



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026

Introduction – New Season, New Strokes

Welcome back, Aquatics Family!

There's something special about this time of year. The days are stretching longer, the water is warming up, and everywhere you look, pools are coming back to life. **Spring has arrived** and with it, a fresh season of possibility.

It feels fitting, then, that this issue is a **double one** (Issues 15+16), covering June and July – two months that saw our athletes take on the world and come home with stories worth telling.

But this issue isn't just a look back. It's a look *forward* too – because Spring is a season of renewal, and for Swimming South Africa, that means new programmes, new opportunities, and a new generation stepping up to chase their dreams.

The water's warming up. The season is turning. **Let's dive in.**



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- ✓ Twitter (X): [@SwimSouthAfrica](https://twitter.com/SwimSouthAfrica)
- ✓ Instagram: [@swimsouthafrica](https://www.instagram.com/swimsouthafrica)
- ✓ Website: www.swimsa.org



Message from Swimming South Africa

Dear Aquatics Family,

In this **double issue** we'll be covering June and July – from the beaches of **Mauritius** to the Atlantic waters of **Setúbal**, from the pool deck in **Glasgow** to the waterways of **Zagreb and Rio Maior**, South Africans flew the flag with heart, grit and no shortage of podium finishes.

"Because Spring is a season of renewal, and for Swimming South Africa, that means new programmes launching, new development opportunities on the horizon, and a new generation of athletes stepping up to chase their dreams."

The **#RoadToLA2028** runs straight through the months ahead, and the work being done at every level of our sport – from Learn-to-Swim lessons to high-performance training camps – is building toward something bigger.

So whether you're a swimmer chasing a personal best, a coach shaping the next champion, a parent cheering from the stands, or a volunteer keeping the sport running – **thank you!** You are part of this story.



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And as we head toward Summer, we have something special in store. **Look out for our next issue**, where we'll be sharing **Water Safety Tips** and more to help keep our communities safe in and around the water during the warm months ahead.

Yours in sport
Swimming South Africa



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

Every length swum, every wave conquered, every podium earned – it all points in one direction... **Los Angeles 2028**.

This season, Team South Africa has carried the flag across the globe – from the Red Sea to the Atlantic, from Glasgow's pool deck to the beaches of Mauritius and the waterways of Portugal. Our athletes have broken records, claimed medals, and just as importantly, gained the kind of international experience that no training camp can replicate. The **#RoadToLA2028** is not a single moment. It's a journey built one race, one meet, one breakthrough at a time. And this year, that journey gathered serious momentum.

As promised, here are the rest of your **Teams and Squads** that have competed on the world stage this year:

- **Commonwealth Games** – Glasgow (Scotland), 23 July-2 August 2026 – [Team Announcement](#)
- **Pan Pacific Games (OWS)** – Long Beach, California (USA), 10 August 2026 – [Squad Announcement](#)
- **Pan Pacific Games (Swimming)** – Irvine (USA), 12-15 August 2026 – [Squad Announcement](#)
- **World Junior Diving Championships** – Rijeka (Croatia), 21-28 August 2026 – [Team Announcement](#)
- **World Aquatics Water Polo 4x4 Open Championships** – Dubrovnik (Croatia), 31 August-6 September 2026 – [Team Announcement](#)

- **Africa Aquatics Zone IV Swimming Championships** – Gaborone (Botswana), 2-5 September 2026 – [Team Announcement](#)
- **World Aquatics Junior Open Water Swimming Championships** – Santa Fe (Argentina), 3-6 September 2026 – [Team Announcement](#)

To every athlete selected, and to those still chasing the dream:

Remember, your time is coming. Stay ready. Stay focused. And remember, you are South Africa's next generation of champions.

#RoadToLA2028 #TeamSA #ForMyCountry



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026





Competitions – Thrills in the Pool & Open Water

From the beaches of Mauritius to the lanes of Glasgow – South Africans made waves across every stage this season.

Africa Aquatics Zone IV Open Water Swimming Championships – Mauritius, 6-7 June 2026

Team South Africa delivered a standout performance at Mont Choisy Beach, earning **Best Open Team** at the Africa Aquatics Zone IV Championships. Egypt claimed the overall team honours, but our athletes brought home a haul of podium finishes against the continent's best.



