



NEWSLETTER

ISSUE 2 - MAY 2025

Introduction

Welcome to the **second issue** of the **Swimming South Africa (SSA) Newsletter**! The past month has been packed with thrilling races, inspiring performances, and exciting developments in South African swimming. From **elite competitions** to **grassroots growth**, we're here to bring you all the updates.

Whether you're an athlete, coach, official, or fan, we're here to keep you **informed, inspired, and connected** with South Africa's swimming family. Let's dive in!

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Message from the CEO

by Shaun Adriaanse, SSA Chief Executive Officer

Dear Swimming Community,

Welcome to our second addition of the Swimming South Africa Newsletter. As indicated at our recent Special General Meeting, the introduction of the newsletter is part of our ongoing efforts to improve communication and to keep members updated on the diverse activities occurring throughout our organisation.

To ensure we keep our members updated, we appeal to our affiliate members to submit noteworthy events for inclusion in the newsletter, to celebrate achievements from all corners of the country. One of the key recent activities we

have been involved in included a presentation, on invitation from the Minister of Sport, to provincial governments to consider measures to improve the availability of facilities across the country, which we are positive will result in us developing a much needed partnership with government to deliver on our transformation and performance objectives. There will be ongoing engagement, and we will keep members updated on developments in coming newsletter additions.

Enjoy reading and remember to let us know of your contributions to the newsletter!

Stay tuned, stay involved, and let's keep making waves!

Shaun Adriaanse



[www.SWIMSA.org](#)



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

SA Senior Nationals (Port Elizabeth, 9-13 April)

Our elite swimmers delivered world-class performances at the perfectly sized 350-swimmer event, with multiple athletes achieving **World Champs qualifying times**. Olympic veterans **Pieter Coetzé** (2nd in 50/100/200 back) and **Rebecca Meder** (2nd in 200 breast) led our **Tier 1** contingent, while breakout stars like **Chris Smith** (3rd in 50 breast) signalled exciting depth. Relay prospects look strong with **six swimmers ranked Top 5 nationally** in freestyle events.

Results and qualifiers for the **World Aquatics Championships**:



Tier 1 Swimmers – Top 8 in the World Rankings (as of 22 April 2025)

- **Erin Gallagher** – 6th in 50m Fly and 16th in 100m Fly
- **Pieter Coetzé** – 2nd in 50m, 100m and 200m Back, 9th in 50m Free and 10th in 100m Free (At 2024 Olympics: 5th in 100m Back final and 7th in 200m Back final)
- **Rebecca Meder** – 2nd in 200m Breast, 5th in 200m IM and 18th in 100m Breast
- **Kaylene Corbett** – 9th in 200m Breast (At 2024 Olympics: 7th in 200m Breast final)

Tier 2 Swimmers – Top 16 in the World Rankings (as of 22 April 2025)

- **Caitlin de Lange** – 12th in 50m Free
- **Chris Smith** – 3rd in 50 Breast (not at Olympics)
- **Dune Coetzee** – 10th in 400m Free and 13th in 800m Free
- **Matthew Sates** – 11th in 200m IM and 15th in 200m Free
- **Michael Houlie** – 4th in 50m Breast (not at Olympics)

Tier 3 – Top 5 Ranked Swimmers in 100m and 200m Free – for possible 4x100m and 4x200m Relays

- **100m Free** – Erin Gallagher (1), Olivia Nel (2), Caitlin de Lange (3), Georgia Nel (4), Michaela de Villiers (5)
- **100m Free** – Pieter Coetzee (1), Ruard van Renen (2), Guy Brooks (3), Kris Mihaylov (4), Arno Kruger (5)
- **200m Free** – Matthew Sates (1), Kris Mihaylov (2), Righardt Muller (3), Matthew Caldwell (4), Guy Brooks (5)
- **200m Free** – Dune Coetzee (1), Rebecca Meder (2), Aimee Canny (3), Hannah Robertson (4), Erin Gallagher (5)



SA Junior Nationals (Cape Town, 25-29 April)

While the 840-swimmer event showcased exceptional talent in **12-14 age groups**, the oversubscribed format compromised elite recovery. Performance analysis confirms the need to **cap entries at 650** for optimal racing conditions.



Africa Junior Champs (Cairo, 30 April-3 May)

Team SA dominated with **25 total gold medals**, including sensational performances from Jessica Thompson (**5 gold, 3 Championship records**), Keira van Heerden (**4 gold**), Scarlett le Roux (**4 gold**), and our women's squad (**17 gold**). The men's team showed promising development with Adrian van Wyk and Matthew Goller claiming 2 gold medals each.

