

LIMITING LIMITS



By: Rany Nashed

AIDA (International Association for the Development of Apnea) will be holding the 6th Freediving Team World Championship in Sharm El Sheikh – The City of Peace, under the patronage of H.E. General Mohamed Metwaly South Sinai Governor, from the 1st to the 12th of September.

This year over 100 athletes from nineteen national teams from Egypt, Italy, Russia, Sweden, Denmark, Brazil, Finland, France, Japan, New Zealand, Serbia, USA, UK, Canada, Switzerland, Greece, Slovakia, Germany, and the Czech Republic, will compete at the Sharm Club Village and the Sharm Sporting Club for

breathing; static apnea is the only discipline that measures the duration. DYN is also a pool discipline where the athlete covers the distance of a 25 m pool back and forth as many times as possible, limited only by their ability to hold their breath.

Freediving was introduced in Sharm El Sheikh for the first time in 2004 then in 2005, for the 1st and 2nd City of Peace Trophy held at the Coral Bay hotel. The competitions were organized by Apnea Academy Red Sea Egypt, an associate of the Apnea Academy International School for Instruction and Research of Freediving, in collaboration with the

Sheikh to an international destination for hyperbaric research center, and competitive freedivers, with the likes of New Zealand's William Trubridge, current world record holder in Free Immersion 108 m & Constant Weight without Fins 86 m, and Venezuela's Carlos Coste, current world record holder in Variable Weights 140 m, to attempt world records in our mystifying waters. It has also been with great privilege that AIDA's 4th Individual World Championship was also held at the Sharm Club Village, one of EVC group's resorts in November 2007. EVC has been the main sponsor of the previous and the current world championship as well as



the title of best freediving nation. Freediving dates to the dawn of man, when his first desire to conquer the ocean was for food and pearl gathering. Today it's a world renowned sport that is growing rapidly as AIDA assists new countries in creating new national associations. Although AIDA's birth was as recent as the year 1992, world records have been sky rocketing ever since.

The athletes will challenge in three out of the six AIDA recognized competition disciplines which are: Constant Weight with Fins (CWT) contending at the Sharm Club Village on the 3rd and 4th of September, Static (STA), and Dynamic with Fins (DYN) taking the venue to the Sharm Sporting Club on the 7th for the STA, 10th and 11th of September for the DYN.

CWT is a depth discipline where the diver descends into the deep on a single breath, and resurfaces after he attains a tag from the bottom plate, which is lured by a rope to the announced depth that the diver decides on before attempting the dive. STA is a pool discipline where the athlete immerse the respiratory tracts into the water and remains motionless to conserve as much energy as possible to attain the maximum time without

National Council of Research (CNR) Pisa, Italy.

Apnea Academy was founded in 1995 by the Italian freediving legend, Umberto Pelizzari who broke 17 world records in all AIDA's eight disciplines from the period of 1990 to 2000. He decided to retire from the competition scene when he was at his climax and to dedicate his time to globalizing the sport and introducing a new approach of performing apnea; an interpretation founded more on relaxation and respiration rather than on the forcing of apnea, but also includes physical preparation. Pelizzari now conducts instructor and stage courses twice a year; the last was in May 2008 at the Sharm Club Village.

It is with the efforts of Mr. Fabio Brucini, General Manager of the Freestyle Company for Water Sports that Apnea Academy Red Sea Egypt is the first freediving center in South Sinai and the representative agency promoting and developing freediving courses, activities and competitions in the Red Sea; under the authority of the Chamber of Diving and Water Sports (CDWS).

Brucini's collaboration with the Egyptian Vacation Club (EVC), Chaired by Mr. Anwar Helal has transformed Sharm El



sponsoring the Egyptian national team in aspiration of harnessing our local talents as well.

"Freediving is about silence...the silence that comes from within..."

Jacques Mayol

"The scuba diver dives to look around. The freediver dives to look inside."

"When you go deep, everything changes inside of you, and you are transported to another world."

Umberto Pelizzari

"The Red Sea is a Corridor of Marvels."

Jacques-Yves Cousteau