



## **National Swimming Squads 2025**

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## **1. BACKGROUND**

In view of the principles inherent in the model for Long Term Participant Development (LTPD), as well as the stringent requirements for selection of athletes and teams to major events under the Jurisdiction of SASCOC, we have aligned our strategies with the LTPD Model and SASCOC's strategic thrusts in this regard. Critical to this alignment process is to focus on support and development of swimming talent for the 2026 Commonwealth Games and 2028 Olympics.

To achieve this, SSA has developed a squad system with the objective of increasing our pool of talent for the future, with various levels of support, dependent on available resources.

**Note** that while some athletes may receive support largely based on their world ranking, others might not receive the same extent of support. This means that some of the squad activities might be fully funded, partially subsidized or self-funded.

## **2. OBJECTIVES**

- 2.1. To identify athletes that will deliver medal winning performances at senior international competitions and at the 2028 Olympic Games.
- 2.2. To facilitate support services to identified South African based athletes.
- 2.3. To ensure exposure to international participation to increase the pool of elite level athletes, with a view to enhancing performance; and
- 2.4. To ensure the future makeup of our teams is representative of the demographics of the country.

## **3. KEY INDICATORS**

- 3.1. The number of semi-finals and finals achieved at major international competitions (Olympic Games and World Championships);
- 3.2. The number of swimmers appearing in the World rankings.

## **4. SSA NATIONAL SWIMMING SQUADS**

- 4.1. LA Olympic Squad
- 4.2. Senior Squad
- 4.3. Youth Squad

## 5. SELECTION CRITERIA FOR SQUADS:

- 5.1. The SSA Squad system is to identify and select the swimmers who have achieved a Top Level of Performance in their respective categories.
- 5.2. To make the system fair, we are giving each time achieved a value. This is done by a points standard, called World Aquatics Points, which is used throughout the world.
- 5.3. The original selection is based on times swum at SA Senior Nationals and SA Junior Nationals. It is then updated during the season following those National events.
- 5.4. The squad system is not a closed door, and anyone achieving a point score for selection in each category will be added to the squad for that specific year.
- 5.5. Our goal is that the Points Performance Value in each category be raised each year, leading up to 2028 Olympics.

## 6. OLYMPIC SQUAD

### 6.1. Selection criteria:

- 6.1.1. Long Course times to be achieved at any recognized World Aquatics event will count towards selection for squad.

Distance	Stroke	Woman	Men
50	Free	25.20	22.46
100	Free	54.61	49.34
200	Free	1:59.26	1:48.26
400	Free	4:11.90	3:50.78
800	Free	8:34.71	7:59.65
1500	Free	16:24.09	15:15.99
50	Back	28.44	25.30
100	Back	1:00.99	54.74
200	Back	2:12.39	1:59.50
50	Breast	31.17	27.68
100	Breast	1:07.79	1:00.49
200	Breast	2:25.91	2:11.68
50	Fly	26.29	23.71
100	Fly	59.92	52.67
200	Fly	2:10.43	1:57.78
200	IM	2:13.47	1:59.94
400	IM	4:42.53	4:16.50

### 6.1.2. Olympic Squad as of August 2025:

#### **Men:**

<b>Name &amp; Surname</b>	<b>Province</b>
Pieter Coetze	AG
Ruard van Reenen	WC
Kris Mihaylov	AG
Guy Brooks	KZN
Matthew Sates	KZN
Michael Houlie	WC
Chris Smith	AG

#### **Women:**

<b>Name &amp; Surname</b>	<b>Province</b>
Caitlyn de Lange	AG
Olivia Nel	WC
Aimee Canny	WC
Erin Gallagher	AG
Michaela de Villiers	WC
Hannah Pearse	AG
Kaylene Corbett	AG
Simone Moll	AG
Lara van Niekerk	AG
Rebecca Meder	KZN
Jessica Thompson	AG
Georgia Nel	AG
Dune Coetzee	AG
Hannah Robertson	AG
Callan Lotter	AG

