

QATAR SWIMMING

Issue 2, June 2019

Magazine



Qatar
Swimming
ASSOCIATION
الاتحاد القطري للسباحة

MISSION TO GWANGJU

ACTION
FINA World Cups Special
2018-19 Season Wrap-up

FEATURES
Katinka Hosszú
Chad le Clos

QATAR 2023
Aspire Dome

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CALENDAR

A busy year for aquatic sports lies ahead. Check out all major domestic and international competitions Doha will stage during the 2019-20 season.

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Qatar Swimming Association President:
Khaleel Al Jabir
Qatar Swimming Association Secretary
General: *Talal Al Darwish*

LAUREL INTERNATIONAL MANAGEMENT
Editor In Chief: *Vasileios Georgiotis*
Associate Editor / Proof Reader:
David Rhys Williams
Arabic Editor: *Ziad Bou Raad*
Design: *Carine Abou Saab Pereira*
Images: *Qatar Swimming Association - Shutterstock*



WELCOME NOTE



On behalf of the Qatar Swimming Association, I would like to welcome you to the second issue of our magazine, a publication that will tell the story about the Aquatic sports in our country, and will promote all of our events; local and international. The ultimate challenge for us all in QSA is of course the FINA World Championships and World Master Championships which will take place in our capital city in 2023. Since the introduction of QSA in 1993, we have promoted swimming to become one of the most popular sports in Qatar, organising many great international events along the way. Thousands of youngsters are now practicing our sports while they can also watch and learn from the world's best. Some of them will become future Qatari champions and represent us at the Olympics, World Championships and Asian Games.

QSA has been a powerful and trusted FINA partner over the last decade. The world's governing body has shown its faith by awarding us the 2023 FINA World Championships. We promise to intensify our efforts to prepare and present a unique World Championships and a fantastic experience to everyone who will visit our country in 2023.

From my position as the President of QSA, I am also honoured to extend my deepest thanks and appreciation to His Excellency, Sheikh Joaan bin Hamad bin Khalifa Al Thani, Qatar's Olympic Committee President, for his endless support not only to aquatics but to all sports in our country.

Khaleel Al Jabir
QSA President

A busy year for the Association



QSA NEWS

Throughout the whole of the 2018-2019 season, QSA has had a strong presence at international conventions and meetings.

Under the supervision of President Khaleel Al Jabir, a delegation attended the 5th FINA World Aquatics Convention in December 2018 in Hangzhou, China, while Ibrahim Khaled Al-Romihi, Head of Qatar Swimming Team, participated in the FINA Development Programme for Aquatics Managers last January in Oman.

Furthermore, the Association took important initiatives or supported government-funded projects towards the development of aquatic sports in Qatar, like the cooperation with the Ministry of Education and the Qatar Olympic Committee for the "Be an Athlete" project.

Moreover, QSA organised:

- The International Swimming Instructors' Training Course in December 2018
- The International Course for the Classification of Trainers Level II in January 2019
- The International Rescue Course in the swimming pools
- Community activities through the slogan "Swimming for All"
- Swimming, diving, open water, water polo and snorkeling championships

It was also announced that the number of registered athletes has significantly increased. According to the latest headcount, 2,225 athletes participate in swimming competitions, festivals and water polo tournaments.

Qatar dominates GCC Champs



QSA NEWS

The unprecedented success that the Qatar national team enjoyed at the 15th GCC Swimming short-course Age Group Championships in Kuwait was the highlight of the swimming season in Qatar, and hopefully a stepping stone for more international accomplishments in the near future.

Qatar captured 16 gold, 19 silver and one silver medal, more than any other Gulf nation with Abdullah El Ghamry, Kareem Salama and Youssef Al Khulaifi bagging three golds apiece.

At senior level, the Association provided all talented swimmers with the opportunity to compete overseas against the best in all FINA Swimming World Cup legs. Yacob Al Khulaifi represented Qatar at the Youth Olympics in Buenos Aires and the FINA World Swimming Championships in Hangzhou along with his brother Noah Al Khulaifi, Abdulaziz Al Obaidly and Firas Saidi.

