



# Lazy Seal Freediving Club

[www.lazyseal.co.nz](http://www.lazyseal.co.nz)

## information for new members

### What is freediving?

Freediving is an in-water breath-holding sport. There are a number of different disciplines that challenge the freediver based on time, distance or depth:

The pool events are statics and dynamics. *Statics* involve the freediver lying face down in the pool attempting to hold their breath for as long as possible. *Dynamics* is a distance event in which the diver swims as far as possible with or without fins.

There are also quite a few depth events held in open water. The main depth events are *constant weight*, which sees the freediver swim as deep as possible and back again on a single breath of air without altering their weighting. This can be done with or without fins. For *free immersion* the diver pulls down and up the guide rope with their hands. In *variable weight* the freediver may dump their weight at the bottom to make the swim up much easier.

Club members train for a variety of reasons including: improving confidence and bottom times for spearfishing and underwater photography, conserving air on scuba, general fitness, competitions and social aspects.

### When do you train?

The Lazy Seal Freediving Club trains on Tuesdays and Thursdays, 7pm to 8:30pm at Freyberg Pool, Wellington. Training sessions alternate between two dynamics sessions and one statics session. An email reminder is sent out at the start of each week.

### Can anyone come along?

New members are always welcome. We prefer that you come to a statics training session first if you have not been before. A beginner's freediving course is encouraged but not required.

### What costs are involved?

The Lazy Seal Freediving Club membership is \$80 for 6 months. Casual membership is \$5 per training session. Pool entry is extra: \$5. Boat charters and travel to Taupo for open water training is extra.

Gear is expensive to set up, but come along and borrow gear for a while before buying anything. Always try it out before buying. Let us know beforehand if you need to borrow anything and what size you are (fins & wetsuit).

Competition entry fees and travel is another consideration.

### What do I need?

Statics:	wetsuit, mask, snorkel, water bottle
Dynamics:	mask, snorkel, fins, water bottle (wetsuit & weights are optional)
Constant weight:	wetsuit, mask, snorkel, fins, weights

### What are your contact details?

<a href="mailto:kathryn@lazyseal.co.nz">kathryn@lazyseal.co.nz</a>	ph 027 294 8620 (Kathryn)	<a href="http://www.lazyseal.co.nz">www.lazyseal.co.nz</a>
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### Where can I find out more information?

For freediving rules, rankings etc:	<a href="http://www.aida-international.org">www.aida-international.org</a>
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International forums:	<a href="http://www.deeperblue.com">www.deeperblue.com</a>	<a href="http://www.freedivecentral.com">www.freedivecentral.com</a>
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General:	<a href="http://www.aidanz.co.nz">www.aidanz.co.nz</a>	<a href="http://www.nobubbles.co.nz">www.nobubbles.co.nz</a>
	<a href="http://www.splashgordon.co.nz">www.splashgordon.co.nz</a>	<a href="http://www.monofins.co.nz">www.monofins.co.nz</a>
	<a href="http://www.oceanhunter.co.nz">www.oceanhunter.co.nz</a>	

*Please note that there are various dangers involved with freediving. Never dive alone. We highly recommend that all divers new to the sport take part in a beginner's freediving course.*