

FREEDIVERS

www.freedivers.net

Subsidized Intensive Freedive Coaching geared towards the World Team Championships, OKINAWA 2010

5 day and 10 day training camps, and extended intensive coaching periods available on demand (month by month by arrangement).

The basic idea of the training camps is to address the most common problems confronting the competitive freediver, primarily equalization at depth. For this we use the well proven head down Variable Weight as well as 'empty lung' training to resolve these issues.

Variable Weights offers the possibility of effortless descents where the entire concentration can be devoted to the timing and technique of equalization.

'Empty lung' training can precisely pinpoint problems of equalization technique.

The pool offers the best environment for improving monofin technique and experimenting with advanced tactics for improving dynamic.

At the end of every day there will be a review of individual obstacles encountered during the day's session, discussed between the group and trainers.

- Personalized Individual Coaching on a one on one basis.
- No more than 4 people per group
- For prospective candidates for the World Team Championships, OKINAWA 2010
- For freedivers with AIDA *** Star, **** Star, and above, competency
- For current members of AIDA Internationals – (AIDA USA, CAFA, BFA, AIDA Mexico etc.)

December 2009 – March 2010, and May – July 2010

DEEP WATER Sea of Cortez - El Coyote Desert Camp, Baja California Sur, Mexico.

OLYMPIC POOL - Almost exclusive use of the 50m pool for freedive training over the course days. La Paz, B.C.S., Mexico.

March 2010 – April 2010

DEEP WATER – Xibalba Cenote Azul (72m), Bacalar, QuintanaRoo, Mexico

POOL facilities – Bacalar and Chetumal

DEEP WATER TRAINING OBJECTIVES

- Emphasis on equalisation at depth
- Improved ‘lock-up’ for check fill and refining technique
- Focus on Empty Lung descents
- Variable Weights to train advanced mouth-fill techniques

POOL OBJECTIVES

- Improvement of monofin style
- Dynamic technique, refining and tuning
- Exercises to increase breath-hold and lactic acid tolerance
- Static Apnea

‘DRY’ TRAINING

- Pranayama (Yogic breath control exercises), and Meditation
- Yoga postures specific for Freediving
- Hill repeats

TRAINING COSTS

5-day Intensives: 2 pool-based days and 3 camp days (based on a 7 day trip).

\$670 US includes travel to and from the airport (la Paz), and desert camp, all coaching/ boat expenses/ pool fees/ basic foods for the 3 camp days.

9-day Intensives: 3 pool days and up to 6 camp days (based on a 10 day trip)

\$950 US includes travel to and from the airport (la Paz), and desert camp, all coaching/ boat expenses/ pool fees/ basic foods for the 6 camp days (2 outings).

ACCOMMODATION

For the La Paz location we are offering a limited number of self-catering units at a very cheap price, on a first come first served basis, (with a deposit paid on booking).

Accommodation in Bacalar could be in a shared house and the price would be dependent on the number of people sharing.

SPORTS MASSAGE THERAPY

Maria-Teresa is a qualified Sports massage therapist and sessions can be arranged throughout the training period at a subsidized rate.

VIDEO

Videoring to monitor and analyze technique is available by prior arrangement.