QSA staged four major domestic events in the Hamad Aquatic Centre which attracted more than 300 swimmers each. Al-Sadd proved to be the most successful club by winning the classification in all competitions.

Quantity Leads To Quality



QSA NEWS

Open water swimming is enjoying rapid growth in Qatar and it looks like the best is yet to come. Hosting the FINA Marathon Swim World Series in Doha has given a real boost to the sport which seems to attract the masses. On the eve of the event, a public race took place with 224 kids and 114 adults appearing on the starting platform in the Corniche.

"This year, we saw a higher number of participation which proves that the interest is growing among the youngsters," said QSA President, Khaleel Al Jabir.

At the 17th GCC Open Water Swimming Championship in Kuwait, the medals won by the young Qataris came as a logical sequence to the sport's development.

Qatar dominated the overall ranking for boys aged 13-14, courtesy of Karim Salah's victory in the 3km race in a time of 55:00:7 minutes and Omar Ashraf's second place with a time of 55:29:8.

Mohamed Mahmoud clocked 1:29:34:9 hours to win gold in the 5km race for boys aged 15-17. Abdulrahman Mohammed finished third in 1:29:10:4.

Mahmoud continued his 2019 campaign in the Seychelles at the second leg of the FINA/CNSG Marathon Swim World Series along with teammate Ahmed Samar.

Young Qataris gather experience



QSA NEWS

Diving in Qatar continued its development journey with a series of actions supported by QSA with the patronage of President Khaleel AL Jabir.

The Qatar Diving Cup was this year's highlight domestic event with 20 divers lining up. Furthermore, Team Manager, Mohammed Almas, escorted a 12-strong Qatari diving team to Minsk for a joint-preparation camp with the Belarusian team.

Three athletes participated in the FINA Diving Grand Prix in Madrid. Abdulaziz Balghaith and Ali Saeed ranked 8th with 238.95 points in the 3m Synchronised, overhauling Macau, China with their last two attempts. In the Men's 3m Springboard, Ali was 23rd (203.50) and Mohammed Monkhalid 26th (158.00).

Balghaith represented Qatar at the 2018 Asian Games in Jakarta where he finished 11th in the 1m Springboard final, gathering 231.05 points which was a huge improvement to his qualifying tally of 218.35 points. In the 3m Springboard, he ranked 14th with 248.70 points.

Water Polo Al-Gharafa and Al-Ahly share top honours



QSA NEWS

Thrilling action, joy for the winners, unforgettable moments for all participants and lots of goals were all included on the main menu for yet another spectacular water polo season.

Hamad Aquatic Centre played host to the tournament which kicked off last November in the presence of QSA's Secretary General, Talal Al Darwish. Seven teams, Al-Arabi, Al-Rayyan, Al-Gharafa, Al-Khor, Al-Wakrah, Al-Shamal and Al-Ahly joined the Junior (U14) League which saw Al-Ahly defeating Al-Arabi 8-6 in the final game to claim the national title.

Al-Khor, Al-Ahly, Al-Wakrah, Al-Gharafa, Al-Rayyan, Al-Arabi and Al-Sadd entered the Youth (U18) competition. Al-Gharafa were crowned champions after a superb final in which they defeated Al-Wakra 11-8.

The President of QSA, Khaleel Al Jabir, awarded the champions' trophies to the winners during the season's closing ceremony on May 1. Association officials along with members of all clubs involved attended the season-ending festivities and pledged to return stronger next October for the 2019-2020 water polo Youth and Junior National Leagues.

We'll always have Doha

With so many top-tier international aquatic events taking place in Doha on an annual basis, Qatar's capital city is gradually becoming one of the most attractive swimming destinations in the world.

Since 2006, Qatar has been tested and successfully responded to a number of global and regional "challenges" in swimming, diving and open water, by delivering high-class services for teams, officials and media.

Our guests' comments have helped to create a positive image of Qatar worldwide and have promoted QSA as ideal hosts.

The following selected quotes come from athletes who have experienced a major event in Doha and enjoyed the warm Qatari hospitality.

"I love the atmosphere in Doha and the support for me here is amazing."

Katinka Hosszú - Olympic Champion



"Doha is a second home for me."