Team Champions:

- Best 14-15 Team – Egypt
- Best 16-18 Team – Egypt
- **Best Open Team – South Africa**
- Overall Team – Egypt

Top 3 Finishes:

5km Male

- 14-15 yrs: Eben Tinkler – **Silver** (01:00:36)
- Open (19+): Matthew Caldwell – **Gold** (00:56:53)

5km Female

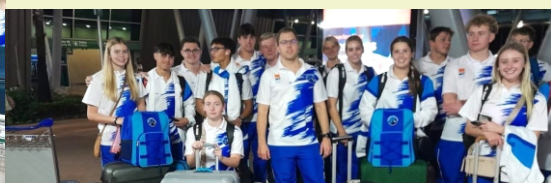
- 14-15 yrs: Julie Olivier – **Bronze** (01:09:37)
- Open (19+): Sasha-Lee Hemmens – **Gold** (01:01:55) | Kirsty Andraos – **Silver** (01:04:23)

3km Sprint Knockout (Male)

- 16-18 yrs: Heindrich Schoeman – **Bronze** (01:00:27)
- Open (19+): Matthew Caldwell – **Gold** (01:00:09) | Troy McWilliam – **Bronze** (01:00:29)

3km Sprint Knockout (Female)

- 16-18 yrs: Kiara Banks – **Bronze** (01:03:54)
- Open (19+): Sasha-Lee Hemmens – **Gold** (01:03:29) | Logan Gray – **Silver** (01:03:48)





Congratulations to Team SA on bringing home Best Open Team honours and a massive well done to every athlete who represented with heart and grit. This is just the beginning!

We also caught up with two key leaders of African aquatics – **Africa Aquatics Secretary-General Mr. Jace Naidoo** and **Africa Aquatics President Dr. Mohamed Diop** – for their insights on the championships and the future of open water swimming on the continent.

[Watch Here](#) | [Full Results](#)

#TeamSA #AfricaAquatics #ZoneIV #OpenWaterSwimmingChamps2026

World Aquatics Open Water Swimming World Cup – Setúbal (Portugal), 20-21 June 2026

South Africa's open water squad closed out the World Cup series at the iconic Albarquel beachfront, with **Callan Lötter**, **Sasha Hemmens** and **Byron Kimber** gaining invaluable international racing experience in challenging Atlantic conditions.

Women's 10km – Callan Lötter: 13th (2:11:18.40)
Women's 10km – Sasha Hemmens: 34th (2:24:06.30)
Men's 10km – Byron Kimber: 46th (1:55:05.60)

The squad then took on the exciting **3km Knockout Sprint** on the final day.



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026





Coach **Adrian Goate**, who will accompany the team to the Pan Pacific Games in Los Angeles, praised the strategic value of the trip: *"The conditions they faced – the currents, the open ocean environment, the quality of the international field – closely mirror what we can expect in Los Angeles. The end goal is to have our swimmers better prepared for the Olympics in LA 2028."*

Next up: The **Pan Pacific Games** in Los Angeles (open water 10km on 10 August) and the **Junior World Open Water Championships** in Santa Fe (Argentina) in September.

[Official Results](#)



World Aquatics Men's U18 Water Polo World Championships – Rio Maior (Portugal), 27 June-4 July 2026

A true test of character on the world stage!

Our SA U18 Men kicked off their campaign against two of the world's best, falling to **Australia** (22-6) and **Greece** (33-5) – but the boys never dropped their heads, gaining invaluable experience against elite opposition.

Then came the comeback we were waiting for! In their cross-pool clash against **Portugal**, the team showed incredible fight and composure to take a **15-9 victory**.

They battled hard against **Colombia** (15-20) and group leaders **Brazil** (15-26), before saving the best for last – a nail-biting, back-and-forth thriller against **Argentina** that ended in a dramatic **11-10 victory**!

Every sprint, every save, every goal – this team showed unbelievable grit. Massive congratulations to the boys, coaches, managers and staff. You made us proud!

[Watch all Matches](#)

#TeamSA #MensU18Champs2026



10 COOPER HAWORTH RSA
Player of the Match



World Aquatics Women's U16 Water Polo World Championships – Zagreb, Croatia, 25-31 July 2026

Our U16 ladies showed true grit in Zagreb!

After a tough preliminary round against **Israel** (12-7), **Russia** (17-2) and **Italy** (12-3), the team regrouped and closed out the group stage in style with a dominant **12-4 victory over Mexico** – with **Ella Chalupsky** named Player of the Match.

They carried that momentum into classification, defeating **Mexico** again **10-6** (with **Mikayla Morrison** earning Player of the Match), before a hard-fought loss to **Germany** (9-4).