## **6.2. Focus Areas**

6.2.1. Training Camps

6.2.2. Athlete Support Services

6.2.3. 2026 Commonwealth Games

6.2.4. 2027 World Championships

6.2.5. 2028 Olympic Games

## 7. SENIOR SQUAD

### 7.1. Selection criteria:

7.1.1. Swimmers with times converted to **780** World Aquatics points.

7.1.2. Swimmers to be added to adhere to transformation plan.

7.1.3. Senior Squad as of August 2025:

#### Men:

Name & Surname	Province
Adrian Van Wyk	AG
Armand Landmann	AG
Cameron Casali	AG
Chad Le Clos	WC
Guy Brooks	KZN
Hendrik Louw	AG
Jarden Eaton	AG
Joshua Esterhuysen	WC
Kaydn Naidoo	KZN
Kris Mihaylov	AG
Matthew Caldwell	AG
Matthew Goller	AG
Matthew Pretorius	EC
Matthew Randle	AG
Matthew Sates	KZN
Michael Houlie	WC
Owethu Mahan	AG
Righardt Muller	WC
Ruben Smit	AG
Shaun Thomas	AG
Tai Pearson	WC
Tumelo Mahan	AG

### **Women:**

<b>Name &amp; Surname</b>	<b>Province</b>
Aimee Canny	WC
Caitlin De Lange	AG
Callan Lötter	AG
Cassidy Burgess	WC
Catherine van Rensburg	AG
Duné Coetzee	AG
Erin Gallagher	AG
Georgia Nel	AG
Hannah Pearse	AG
Hannah Robertson	AG
Jessica Thompson	AG
Kaylene Corbett	AG
Lara Van Niekerk	AG
Michaela de Villiers	WC
Milla Drakopoulos	KZN
Myra Viduya	EC
Olivia Nel	WC
Rachel Groepes	AG
Simone Moll	AG
Sinelithembe Mbatha	AG
Tchisank Banza	

### **7.2. Focus Areas**

- 7.2.1. Local and international training Camps; and
- 7.2.2. International competition experience and exposure e.g. African Senior Championships, World Short Course Championships, World Long Course Championships and Commonwealth Games.

## **8. Youth Squad – Swimmers between 14 to 18 years**

### **8.1. Selection criteria:**

- 8.1.1. Swimmers with times converted to **700** World Aquatics points.
- 8.1.2. Swimmers to be added to adhere to transformation plan.
- 8.1.3. Youth Squad swimmers as of August 2025:

**Men:**

<b>Name &amp; Surname</b>	<b>Province</b>
Adam Daniels	AG
Adrian Van Wyk	AG
Andrew Gilbert	WC
Armand Landman	AG
Art Mpungose	KZN
Brett De Waldon- Holmes	AG
Christian Esterhuysen	WC
Cole Martin	KZN
Daniel Billings	AG
Eric Kotze	EC
Gerard February	AG
Helgaard Muller	AG
Jayden Williams	WC
Joshua Esterhuysen	WC
Kayden Rolfe	AG
Kellen Jones	EC
Kris Mihaylov	AG
Lance-Alexander Cromhout	AG
Liam Clarke	WC
Luca Sandri	KZN
Matthew Goller	AG
Michael Van Heerden	
Munguni Hlangothi	EC
Neil Burger	MP
Nicholas Pretorius	EC
Ramano Sefehle	KZN
Stephan Engelbrecht	AG
Tai Pearson	WC
William Beatt	EC
Zaine Niemand	AG



**Women:**

<b>Name &amp; Surname</b>	<b>Province</b>
Abigail Kotze	WC
Bailey Lambert	KZN
Caitlin Evans	WC
Cara Knoblauch	WC
Cassidy Burgess	WC
Chanel Veldsman	AG
Dane de Klerk	BS
Emma De Wet	AG
Gabriella van den Berg	AG
Gizelle Maritz	AG
Grace Morris	WC
Hannah Mouton	AG
Indiana de Villiers	KZN
Jaime Mote	EC
Jemmah Roman	EC
Jessica Carmody	KZN
Jessica Thompson	AG
Kaitlynne Horne	EC
Keira Van Heerden	EC
Leah Markgraaff	AG
Marony Jacobs	EC
Maya Mgcina	AG
Mila van der Linde	AG
Myra Viduya	EC
Sarah McLaren	KZN
Saskya Kistnasami	KZN
Scarlett Le Roux	AG
Sofia French	AG
Tchisank Banza	

**8.2. Focus Areas**

8.2.1. Local Training Camps.

8.2.2. Sports Science Support Services; and

8.2.3. Identified Senior and Junior International Competitions which could include

8.2.4. Youth Olympic Games, World Short Course Championships, Junior and Senior Africa Championships, Commonwealth Youth and FINA World Youth Championships.