Chad Le Clos - Olympic Champion

"It's always great to be in Doha and I am enjoying the contest."

Sarah Sjöström - Olympic Champion



"Doha is one of my favourite venues and I love to compete here."

Alia Atkinson - World Champion



"Doha is beautiful, I liked the race."

David Aubry - European Championships bronze medallist



"The organisation was amazing, and the course fantastic. I would like to come back to Doha."

Kareena Lee - World Cup silver medallist

"It was my first time in Doha and I would like to come back here."

Florian Wellbrock - European Champion



FINA Swimming World Cup

Records tumble in Doha

For the seventh successive year, Doha played host to the second stop of the prestigious FINA Swimming World Cup series, one of the most highly anticipated sporting events in Qatar. Five World Cup records were broken by a star-studded field after three days of enthralling action in Hamad Aquatic Centre.

The 2018 edition of the FINA Swimming World Cup in Doha set new records in terms of participation with more than 320 swimmers from 44 countries competing. Olympic and World champions gathered in Qatar to compete in 34 contested events that sent the capacity crowd into raptures.

Olympic champion Sarah Sjöström from Sweden broke two World Cup records in the 50m and 100m butterfly in times of 25.22 and 56.46 seconds respectively, and also snatched three more victories in the 50m, 100m and 200m freestyle to top the ladies' ranks, gathering 60 World Cup points. Katinka Hosszú emerged victorious in seven events (400m and 800m free, 100m and 200m back, 200m fly, 200m and 400m medley) and bagged 12 medals overall, but her Doha World Cup point-tally was six shy of Sjöström's total.

Launched in 1988, the FINA Swimming World Cup gathers world-class swimmers in a series of meets and distributes total prize money of \$2.5 million. Since 2012, Doha has annually staged one of the series' meetings.

In the men's competition, Blake Pieroni of the US touched first in the 100m freestyle in a World Cup record time of 48.11 seconds, forcing Russia's 50m freestyle winner Vladimir Morozov to his sole World Cup defeat of the season. The American additionally won the 200m and 400m freestyle to complete a trio of victories.

Ukraine's two-time European champion Andriy Govorov set a new World Cup best with his 22.82 time in the 50m butterfly, as did Dávid Verrasztó of Hungary who was the first to the wall in 4:13.44 in the 400m medley. Nevertheless, it was USA's prolific rising star Michael Andrew who got the better out of his opponents, winning the 100m butterfly and the 50m backstroke for a total sum of 45 World Cup points.

Other multiple individual winners were Australian Mitch Larkin (100m and 200m back, 200m medley), Brazil's Felipe Lima (50m and 100m breast) and Russian breaststroke queen Yuliya Efimova, who won in each of the disciplines of her specialty.

Yacob Al-Khulaifi excelled for the hosts, finishing seventh in the 100m butterfly in 57.18 seconds, a time equivalent to 661 FINA points, while Mohamed Mahmoud enjoyed the higher ranking finish of fifth in the 400m individual medley with a time of 5:04.08.

DATE OF THE EVENT
13-15 September 2018
Hamad Aquatic Centre



FINA / CNSG Marathon Swim World Series

Wellbrock and Cunha open season on a high note

Open water elite athletes made waves despite windy conditions at FINA's nine-stage Marathon Swim World Series 2019 inaugural leg in Doha.

With water temperature at 20°C and air temperature reaching 23°C, conditions in the opening race of the FINA Marathon Swim World Series 2019 in Doha seemed ideal for the 52 women and 84 men who competed in two separate races over four laps of 2.5kms.

Choppy waters and the fact that the event worked as the 18th FINA World Championships trials for many of the 23 competing nations made the race challenging for all contestants, but also more exciting for the spectators who looked on from the scenic Corniche, the city's waterfront promenade with Doha's skyline forming a stunning backdrop.

Despite the presence of Olympic champion and 2018 winner Sharon Van Rouwendaal from the Netherlands, it was Brazil's Ana Marcela Cunha, the Series defending champion, who touched home first with a superb finish ahead of Australian newcomer Kareena Lee and Italian Olympic silver medallist Rachel Bruni.



