook.com/share/p/1DnAEGAy4k/>



**Midmar Mile Glory: Caldwell & Lotter Rule the Waters**  
Huge congratulations to **#TeamSA's Matthew Caldwell** and **Callan Lotter**, who delivered commanding performances at the **53rd aQuellé Midmar Mile** on 8 February 2026!

**Matthew Caldwell** powered his way to a maiden Midmar Mile title in the elite men's race, touching the wall in an impressive **18 minutes 32 seconds**. His bold strategy, swimming a wide, clean line paid off spectacularly as he took the top spot on the podium ahead of a fiercely competitive field.

Hear from the champ himself: [Watch Matthew's interview](#)



**Callan Lotter** continued her season dominance with a commanding victory in the women's elite race, proving once again why she's the one to beat. The battle behind her was equally thrilling, with **Stephanie Houtman** and **Carli Antonopoulos** delivering an exciting fight for 2nd and 3rd place.

**Hear from the champ herself:** [Watch Callan's interview](#)

Two champions. One iconic event. Another proud moment for South African aquatics. Well done, Team SA!

### **Clarification: Franschhoek High Performance Centre and NLC Funding**

Swimming South Africa has released an official statement addressing recent media reports concerning the Franschhoek High Performance Centre project and NLC funding.

#### **Key Points:**

- SSA is **not under investigation** by the Special Investigating Unit (SIU) and has never been contacted by them
- All grant funding has been received and managed in full compliance with the grant agreement
- SSA submitted its first interim progress report on 29 November 2023, within the required timeframe
- Delays in funding disbursement are due to extended internal NLC administrative processes, not SSA
- An independent engineering firm confirmed the adequacy and accuracy of SSA's reporting

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SSA remains steadfast in its commitment to transparency, accountability, and regulatory compliance.

#### **Read the full statement:**

<https://swimsa.org/news/clarification-on-franschhoek-high-performance-centre-project-and-nlc-funding>

**SHARE THE SSA LOVE:** Want to see yourself or your club featured? It's easy!

**Don't forget to tag us** in your posts and stories. That's how you get featured in our official channels, so take advantage and share your aquatic pride!



Your Feedback is  
**IMPORTANT** to US!



## **Contact Us**

We value your feedback and inquiries. Please reach out to us through the following channels:

**E-mail:** [brynwell.kasper@swimsa.org](mailto:brynwell.kasper@swimsa.org)

**Phone:** +27 11 404 2480

**Address:** Johannesburg Stadium, North Wing Ground Floor, 124 Van Beek Street, New Doornfontein, Johannesburg, 2094

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

**Want Your Story Featured?**

**Submit news, events, or athlete spotlights to [brynwell.kasper@swimsa.org](mailto:brynwell.kasper@swimsa.org)!**





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