

CALINA PANUVE

Calina Puva'e is a pioneer in Tongan swimming, learning the sport at 13 and, just three years later, becoming the first homegrown swimmer to compete on the world stage at the Oceania Championships, Youth Olympics, and World Championships. Her journey inspired a wave of young local athletes, showing that representation truly matters. Alongside her competitive career, she has dedicated herself to coaching and, in 2022, debuted as Tonga's Head Coach at the World Championships, later leading teams at the 2024 Paris Olympics. She is deeply committed to safeguarding, mentoring, and supporting athlete well-being, ensuring future generations have the resources she once lacked. With grit, passion, and empathy at her core, she continues to drive excellence in the water while empowering others to chase their potential.



Special Project: Tonga Swimming Safeguarding Policy

Establishing policy and education in safeguarding. Focusing on education about issues across governance, coaches and athletes.