DATE OF THE EVENT

16 February 2019

"For our local Qatari swimmers, although they are still relatively young, to be competing against world class athletes was a great experience. We are expecting a lot in the future."

**QSA President
Khaleel Al Jabir**

In the men's race, a large field of 82 swimmers made an impact to the pace forcing the big guns to attack early. German Florian Wellbrock, 21, although inexperienced with waves, used his long arms and stroke rate to lead for most of the race, while in the final straight he managed to overhaul Hungary's Kristof Rasovsky to cross the finish line first. Jordan Wilimovsky, from the USA, rounded off the podium. Each winner was rewarded with \$3,500 in prize money.

Qatar was represented by youngsters Abdelrahman Mohamed and Ahmad Samara.

FINA officials were delighted with the final outcome. Technical Delegate John West stated that he was very pleased with the level of organisation and added: "We would like to thank the Qatar Swimming Association for their support in this event".

ROAD TO 2023

The home of the Championships

Aspire Dome

The place where several major international and local sport events have taken place, Aspire Dome, will be the centre stage for the FINA World Aquatics Championships 2023.

Never before in the history of the FINA World Championships has such an enormous venue like the Aspire Dome been utilised to cover the needs of three disciplines. Qatar promises to set new standards to the most prestigious aquatics competition by deploying the world's largest indoor sporting facility of its kind. With its current setup, the Dome contains an Olympic-size swimming pool and a diving area but for the needs of the FINA World Championships 2023, four more temporary pools for swimming, artistic swimming and water polo will be installed.

The existing indoor football pitch will be replaced by temporary pools for swimming and artistic swimming and also temporary stands will be installed all around. The water polo pools will replace the area currently occupied by two Multi Sports Halls.

The Main Press Centre and the International Broadcast Centre will be located within the Dome, thus providing the Media with fast and easy access to the Media workrooms.

The Dome was designed by French architect Roger Taillibert, and took just two years to construct.

20TH FINA WORLD CHAMPIONSHIPS DOHA 2023

WORLD MASTERS CHAMPIONSHIPS DOHA 2023

As part of Aspire Zone, a 250-hectare area established in 1995 to become a centre of excellence for sport, education and training, Aspire Dome plays an integral role in promoting aquatics in Qatar.

Opened in 2005, it covers an area of 120,000 square metres with a total seating capacity of 15,000 across 13 separate multi-indoor halls.

The facility adjoins Aspire Academy, recognised internationally as one of the finest specialised sporting academies in the world.

Various teams of all age groups and from several sports regularly use the facility as their training base.

ASPIRE DOME MULTI-INDOOR HALLS

- IAAF Accredited Indoor Track
- FIFA Approved Indoor Football Pitch
- Olympic 50m Swimming Pool and Diving Pool
- Volleyball Hall
- Table Tennis Hall
- Multi Sports Hall
- Multi Sports Hall
- Fencing / Gymnastics Hall
- Squash Courts
- Gymnasiums
- Sports Science Labs
- Sports Psychology Labs
- Offices

NEARBY FACILITIES

ASPETAR

Situated within Aspire Zone, Aspetar, the first specialised Orthopaedic and Sports Medicine Hospital in the Gulf region, provides the highest possible medical treatment for sports-related injuries in a state-of-the-art facility, staffed by some of the world's leading sports medicine practitioners and researchers. Aspetar provides a full service offering from injury prevention to injury management and performance improvement.

The hospital combines best-practices with the latest technology to guide athletes from diagnosis through rehabilitation and recovery.

ANTI-DOPING LAB

Anti-Doping Lab Qatar (ADLQ) is the first specialised laboratory of its kind in the Middle East. The state-of-the-art facility provides anti-doping testing for athletes across the Gulf region as well as West Asia.

Supported by a team of highly qualified scientists, ADLQ has achieved the World Anti-Doping Agency (WADA) accreditation for blood analysis in support of the Athlete Biological Passport, joining an elite group of only 31 labs that have won WADA's endorsement.

FINA WORLD AQUATICS CHAMPIONSHIPS 2019



Aquatics in the Fountain of Light

Swimming was part of the competition schedule at the 1896 Games of the I Olympiad in Athens, Greece, and FINA, the world's governing body, was founded in 1908, however the idea to organise a World Championships didn't come to life until 1973.