And what a way to finish! The team saved their best for last with a **thrilling 10-8 shootout victory over Peru** – **Mia Gibson** named Player of the Match for her performance under pressure.



South Africa finishes **19th out of 24 teams** – a fantastic achievement on the world stage. We are so proud of every player and coach for their heart, grit and determination. You've done South Africa proud!

[Watch all Matches](#)

#TeamSA #WomensU16Champs2026



Commonwealth Games – Glasgow, Scotland, 23 July-2 August 2026

HISTORY IN THE POOL

Team South Africa delivered a Commonwealth Games campaign for the ages in Glasgow – **6 Gold, 8 Silver, 8 Bronze** with record-breaking swims, fairytale finishes, and one legend cementing his place in history.



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026



GOLD MEDALS

Nathan Hendricks	S13 100m Freestyle	54.54
Pieter Coetzé	50m Backstroke	24.18 (GR)
Pieter Coetzé	200m Backstroke	1:54.22 (GR)
Lara van Niekerk	50m Breaststroke	30.43
Pieter Coetzé	100m Backstroke	51.77 (GR)
Christian Sadie	S7 50m Freestyle	28.06 (GR)



SILVER MEDALS

Erin Gallagher	50m Butterfly	25.57
Aimee Canny	100m Breaststroke	1:06.19
Michael Houlie	50m Breaststroke	26.77
Nathan Hendricks	S13 50m Freestyle	24.84
Danika Vyncke	S13 50m Freestyle	28.41
Aimee Canny	200m IM	2:09.37
Kaylene Corbett	200m Breaststroke	2:24.46
Mixed 4x100m Medley Relay		3:42.61 (AF)



BRONZE MEDALS

Women's 4x100m Freestyle Relay		3:38.67 (AF)
Men's 4x100m Freestyle Relay		3:13.99
Olivia Nel	100m Backstroke	1:00.09
Erin Gallagher	100m Butterfly	57.39
Ruard van Renen	50m Backstroke	24.51
Ruard van Renen	100m Backstroke	53.31
Women's 4x100m Medley Relay		3:58.58 (AF)
Men's 4x100m Medley Relay		3:31.13 (GR & AF)



ADDITIONAL RECORDS

- Christian Sadie: S7 50m Free (Heats) – 28.45 (GR)
- Danika Vyncke: S13 100m Free Final (4th) – 1:04.68 (AF)
- Michael Houlie: 100m Breast Semi-Final – 1:00.03 (26.38 GR at 50m split)
- Pieter Coetzé: 100m Back Semi-Final – 52.20 (GR), 200m Back Heats – 1:58.48 (GR), Mixed 4x100m Medley Relay – 51.98 (GR split), Men's 4x100m Medley Relay – 51.71 (GR split)





SWIMMING SOUTH AFRICA
commonwealth games
GLASGOW 2026

THREE-PIET!!

PIETER COETZÉ

- GOLD** 50m BACK **24.18 GR**
- GOLD** 100m BACK **51.77 GR**
- GOLD** 200m BACK **1:54.22 GR**

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SWIMMING SOUTH AFRICA
commonwealth games
GLASGOW 2026

TOP 10 ALL-TIME 100m BACK (LC) PERFORMANCES

- 1. THOMAS CECCON**
51.60 (Worlds 2022)
- 2. PIETER COETZÉ**
51.71 (Commonwealth Games 2026)
- 3. PIETER COETZÉ**
51.77 (Commonwealth Games 2026)
- 7. PIETER COETZÉ**
51.85 (Worlds 2025)

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SWIMMING SOUTH AFRICA
commonwealth games
GLASGOW 2026

CHAD LE CLOS

The Legend Himself!

21 COMMONWEALTH GAMES MEDALS – MOST DECORATED ATHLETE IN COMMONWEALTH GAMES HISTORY!

COMMONWEALTH GAMES:

- Delhi 2010
- Glasgow 2014
- Gold Coast 2018
- Birmingham 2022
- Glasgow 2026

MEDALS:

- 7 GOLD**
- 5 SILVER**
- 9 BRONZE**

HISTORY MADE!

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THREE GOLDS. THREE GAMES RECORDS. ONE LEGEND.

Might as well call him **THREE-PIET!** Pieter Coetzé was absolutely unstoppable in Glasgow – a hat-trick of gold medals, each one a Games Record, and two of the fastest 100m Backstroke performances ever seen at the Commonwealth Games.