Performance Insights:

- Post-Olympic cycle begins strongly with **4 swimmers ranked Top 10 globally in 7 events**
- Junior pipeline excels internationally but needs **15-18 age group focus**
- Operational adjustments required for **junior nationals' optimization**

#RoadToSingapore #NextGenRising #ElitePerformance

"Building champions today for tomorrow's podiums."



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AQUATICS

Competitions – Thrills in the Pool & Open Water

SA National Artistic Swimming Championships

The SA National Artistic Swimming Championships dazzled at Durban's Rachel Finlayson Swimming Pool from 3–6 April 2025, showcasing the country's finest synchronised swimmers. Athletes delivered breathtaking routines in senior and junior artistic swimming categories, proving the sport's rapid growth in South Africa.

SA Schools Swimming Championships

The SA Schools Swimming Championships took place at Stadium Swimming Pool, Bloemfontein from 5–7 April 2025.

The future of South African swimming is looking brighter than ever as our U14 Para swimmers shattered multiple records in April! From Bloemfontein to the history books, these rising stars are proving that age and ability are no barriers to greatness.

Men's 100m Backstroke (S8)

- **Previous Record:** Nhlakanipho Mabaso – 1:43.94 (Gqeberha, 30 March 2025)
New SA Para Record: Nhlakanipho Mabaso – 1:39.74 (Bloemfontein, 5 April 2025)
"Nhlakanipho took nearly 4 seconds off his own record in just six days!"

Women's 100m Backstroke (S7)

- **Previous Record:** Londiwe Khumalo – 2:11.51 (Gqeberha, 30 March 2025)

New SA Para Record: Londiwe Khumalo – 2:05.97 (Bloemfontein, 5 April 2025)

"Londiwe smashed her own record by over 5 seconds—watch out for this future champion!"

Men's 100m Breaststroke (SB8)

- **Previous Record:** William le Roux – 2:06.75 (July 2023)

New SA Para Record: Ntsikayethu Mtyobile – 1:56.33 (Bloemfontein, 6 April 2025)

"Ntsikayethu took 10 seconds off the old mark—unstoppable!"

Men's 100m Breaststroke (SB13)

- **Previous Record:** Van Tonder – 1:44.20 (1984)

New SA Para Record: Tiaan Terblanche – 1:33.51 (Bloemfontein, 6 April 2025)

"After 41 years, Tiaan has demolished one of SA's oldest standing records!"

SA National Diving Championships

The SA National Diving Championships was successfully held at St Dominic's, Gauteng from 8–12 April 2025. With emerging young talent, the event set the stage for upcoming international competitions.



SA National Swimming Championships

South Africa's fastest swimmers made waves at the SA National Swimming Championships at Newton Park Swimming Pool in Gqeberha from 9–13 April 2025.

- Total Athletes: 344

The SA Nationals exceeded expectations, with several **National** and **Age Group Records** broken and standout performances from Pieter Coetzé, Rebecca Meder, Matt Sates, Kaylene Corbett, Michael Houlie, Chris Smith, and Erin Gallagher. All have qualified for the **World Aquatics Championships** in Singapore (11 July–3 August 2025), with swimming events taking place from 27 July–3 August!

It also saw thrilling races, new national records, and multiple qualifiers for the **World Para Swimming Championships** and **Deaflympics**.

New Para Records**Women**

- **SB4 50m Breaststroke:** Kat Swanepoel smashed her own record twice (1:09.46 → 1:07.54)
- **SB12 50m Breaststroke:** Alani Ferreira broke her record twice (38.85 → 38.76)
- **S13 100m Backstroke:** Danika Vyncke set new U18 & Senior marks (1:18.06 → 1:17.36)
- **S8 100m Butterfly:** Naseerah Du Toit shattered the record (1:50.48 → 1:47.38)
- **S13 100m Freestyle:** Danika Vyncke lowered her own record twice (1:06.18 → 1:05.04)

Men

- **S10 50m Freestyle (U14):** Leon Coetzer (28.67)
- **S8 50m Freestyle (U18 & Senior):** Geosh Nienaber (29.05)
- **S10 200m Butterfly:** James Willers demolished the old record (2:58.49 → 2:43.51)
- **SB7 100m Breaststroke (U18):** Geosh Nienaber (1:29.68)

World Para Swimming Qualifiers

- **Christian Sadie (S7):** 50m Free (28.72), 100m Back (1:13.28), 200m IM (SM7) (2:38.49)
- **Nathan Hendricks (S13):** 100m Free (54.11), 50m Fly (30.67), 200m IM (SM13) (2:15.54)
- **Alani Ferreira (S12):** 100m Fly (1:20.78), 100m Free (1:07.90)
- **Danika Vyncke (S13):** 100m Back (1:17.36), 100m Free (1:05.04), 200m IM (SM13) (2:51.60)

Deaflympics Qualifiers

- **Amkele Qamarana (S15):** 50m Breast (34.71), 50m Free (28.83)

Congratulations to all swimmers for their outstanding performances!