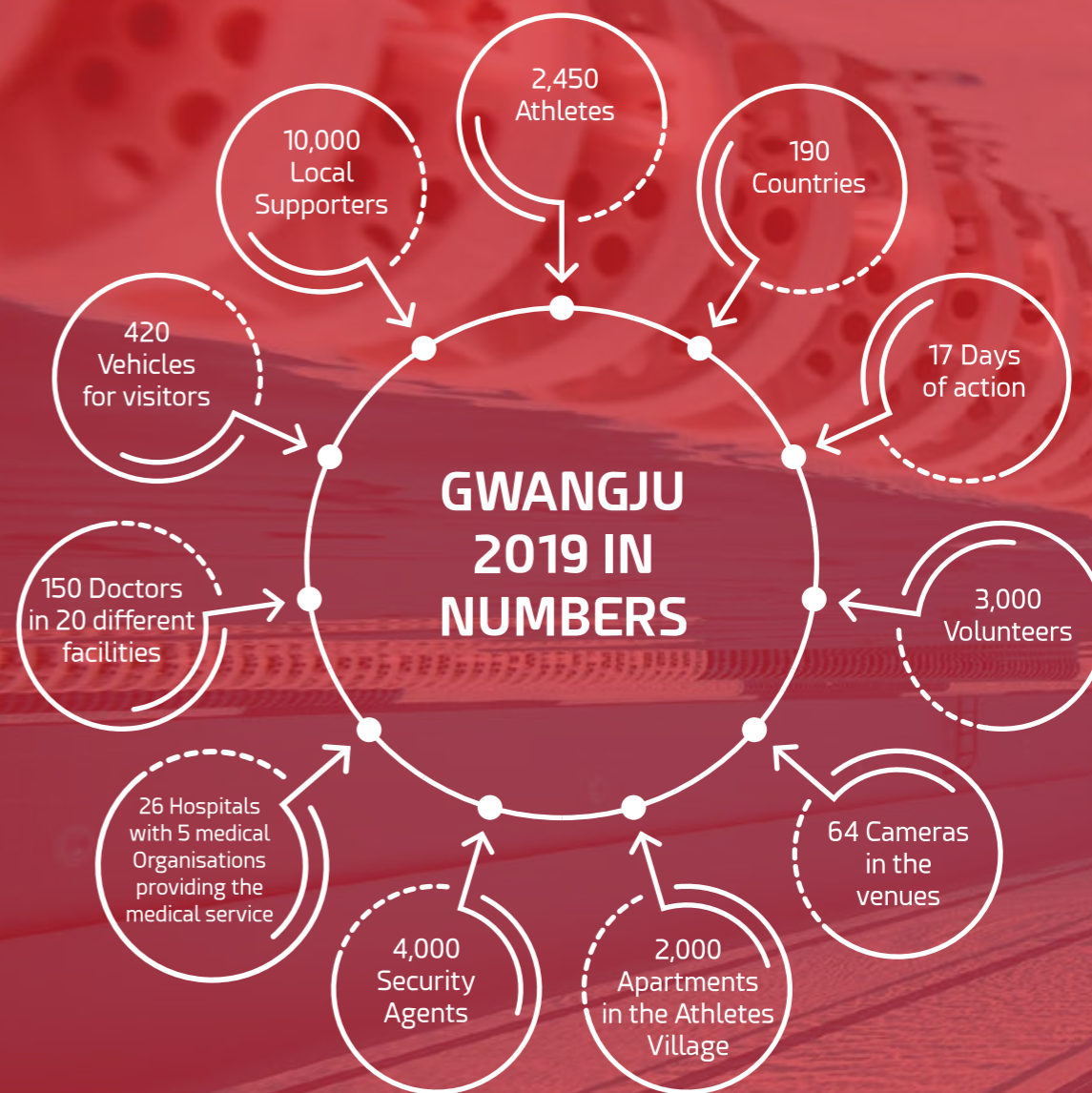
Belgrade, the then capital of Yugoslavia and nowadays of Serbia, was chosen by FINA to host the first ever global competition for swimming, diving, artistic swimming and water polo in 1973. Open water swimming was added much later in 1991 and high diving in 2013.

