



## **FREEDIVING STAGE EQUALIZATION TECHNIQUES AND DEEP TRAINING TECHNIQUES SHARM EL SHEIKH 29<sup>TH</sup> APRIL -3<sup>RD</sup> MAY 2013**

### **Objectives**

This Stage put together two keys applied to deep freediving: equalization techniques and training techniques. For many freedivers the improvement of the depth during the dive in constant weight is connected to the impossibility to equalize beyond some depths. This stage proposes theory and sea sessions to improve equalization abilities.

Working on specific skills freedivers will train through codified procedures and will eliminate many unknown factors of the descent. This condition allows the freedivers to improve greatly their level in-depth control. During the lessons the students will learn to know anatomical structures interested in the equalization techniques learning therefore to control them better. In the same time they will learn how to manage training session in depth and how to organize, how to plan, record and analyze all data. All the theoretical informations will be then applied to the sea sessions helping to do more experience optimizing the learning process.

### **Dates and duration:**

The Stage will be in Sharm el Sheikh – from 29<sup>th</sup> APRIL to 3<sup>RD</sup> MAY 2013 – During the Blue Week

### **Instructor**

Federico Mana, Italian champion in all deep disciplines and author of the books "Breathing Techniques for Freediving" and "Equalization techniques for Freediving"

### **Arguments Index:**

- Identikit for Constant Weight
- How to organize and record Training schedules
- Analysis and Test Runs in Constant Weight
- Analysis and ideas on free fall techniques
- Resting Time during Constant Weight
- Physical recovery during Constant Weight Training
- Relaxation during Constant Weight Dives
- Specific Stretching for deep Disciplines
- Swimming Schedules for Physical recovery
- Equalization techniques for deep Disciplines
- Sequential Frenzel equalization
- How to learn Mouth Fill equalization
- How to learn Hands Free equalization
- NEW OTOVENT PROTOCOL for evolved equalization techniques



### **Lessons Timetables (from monday to friday)**

|                      |  |
|----------------------|--|
| <b>08.30 – 09.30</b> | Theory or Physical Exercises                           |
| <b>10.00 – 11.30</b> | Sea Session 1  |
| <b>12.00 – 13.00</b> | Decontraction Exercises + Training Record              |
| <b>13.00 – 14.30</b> | Break  |
| <b>14.30 – 15.30</b> | Theory   |
| <b>16.00 – 17.30</b> | Sea Session 1  |
| <b>18.00 – 19.00</b> | Decontraction Exercises + Training Record + Debriefing |

### **Tuesday and Thursday Evening**

|                      |                  |
|----------------------|------------------|
| <b>21.00 - 22.30</b> | Panel discussion |
|----------------------|------------------|

### **Equipment**

To attend the stage all student need the freediving equipment: wetsuit, snorkel, mask, weights, noseclip and fins or monofin. For this stage students **MUST** have **depth gauge**.

For the theory lessons students need comfortable clothes (long pants, T-shirt and plush) and matt and/or a towel.

### **Requirement for the registration to the course:**

- To be 16 years hold to the act of the registration to the stage
- To have medical certification for freedive and underwater activities
- To be able to dive to 15 meter depth in a comfortable way
- The stage is open to all the levels of free divers. Every students have to show the medical certification (to show original and to deliver a copy of his level certification and the medical certification correspondent to that demanded in his Didactics)
- To complete and sign registration form to the Stage

### **Costs**

The cost of the stage is 470 € each student

The cost includes:

- Participation to the stage
- Access to training area
- Rental Ballast
- Students registration KIT
- Insurance

The cost does not include everything not cited in the previous item