THE GREATEST OF ALL TIME

Chad Le Clos – you have done it. **21 Commonwealth Games medals** (7 Gold, 5 Silver, 9 Bronze) spanning five Games over 16 years. From an 18-year-old dreamer in Delhi 2010 to the most decorated Commonwealth Games athlete in history in Glasgow 2026 – what a journey. Thank you for the memories, the medals, and the inspiration, Chad. South Africa is so incredibly proud!

VIDEO HIGHLIGHTS

[Interview with Chad](#) | [Chad breaking his OWN 200m Fly record](#) | [Commonwealth Games History](#) | [Chad reacts to his first Commonwealth Games medal](#)



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026





VIDEO HIGHLIGHTS

- [Pieter Coetzé after setting a new Games Record](#)
- [Pieter Coetzé - 50m Back Final](#)
- [SA National Anthem - Pieter & Ruard, 50m Back](#)
- [Pieter Coetzé - 200m Back Final](#)
- [Pieter Coetzé - 100m Back Heats](#)
- [Mixed 4x100m Medley Relay - Silver](#)
- [Lara van Niekerk's incredible performance](#)
- [No DNA, just RSA](#)

[Full Results \(Pdf\)](#)

#TeamSA #CommonwealthGames2026
#ForMyCountry

INTERVIEWS

- [Erin Gallagher](#)
- [Kris Mihaylov](#)
- [Danika Vyncke](#)
- [Nathan Hendricks | Golden Performance](#)
- [Women's 4x100m Freestyle Team](#)
- [Ruard van Renen - 50m Back Bronze](#)
- [Pieter Coetzé - 50m Back Gold | 200m Back Gold](#)
- [Mixed 4x100m Medley Relay Team](#)
- [Lara van Niekerk - 50m Breast Gold](#)



Mass Participation Programme (MPP) – Community Currents

Water Safety, Life Skills & the Next Wave of Talent

As part of its ongoing commitment to water safety awareness and promoting aquatics sports, **Swimming South Africa will be rolling out holiday programmes** across the country – reaching children and communities where it matters most.

These programmes are about more than just swimming. They're about saving lives, building skills, and opening doors.

Our Objectives:

- Create safety awareness in and around water
- Provide children and communities with basic swimming skills
- Keep children and communities constructively



occupied during the holiday season

- Eradicate the scourge of drownings within communities
- Introduce **Splash Polo** – a fun element leading into water polo
- Identify talented children and recommend them to the club development programme
- Emphasise the importance of swimming as a life skill for all
- Introduce **Diving fun activities** to spark interest in the sport

The programme will vary across **Rural Splash, Ocean Splash, Pool Splash and Splash Polo** activities – meeting communities wherever they are, in whatever water is available.

Programme Dates:

Spring Launch Programme

- **Start:** 24 September 2026
- **End:** 6 October 2026
- **Plans due to SSA:** 11 September 2026 by 16h00

December Holiday Programme

- **Start:** 16 December 2026
- **End:** 10 January 2027
- **Plans due to SSA:** 06 November 2026 by 16h00

Easter Holiday Programme

- **Start:** 26 March 2027
- **End:** 15 April 2027
- **Plans due to SSA:** 12 February 2027 by 16h00

Submission Details

All plans must be submitted to **Mr. Lizwi Mbonambi** (lizwi.mbonambi@swimsa.org) at SSA.

#NB: Plans should be submitted **through the Provincial Affiliate** – no plans should be sent directly to SSA by clubs or individuals.

Swimming South Africa appreciates the support of all affiliates involved in the holiday programme as we all strive to **eradicate drownings in our country**.

#SSA #MassParticipationProgramme #MPP #HolidayPrograms

SWIMMING SOUTH AFRICA

WATER POLO VAR & COACHES CHALLENGE PROTOCOLS ONLINE WORKSHOP

Facilitator: DION WILLIS

DATES: Tuesday (14 July) and Thursday (16 July) from 18h00 to 20h00

FEE: R150

CPD POINTS: 4

FACILITATOR: Dion Willis

WHO SHOULD ATTEND: All Water Polo Coaches (National and General), Assistant Coaches, and Team Managers in preparation for all aspects of International Water Polo with the knowledge of VAR and Coaches Challenge Protocols. This session is particularly suitable for officials leading to Zagreb and Tenerife later this month.

CLOSING DATE FOR REGISTRATION: 14 July 2026 at 12pm

AVAILABLE ON ZOOM.

REGISTER NOW WWW.SWIMSA.ORG

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

From the E&T Desk

The Education & Training unit is committed to providing **world-class development opportunities** to our coaches, instructors, and officials – and this season has been no exception.

