

Freediving Pool Competition Coaching

1. Format of the day. Listen to briefings. Find a coach. Write down your top times AND things you need to do beforehand. Familiarise yourself with the pool area.

2. Preparation. Consider coping mechanisms for nerves. Allow time to get into the zone, and how to get there. Be aware others need space too.

3. Objectives. Be conservative and realistic. Make some goals non-competitive (making new friends, laying foundations for future events etc.). Prioritise clean performances above maximizing points. Don't listen to your ego or hypoxic consciousness !

4. Contingency plan. If an issue arises prior to, or during a performance, then stay calm and re-evaluate. Don't give in to destructive urges.

5. Worst Case. Make an official protest, if you think the outcome unjust. Learn from your mistakes. Busy yourself by offering to coach or help. Don't argue with organization or medics. Don't beat yourself up - focus on the next time.

6. Other Points:

- Be organized with your equipment so you know where everything is at all times.
- Don't be influenced to change your inscription by subtle suggestions of others.
- Remember your inscription distances / times are minimums, not maximums.
- Download the AIDA rules and read them

Glossary: AP - Announced Performance, RP - Realised Performance, DNS - Did Not Start, SP - Surface Protocol, BO - Black Out, DQ - Disqualified, STA - Static Apnea, DYN - Dynamic Apnea.

Scoring: Static Apnea - 0.2 point per second, or 1 point per 5 seconds, or 12 points per minute. Dynamic Apnea - 0.5 point per metre, or 1 point per 2 metres.