



SSA NEWSLETTER

ISSUE 1 - APRIL 2025



Introduction

Welcome to the **first edition** of the Swimming South Africa (SSA) Newsletter! As we dive into an exciting year of swimming, this newsletter serves as your go-to source for all things aquatics – from **elite racing** to **grassroots development**.

Over the past month, we've seen **record-breaking swims**, inspiring performances from our rising stars, and impactful community initiatives. 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.

Follow us for real-time updates:

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



Message from the President

by Alan Fritz, SSA President

"A New Era of Excellence"

Dear Swimming Community,

Swimming South Africa launches its first digital newsletter to communicate with its members, followers, and the sport loving public. Just looking back on the federations track record on several dimensions is in anyone's language a track record that has delivered on our own expectation and provides us with a base to **Raise the Bar**.

- **Our Podium Performances**

The record indicates since the re-admission into the world we are the number one Federation in podium performances contributing between 50-70% of multi-coded Team SA medals from regional, continental, and international competitions including the Olympic Games.

- **High Performance Strategic Initiatives**

Our Long-Term Athlete development long range planning has consistently produced world class athletes. These plans must be supported by world class facilities, and this is a major drive for the federation.

- **Developmental Continuum of SSA**

Swimming South Africa's Learn to Swim, Splash Polo, introduction to Artistic Swimming and other disciplines is certainly a benchmark strategy that

drives talent identification.

- **Governance Practices in SSA**

SSA as an organisation is compelled to perform several audits from AFS External Audit, National Lotteries Audit including technical Audits, department of Social Development, Auditor General Audit, as well as DSAC, and is fully compliant with all of them. We further operate on the principles of the King Code that goes beyond implement or explain. This regulatory compliance



is at the core of our organisational value system.

- **Competition Structure**

Our Competitions across all disciplines of Swimming, Water Polo, Artistic Swimming, Diving, and Open Water Swimming produce Qualifiers for Continental, International, Commonwealth and Olympic events, and are used by many African and overseas countries as qualifiers.

- **Development, Education and Training**

Producing world class athletes requires world class coaches, technical officials, and administrators. Our Education is designed to meet the need of our federation.

The above clearly indicates our strategic intent of being a world class federation. Providing athletes with the best possibilities to achieve their full potential. SSA has a proud track record and maintain this requires us to continuously **Raise the Bar**.

Stay inspired,
Alan Fritz



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

Level 3 Championships: Unveiling the Future Stars

The Level 3 Championships saw an impressive turnout, with budding talent shining bright in the younger age groups. The competition was fierce, with neighbouring countries adding to the excitement.

Level 2 Championships: A Launchpad for Emerging Swimmers

This event marked a significant milestone for many young swimmers, and we were thrilled to see a strong showing. South African swimming boasts two standout qualities:

- **Youthful enthusiasm:** Our young swimmers are eager to make a splash.
- **Genetic talent:** Our athletes possess a natural aptitude for the sport.

However, our challenge lies in nurturing this talent and facilitating progress. Education and training will be pivotal in unlocking our swimmers' full potential.

Overseas Achievements

Our overseas-based swimmers continue to make waves:

- **Rebecca Meder** (New Zealand): Achieved a World Champs qualifying time of 2:12.
- **Ruard van Renen** (NCAA Championships): Secured 3rd place in the 100m Back with a time of 43, ranking 7th on the all-time list.
- **Aimee Canny** (Women's NCAA): Won the B final in the 200m Free (1:42) and finished 7th in the 200m Breaststroke final.

These talented swimmers will be back in action at the SANationals in Gqeberha. Stay tuned for more exciting updates!





Competitions – Thrills in the Pool & Open Water

SA Regional Level 3 Championships

The SA Regional Level 3 Championships were successfully held across various venues:

- **Western Cape:** UWC Swimming Pool, 20–23 March 2025
 - Total Athletes: 456
- **Gauteng:** TuksSport Swimming Pool, 20–23 March 2025
 - Total Athletes: 765
- **KwaZulu-Natal:** Arboretum Swimming Pool, Richards Bay, 26–29 March 2025
 - Total Athletes: 203

These events showcased the depth of talent in our regions, with athletes delivering outstanding performances.

SA Regional Level 2 Championships

Similarly, the Level 2 Championships took place at:

- **Gauteng:** Delville Swimming Pool, 27–30 March 2025
 - Total Athletes: 756
- **Eastern Cape:** Joan Harrison Swimming Pool, 28–30 March 2025
 - Total Athletes: 292
- **North-West:** Potchefstroom Dam Swimming Pool, 28–30 March 2025
 - Total Athletes: 266
- **KwaZulu-Natal:** Arboretum Swimming Pool, Richards Bay, 31 March–2 April 2025
 - Total Athletes: 231

These competitions provided a platform for emerging swimmers to compete and achieve personal bests.