Almost 46 years have come to pass since the inauguration of the FINA World Championships and with less than a month to go until the 18th edition of the crown jewel of global aquatics commences in the South Korean city of Gwangju, preparations are in full swing.

The countdown to Day 1 in Gwangju, or the "Fountain of Light" as the Championships' motto dictates, marks the third time that Asia is hosting FINA's premier competition. Organisers promised the festivities surrounding the event will be plentiful, starting with the Opening Ceremony on July 12th. The Koreans chose to put water, light and heung - excitement in Korean - at the heart of all the celebrations.

Most of the competitions will be held at the Main Aquatics Centre, built for the 2015 Summer Universiade. USA, who have topped the medals table on 13 previous occasions, will be looking to extend their record sum of 253 gold medals out of 576 podium finishes, while China and Russia are expected to be their main rivals.

Swimming legend Michael Phelps from the USA holds the record for the most medals won (33), while he is also the No. 1 athlete in the all-time gold-medal ranking table with 26 victories. Artistic swimming great Natalia Ishchenko from Russia is the most decorated female athlete with 19 gold medals - 21 in total. In all, 44 countries have won at least one gold medal and 60 have celebrated a medal of any colour.



FINA WORLD AQUATICS CHAMPIONSHIPS 2019



Meet The Athletes



From Barcelona to Budapest

Qatar joined the international aquatics community in 1993 with the formation of the Qatar Swimming Association (QSA) and seven years later, in Sydney, Wael Saeed became the nation's first Olympian. QSA's debut at the FINA World Championships followed three years later.

In 2003, 14-year-old schoolboy Anas Samir Abu Youssef entered the 400m freestyle competition in Barcelona, for what was QSA's World Championships debut. A year later at the Athens 2004 Olympics, Abu Youssef became, and still remains, Qatar's youngest ever Olympian.

In 2007 in Melbourne, QSA sent a larger team consisting of three swimmers: Abu Youssef, Ahmed Salamoun and Osama Al Araj.

Qatar missed the 2009 Rome Championships but rejoined in 2011 in Shanghai, with 17-year-old Ahmed Atari participating in the 50m backstroke and the 400m individual medley.

Omar Heshar Omar and Noah Al-Khulaifi represented the Association in 2013 when the competition returned to Barcelona, while the 2015 Championships in Kazan proved to be a milestone event for QSA with Qatar's first ever female Olympian, Nada Arkaji, also becoming the first female swimmer to represent the nation at FINA's flagship competition. Besides Arkaji, Kazan also saw the participation of brothers Yacob Abdulaziz and Noah Al-Khulaifi.

At the most recent competition, in Budapest's Danube Arena in July 2017, Yacob Abdulaziz Al-Khulaifi achieved the best-to-date mark by a Qatari swimmer, clocking 1:58.32 in the 200m freestyle, a 640 FINA point-worthy performance. Moreover, Abdalla Mohamed Abou Ghazala became the ninth athlete in the history of QSA to enter a World Aquatics Championships.



Yacob Abdulaziz Al-Khulaifi

DOB: 25 May, 2001

Discipline: Swimming

National Records:

200m free – 1:55.85

100m fly – 56.94

200m fly – 2:11.71

4 X 100m free – 3:44.36

4 X 200m free – 8:22.53

Major Events:

World Championships 2015, 2017

Youth Olympic Games 2018 (was Qatar's flagbearer)

World Championships (25m) 2014, 2018

Asian Games 2018

Started swimming: At age 6

Sports Idols: Michael Phelps, Chad Le Clos

Siblings: Noah (20), Yousef (14), both national team swimmers

Goal: To reach the 2020 Olympics in Tokyo

Meet The Athletes



Firas Saidi

DOB: 14 April, 2002

Discipline: Swimming

National Records:

100m free – 52.14

4 X 100m free – 3:44.36

4 X 200m free – 8:22.53

Major Events:

World Championships (25m) 2018

Asian Games 2018

Sports Idols: Anthony Ervin

Goal: To reach the 2020 Olympics in Tokyo and to medal at Paris 2024

QATARIS AT FINA WORLD CHAMPIONSHIPS AND WORLD MASTERS

17th FINA World Championships and World Masters, Budapest, HUNGARY 2017

ATHLETE	Event	Rank	Time
Abdalla Mohamed Abou Ghazala (b. 2000)	400m Free	51 (52)	4:20.64
	100m Free	88 (113)	55.67
Yacob Abdulaziz Al-Khulaifi (b. 2001)	200m Free	66 (73)	1:58.32
	100m Fly	66 (72)	58.42

16th FINA World Championships and World Masters, Kazan, RUSSIA 2015

ATHLETE	Event	Rank	Time
Nada Arkaji (b.1994)	100m Fly	69 (69)	1:17.30
	200m Free	63 (63)	2:30.40
Yacob Abdulaziz Al-Khulaifi (b. 2001)	200m Free	77 (80)	2:04.38
	50m Fly	63 (80)	28.31
Noah Al-Khulaifi (b. 1999)	100m Back	64 (68)	1:05.36
	200m Fly	40 (40)	2:26.71

15th FINA World Championships and World Masters, Barcelona, SPAIN 2013

ATHLETE	Event	Rank	Time
Omar Hesham Omar (b. 1998)	50m Fly	67 (78)	27.10
Noah Al-Khulaifi (b. 1999)	200m Free	65 (69)	2:06.62

14th FINA World Championships and World Masters, Shanghai, CHINA 2011

ATHLETE	Event	Rank	Time
Ahmed Atari (b. 1994)	50m Fly	34 (39)	32.37
	400m Medley	34 (34)	5:16.80

12th FINA World Championships and World Masters, Melbourne, AUSTRALIA 2007

ATHLETE	Event	Rank	Time
Anas Samir Abu Youssef (b. 1989)	200m Free	91 (117)	2:01.40
	400m Free	65 (76)	4:20.48
Ahmed Salamoun (b. 1991)	100m Back	76 (90)	1:05.77
	50m Fly	106 (149)	27.50
Osama Al Araj (b. 1991)	100m Breast	94 (117)	1:11.73

10th FINA World Championships and World Masters, Barcelona, SPAIN 2013.

ATHLETE	Event	Rank	Time
Anas Samir Abu Youssef (b. 1989)	400m Free	55 (60)	4:26.27

FINA WORLD CHAMPIONSHIPS 2019



Katinka Hosszú

When the going gets tough, Katinka Hosszú gets going. Widely known as the "Iron Lady", a justified nickname that has become her trademark, the Hungarian swimming phenom has risen to the occasion time and time again and has often overcome disappointment and failure with determination and persistence.

Katinka Hosszú was named "Female Swimmer of the Year 2018" by FINA for a record fourth time in the last five years and is eager to win more titles at the upcoming FINA World Championships 2019 in Gwangju. Nevertheless, the Pécs native's swimming career as well as her personal life have not always been a smooth journey.

She was advised to quit competitive swimming after three unsuccessful Olympic campaigns, but she went on to snatch three gold medals at Rio 2016. At the World Championships, although she had only one world title under her belt until 2011, she won six more between 2013 and 2017.

Not long ago, Hosszú, 30, announced her intention to remain active until 2024, meaning she will still be in contention for the 2023 FINA World Championships in Doha, a city that brings back good memories for her, since she has won 72 medals, 43 World Cup events and 4 World titles!

Hosszú is not only a versatile swimmer but has made a number of out-of-pool splashes as well. Going through some of her past quotes, one soon realises that she doesn't mince her words:

1

Swimming

"Water, swimming, competing and sports mean the essence of life for me."

2

Performance

"When I hit the finish line, I want to feel that I did my best. I do not want to compare myself to myself."

3

Winning

"I do not count my medals myself; I leave this to the press"

"Many people say that I give them strength and motivation for sport and everyday life. I am happy that I can give something to the people."

4

Future

"It would be great if I could break my personal records at the 2019 World Championships."

FINA WORLD AQUATICS CHAMPIONSHIPS 2019

Chad le Clos

Defeating his childhood hero didn't put an end to Chad le Clos' fairytale, it was the stepping stone to a glorious career which has taken the 27-year-old South African to the top of the swimming world.