Missed the Action?

Click to...

**SA National Junior Age Group Championships**

The next generation of swimming champions competed at the SA National Junior Age Group Championships held at UWC Swimming Pool in Cape Town from 25–29 April 2025.

- Total Athletes: 838

With outstanding performances and exhilarating races across every stroke, the event showcased a bright and promising future for South African swimming.

SA National Water Polo Championships

The SA National Water Polo Championships at Buffalo City's Joan Harrison Swimming Pool (26–28 April 2025) saw **Aqua Titans** dominate the women's division while **KZNA** claimed the men's Gold in a thrilling final.

Winners (Women): Aqua Titans; Second Place: Elite Stags; Third Place: Eastern Cape Invitationals

Winners (Men): KZN A; Second Place: Tridents; Third Place: UCT



Africa Aquatics Water Polo Development Tournament

Team SA made waves at the Africa Aquatics Water Polo Development Tournament in Harare, Zimbabwe from 11–13 April 2025.

Our U15 and U17 squads delivered impressive performances, dominating with 23 wins out of 28 matches played – what an achievement! The tournament marked a crucial step in developing South Africa's next generation of water polo talent.

Africa Aquatics Junior Swimming Championships

Team SA's rising stars was spectacular at the Africa Aquatics Junior Swimming Championships in Cairo, Egypt from 30 April–3 May 2025, topping the medal table with an outstanding **25 Gold**, **17 Silver**, and **10 Bronze** medals. Our young stars didn't just own the podium; they smashed **5 Championship records**.

This dominant performance cements our position as Africa's leading swimming nation and showcases our pipeline of future champions!





Aquatic All-Stars: Water Polo Spotlight

This month, we dive into the dynamic world of Water Polo! In collaboration with the Water Polo Technical Committee, SSA is launching a quarterly Water Polo newsletter to keep players, fans, and stakeholders in the loop.

Swimming | Open Water | Water Polo | Artistic Swimming | Diving

#AquaticAllStars #FiveDisciplinesOnePassion

Here are some of your highlights:



Foreword

by Asmeralda Motau, SSA EXCO – Water Polo

As we close the chapter on Nationals 2025, we do so with pride and gratitude.

To every athlete, coach, official, manager, volunteer and family member, thank you! You brought focus, discipline and purpose to the pool.

On behalf of the SSA Exco, I honour your commitment. I also acknowledge the Technical Committee, Selection Committee, High Performance Committee, our sponsors, Southern Sun Hotel Group and the Local Organising Committee for their commitment and the strength of their contribution. Your quiet work matters. [READ MORE](#)

International Competition Calendar 2025

A Thrilling Start to the Season!

We're excited to share some fantastic developments in our international water polo calendar for 2025.

Last month, six of our national age group teams made history by participating in the inaugural Africa Aquatics Development Water Polo Tournament, hosted by the Zimbabwe Water Polo Board of Control in Harare.

This milestone event gave our selectors and coaching staff valuable insights and a chance to scout emerging talent for our U16 and U18 squads. [READ MORE](#)

Forward Together – The National Pathway

Yes, there are challenges. Yes, there's noise! But **the game belongs to the players**, and the community that believes in unity, progress, and purpose. We've built a **clear national pathway** with input from top coaches, athletes, parents, and clubs across the country. This isn't just a program – it's a movement. And we want *you* in it.

The Final Word

This is **NOT** about sides. It's about **Water Polo WINNING**. It's about **PLAYERS** dreaming bigger, **VETERANS** leading better, and **COMMUNITIES** sticking together. [READ MORE](#)



SSA Club Development: Khayalisha & Conville Make Waves!

Introduction

Swimming South Africa's **Club Development Program** is proud to showcase two rising stars: **Khayalisha Aquatic Club** (competitive excellence) and **Conville Aquatic Club** (grassroots development). Both embody SSA's mission to nurture talent at every level, from first-time swimmers to future champions.



Khayalisha Aquatic Club: Competitive Excellence Swartland Invitational Gala (23 Feb 2025)

- 18 swimmers competed, with 100% achieving PBs!
- Zarah Matthee (100m Butterfly) and Andrew Steyn (50m Freestyle) clinched **LEVEL 2** qualifying times

SSA LEVEL 1 Champs (1 Mar 2025)

- 38 swimmers represented Khayalisha, securing **2nd place overall** – all with **new PBs**!