SA National Masters Swimming Championships

Durban hosted the SA National Masters Swimming Championships from 12–15 March 2025. This event celebrated the enduring passion and commitment of our master swimmers, highlighting that age is no barrier to excellence in the pool.

SA National Open Water Swimming Championships

The SA National Open Water Swimming Championships was held at Marina Martinique, Jeffreys Bay from 7–9 March 2025.

- Total Athletes: 192

This event showcased exceptional talent and sportsmanship among South Africa's elite swimmers and was a resounding success, highlighting the dedication and competitive spirit of all participants.

Mass Participation Programme (MPP) – Swimming for All

Community Engagement

- **Rural Splash Programme:** Swimming South Africa is proud to have launched the Rural Splash Programme, a groundbreaking initiative aimed at reducing drowning incidents in rural areas.

Learn To Swim Success

- SSA continues to champion swimming for all through our Mass Participation Programme. By collaborating with schools and community centres, we aim to introduce swimming to a broader audience, emphasizing water safety and the joy of the sport.

Learn more about this incredible program and how it's making a difference. Read the full article now!

[Click HERE](#)

- **Spreading Water Safety Awareness:** 9 March 2025, **KwaZulu-Natal Aquatics** and **Umgungundlovu Aquatics District** joined forces to host a thrilling one-day Rural Splash Programme at Midmar Dam!

Supported by **Umgeni Local Municipality**, the event was an outstanding success, providing an unforgettable experience for the children who attended.

The program was packed with engaging water safety lessons, fun activities, and exciting games, all designed to educate and empower the young participants to become confident and safe around water.



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

Level 1 Coaching Course Ignite Your Coaching Journey!

Swimming South Africa's **Level 1 Coaching Course** is available **ONLINE!**

Ready to take the plunge and unlock your coaching potential? Register now and embark on an exciting journey. [Click HERE](#)



Past & Upcoming Events

March 2025 Highlights

- **SA National Open Water Swimming Championships** took place at Marina Martinique in Jeffreys Bay from 7–9 March 2025.
- **SA National Masters Swimming Championships** happened at the Rachel Finlayson Swimming Pool in Durban from 12–15 March 2025.
- **SA Regional Level 2 Championships** – Delville Swimming Pool (Gauteng), 27–30 March / Joan Harrison Swimming Pool (Eastern Cape), 28–30 March / Potchefstroom Dam Swimming Pool (North-West), 28–30 March / Arboretum Swimming Pool (Richards Bay), 31 March–2 April 2025
- **SA Regional Level 3 Championships** – UWC Swimming Pool (Western Cape), 20–23 March / TuksSport Swimming Pool (Pretoria), 20–23 March / Arboretum Swimming Pool (Richards Bay), 26–29 March 2025

General – Poolside Chat

- **SABC Sport Interview with SSA President:** Get an exclusive insight into Swimming SA's vision for the future as SSA President **Alan Fritz** outlines plans for the 2028 and 2032 **Olympic Games** in an interview with **SABC Sport**. Be sure to check it out and discover what's in store for **Team SA!** [Click HERE](#)
- **Parliament of South Africa:** Catch up on the latest from **Parliament**, where Swimming South Africa recently delivered a briefing on their Annual Report, Governance, and Litigation Matters facing the Federation. This presentation is a must-watch for anyone interested in the federation's current state and future-plans. Take some time to check it out and stay informed. [Click HERE](#)
- **SSA Safeguarding Policy:** The safety and well-being of our athletes are paramount.

April 2025 Preview

- **SA National Artistic Swimming Championships** – Rachel Finlayson Swimming Pool (Durban), 3–6 April 2025
- **SA Schools Swimming Championships** – Stadium Swimming Pool (Bloemfontein), 5–7 April 2025
- **SA National Diving Championships** – St Dominic's (Gauteng), 8–12 April 2025
- **SA National Swimming Championships** – Newton Park Swimming Pool (Gqeberha), 9–13 April 2025
- **SA National Junior Age Group Championships** – UWC Swimming Pool (Cape Town), 25–29 April 2025
- **SA National Water Polo Championships** – Joan Harrison Swimming Pool (Buffalo City), 26–28 April 2025
- **Africa Aquatics Water Polo Development Tournament** – Harare (Zimbabwe), 11–13 April 2025
- **Africa Aquatics Junior Swimming Championships** – Cairo (Egypt), 30 April–3 May 2025

SSA has implemented a comprehensive Safeguarding Policy to ensure a secure environment for all participants. Members are encouraged to familiarise themselves with this policy and uphold its principles.

- **Strategic Framework to Elevate Water Polo Standards:** In March 2025, SSA convened a strategic workshop to enhance the development and competitiveness of Water Polo in South Africa. The outcome is a structured roadmap aimed at integrating the school sports environment with a more robust club system. This initiative seeks to create a seamless pathway for talent identification and development, ensuring our athletes are well-prepared for international competitions.

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.

Want Your Story Featured?

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

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