Chad le Clos officially introduced himself when he famously beat Michael Phelps in the 200m butterfly final at the London 2012 Olympic Games. His rivalry with the most decorated athlete in Olympic history continued to hit the headlines worldwide and finally ended with Phelps avenging him for the title in the same event four years later in Rio.

In the post-Rio era, with Phelps no longer around, Le Clos stayed motivated and even appointed a new head coach, the Italian, Andrea "The Boss" di Nino, in the pursuit of more glory. It didn't take him long to bear fruits from this new partnership. In 2017 he regained the 200m fly world title and retook the world reins in 2018, when FINA named him "World Athlete of the

Year" - duplicating his 2014 campaign which produced four world titles in Doha at the FINA World Swimming Championships (25m).

The South African never stops setting new goals and is looking to enrich his trophy collection in Gwangju at the FINA World Championships. His future goals include the 2024 Olympics in Paris, with the 2023 World Championships in Doha also part of his plans.

Le Clos joined a club aged eight and started swimming competitively at 10. Recently he launched his own Chad Le Clos Academy and happily shares his advice with youngsters, coaches and parents.



"You have to enjoy the sport you pursue."

"You must have the mindset that you can achieve your goals otherwise you won't succeed."

"It is important to show respect and humbly accept defeat."

"Due to the fact that swimming is not an impact sport, over-training can take place and the fun element can be forgotten."

"Parents, do not pressure your children into anything. Always support them if they are not succeeding"





QSA Calendar 2019-2020

The upcoming FINA World Championships in Gwangju will signal the end of yet another busy year for aquatic sports. Qatar Swimming Association has already made arrangements for the 2019-20 season with plenty of activities and events for the year ahead. FINA's annual Swimming World Cup leg in Doha is

scheduled for November 7-9 and will once again be the season's highlight. Open water swimmers will be in the spotlight next February with the FINA Marathon Swim World Series taking place at the magnificent Corniche for a third successive year.

SWIMMING

DATE	CHAMPIONSHIP	VENUE
November 7-9	FINA Swimming World Cup	Hamad Aquatic Centre
November 23	Federation Swim Trophy (25m)	Hamad Aquatic Centre
November 29-30	H2O Autumn Cup (25m)	Hamad Aquatic Centre
January 18	Qatar Swimming Trophy (25m)	Hamad Aquatic Centre
February 22	Federation Swim Trophy (25m)	Hamad Aquatic Centre
March 14	H2O Spring Cup	Hamad Aquatic Centre
April 18	Qatar Swimming Cup	Hamad Aquatic Centre

OPEN WATER SWIMMING

DATE	CHAMPIONSHIP	VENUE
February 14	FINA Marathon Swim World Series	Doha Corniche

WATER POLO

DATE	CHAMPIONSHIP	VENUE
October 5	U14 League	Hamad Aquatic Centre
October 26	U18 League	Hamad Aquatic Centre
November 2	U14 League	Hamad Aquatic Centre
November 16	U14 League	Hamad Aquatic Centre
January 11	U14 League	Hamad Aquatic Centre
January 25	U18 League	Hamad Aquatic Centre
February 1	U14 League	Hamad Aquatic Centre
February 8	U18 League	Hamad Aquatic Centre
February 29	U14 League	Hamad Aquatic Centre
March 14	U18 League	Hamad Aquatic Centre
March 21	U14 League	Hamad Aquatic Centre
April 4	U18 League	Hamad Aquatic Centre
April 25	Water Polo League Final	Hamad Aquatic Centre

DIVING

DATE	CHAMPIONSHIP	VENUE
January 27-28	Qatar Diving Trophy	Hamad Aquatic Centre
March 30-31	Qatar Diving Cup	Hamad Aquatic Centre

OTHER

DATE	EVENT	VENUE
November 24	1st Swimming Gala	Hamad Aquatic Centre
January 19	2nd Swimming Gala	Hamad Aquatic Centre
February 23	3rd Swimming Gala	Hamad Aquatic Centre
April 19	4th Swimming Gala	Hamad Aquatic Centre