VAR & Coaches Challenge Protocols Online Workshop

Dates: Tuesday, 14 July & Thursday, 16 July 2026

Time: 18h00-20h00 (both sessions)

Facilitator: Dion Willis

Water Polo coaches, assistant coaches and team managers joined us for an essential online workshop on **VAR & Coaches Challenge Protocols** – a must-attend session to stay up to date with the latest rules and technology in our sport.

#SSA #EducationandTraining #VARandCoachesChallengeProtocols



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026



International Development Opportunities

We are proud to announce that **Swimming South Africa has been awarded two prestigious clinics by Africa Aquatics**, as mandated by World Aquatics:

- **Intermediary Level Swimming Coaching Clinic**
- **Water Polo Technical Officials Clinic**

Planning for these clinics is already underway. Prioritising these opportunities is central to our mission, as they provide our members with invaluable international-standard training and exposure. We look forward to sharing further details on registration and participation requirements soon.

Launching the New Learn-to-Swim (LTS) Course

The E&T unit recently held a productive virtual meeting with our **Learn-to-Swim (LTS) facilitators** to finalise the launch of our updated course.

To ensure delivery remains professional and consistent, the new course materials have been distributed to all Affiliate Education and Training coordinators. We have also meticulously prepared all facilitator files so that instruction across the country meets the highest possible standards.

Expanding Educational Partnerships

We understand that many of our instructors and coaches often miss registration because they don't have enough points. To support your ongoing professional growth, the E&T unit is currently consulting with various educational institutions to identify **additional accredited programmes**.

We encourage all members to stay proactive in their development. Please remember: it is essential to ensure your **qualifications and certifications are fully updated** before attempting to register for upcoming courses. Maintaining current accreditation is a vital step in your professional journey and a prerequisite for accessing new training opportunities.

Thank you for your continued dedication to the growth and professionalism of swimming in South Africa.

The Education & Training Unit

#SSA #EducationandTraining #LearnToSwim
#WaterSafety



Upcoming Events

"Mark Your Calendars!"

August/September 2026 Preview

- **World Aquatics Men's U16 Water Polo Championships** – Zagreb (Croatia), 3-9 August 2026
- **Pan Pacific Games (Open Water Swimming)** – Long Beach, California (USA), 10 August 2026
- **Pan Pacific Games (Swimming)** – Irvine (USA), 12-15 August 2026
- **World Aquatics Junior Artistic Swimming Championships** – Hungary (Budapest), 12-16 August 2026

- **World Aquatics Women's U18 Water Polo Championships** – Puerto de la Cruz (Spain), 16-23 August 2026
- **World Junior Diving Championships** – Rijeka (Croatia), 21-28 August 2026
- **World Aquatics Water Polo 4x4 Open Championships** – Dubrovnik (Croatia), 31 August-6 September 2026
- **Africa Aquatics Zone IV Swimming Championships** – Gaborone (Botswana), 2-5 September 2026
- **World Aquatics Junior Open Water Swimming Championships** – Sante Fe (Argentina), 3-6 September 2026
- **SA National Short Course Championships (25m)** – G.C. Jolliffe Swimming Pool (Pietermaritzburg), 24-27 September 2026

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





2026 Commonwealth Games Men's Swammy Awards – Pieter Coetzé

After a Commonwealth Games campaign for the ages – **three gold medals, three Games Records** – **Pieter Coetzé** has been recognised in the **2026 Commonwealth Games Men's Swammy Awards**. A well-deserved nod for a swimmer who is rapidly becoming one of the sport's biggest names.

[Read the Full Feature](#)

Swimming Competition Rules 2026-2027

The updated **National Swimming Competition Rules for 2026-2027** are now available. Coaches, officials, athletes and parents are encouraged to familiarise themselves with the latest regulations ahead of the upcoming season.

[Download the Rules \(Pdf\)](#)

General Updates – Poolside Chat

Catch up on the latest news, milestones, and moments from across the South African aquatics community.

Aimee Canny has broken her **own African continental record** in the 200m Freestyle, swimming a blistering **1:56.59** in the prelims at the **TYR Pro Swim Indianapolis!** And that's not all – she also smashed the **South African Record** in the 200m Individual Medley with a phenomenal **2:09.99**. What a performance!

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

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.



NEWSLETTER

ISSUE 15+16 - JUNE-JULY 2026



Want Your Story Featured?

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



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