SSA LEVEL 2 Champs (28–31 Mar 2025)

- Zarah Matthee dominated with **GOLD** in 100m Fly and **BRONZE** in 100m Back

Future Goals:

- Develop swimmers for **national championships**.
- Expand competitive squad for **more podium finishes**.

Conville Aquatic Club: Building Foundations Official Launch (12 Apr 2025)

- 156 learners attended, most with **no prior swimming experience**.
- Focus: **Water safety + foundational skills**.

Progress Snapshot:

- 100+ learners in structured programs:
 - **Beginners (60) | Intermediate (40) | Advanced/Competitive (40)**
- **Development Team** preparing for **October 2025 gala debut**.





Challenges & Solutions:

- **Cold weather?** Exploring indoor pool options.
- **Low parental involvement?** Registration drives + workshops planned.

Next Steps:

- Finalize **winter training plans**.
- Boost community engagement through **parent-swimmer clinics**.



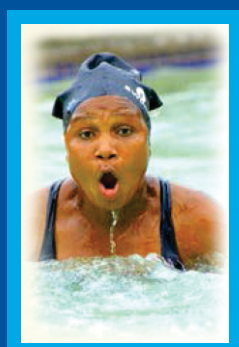
Conclusion

From **Khayalisha's medal haul** to **Conville's grassroots impact**, these clubs prove South Africa's swimming future is bright! With support from **SSA, Western Cape Aquatics, and local communities**, we're building a pipeline from **first strokes to podium finishes**.

Well done swimmers, coaches, and families!

#SSADevelopment #GrassrootsToGreatness

"Every champion starts somewhere – let's grow together!"



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

Instructor Spotlight: Nyeleti Kubayi – Bringing Water Safety to Giyani

by Nyeleti Kubayi, Learn-to-Swim Instructor & Founder of Star School of Swimming

My name is **Nyeleti Kubayi**, and I am a **qualified Learn-to-Swim instructor** based in **Giyani, Limpopo**. I would like to share my journey and express my deep passion for teaching swimming, especially in rural communities where water safety education is often overlooked.

My Swimming Journey

I began my swimming journey in **2018** with **no prior experience**. Coming from a rural area where



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swimming isn't commonly taught, I quickly realized that this skill could one day **save lives**. Determined to make a difference, I took a major step in **2020** by enrolling in the **Learn-to-Swim Instructor course** with Limpopo Aquatics.

However, the path wasn't easy. I initially **failed the theory exam** and struggled to find a facilitator for my **practical assessment**. Despite these setbacks, I refused to give up. Then, in a life-changing moment, **Swimming South Africa (SSA)** reached out to me, offering a **free course** to complete my training. With their support, I finally became a **fully qualified instructor**.

Making an Impact in My Community

Today, I am the proud **founder of the Star School of Swimming** in Giyani, where I teach children essential swimming and water safety skills. I also collaborate with **Khanyisa Education Centre**, one of the best schools in the region, to bring structured swimming lessons to young learners.

My mission is simple: **to ensure that no child in rural areas is left behind when it comes to water safety**. I want to help others overcome the same barriers I faced and prove that **anyone, from any background, can learn to swim**.

A Message of Gratitude & Hope

I am deeply grateful to **Swimming South Africa** for believing in me and providing the opportunity to turn my passion into a purpose. My dream is to see more swimming programs in rural areas, more trained instructors, and **fewer drowning incidents** across South Africa.

If you're from a rural community and want to learn swimming or if you're inspired to become an instructor, **don't let challenges stop you!** With perseverance and the right support, anything is possible.

"Every child who learns to swim is a life saved." – Nyeleti Kubayi



Upcoming Events

May 2025 Preview

- **No Events**

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

General – Poolside Chat

- In response to the alarming rise in drowning incidents, SSA emphasises the importance of swimming education. Collaborations with organisations like Lifesaving South Africa are vital in spreading water safety awareness and providing training to communities nationwide.

- SSA continues to advocate for the development of Water Polo in South Africa. Recent strategic workshops have focused on enhancing governance, expanding league structures, and promoting diversity within the sport. These efforts aim to strengthen the national water polo ecosystem and ensure its competitiveness on the international stage. [Click HERE](#)
- **Social Media Growth:** We're at **50k followers** across platforms – help us hit **100k by 2026!**



Your Feedback is
IMPORTANT to US!



Contact Us

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

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

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