

**William Trubridge**  
**Worldchampion & World Record holder presents the**  
**First Annual International Freediving competition**



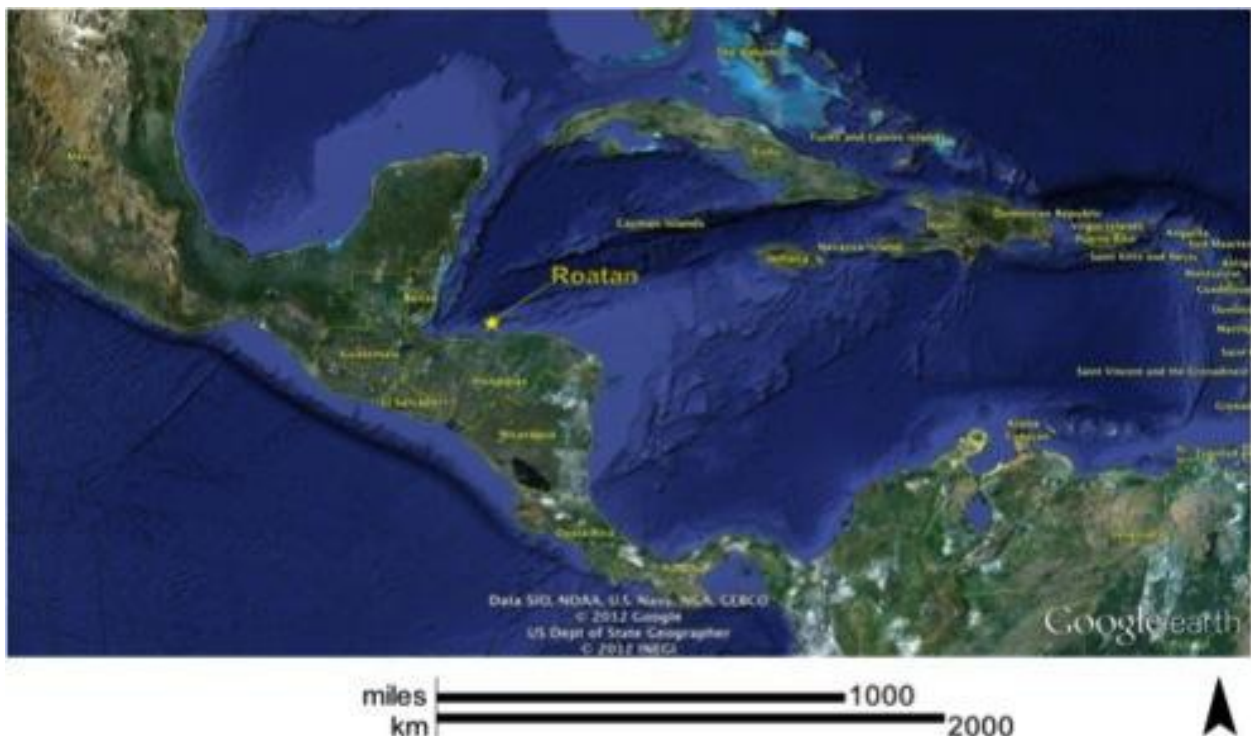
Photo: © Sergey Orlov





## Introduction

Located in the Caribbean Sea, the Honduran island of Roatan is surrounded by crystal clear waters that are calm and warm. It is part of the Mesoamerican Barrier Reef, the second largest reef system in the world, where you can find walls that drop off to hundreds of meters a few swim strokes away from white sand beaches.



Having been a popular dive destination since the 70's, Roatan has all necessary infrastructure in place for hosting this world-class event and to provide the necessary comfort and safety to all participants and staff. Once established, Roatan could easily become a permanent destination for professional training as well as novices practicing and learning the art of freediving.





West Bay is the beach where the event will take place. Competitors, judges and staff will be there hosted in exclusive resorts. The diving platform will be located 3 minutes by boat from our headquarters, the "San Simon Beach Club".



### **Freediving in the area**

There is a consolidated local group of freedivers that are practicing the sport on Roatan and Utila, the neighboring island. This group of active freedivers practices locally and has great potential to become an active working group that can promote and organize events and competitions in the near future.

As a group, we are very eager to meet other freedivers and coaches in order to increase membership. The wish to share the underwater beauty that



surrounds Honduran islands, sharing a passion for coral reef conservation, promoting sustainable use of resources, and enjoying the peace and tranquility that freedivers experience while underwater, are the primary goals of this group.



*Freediving courses are offered in Honduras by certified instructors.*

Since we began to look into the process of organizing an international competition in Roatan, we started seeking for advice and expertise from professional freedivers and their governing body: AIDA, in particular William Trubridge. Hosting the Caribbea Cup on the island would give us the opportunity to introduce Roatán, and all that it has to offer, as a freediving destination.

This organized group of freedivers wishes to take the challenge to the next level, as we are working towards applying to become an AIDA Observer Member (with the view of rising, in the near future, to full National Member status). This would give us the international backing to promote freediving with all its safety precautions in place, as well as the proper development of the sport in this country.

Freediving for fish is a traditional fishing practice still carried out by the artisanal fishermen, especially within the Garífuna community. This UNESCO



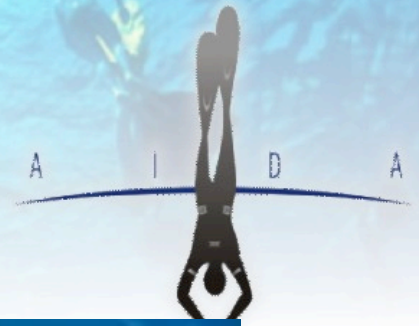


recognized ethnic group has lived on the sustainable use of their natural resources since they landed in Punta Gorda in 1797, so it would not be a surprise to discover “natural” champions within this islands.



*Local Garifuna “natural” freedivers, spearing for a conservation project that aims to reduce the amount of lionfish, an invasive species that threatens to alter reef ecology.*

Added to hosting an international event, which would promote Honduras worldwide, we want to emphasize the conservation activities already carried out in our country. We boast marine protected areas, healthy coral reefs, abundant fish life and local and international organizations that are working towards a sustainable future.



*The protected area Cordelia Banks is a 17km<sup>2</sup> coral reef site, perhaps the last place on earth where you may find substantial cover of the endangered species Staghorn Coral (*Acropora cervicornis*).*

## **A bit of background information**

William Trubridge discovered the passion of free diving in the Honduran island of Utila, a few kilometers West from Roatan. In his own words during an interview in March that was aired on Fox Sports: *"... it was on Utila that I discovered freediving"*.



*Banner in the entrance to West End set up to receive William Trubridge in February 2012.*





*Memorable highlights of William's performance in Roatan include the shark dive, the submarine dive and the dive at Cordelia Banks!*



Please watch the following video, which was created by **Passion Xtrema from Fox Sports**, for William's visit to Roatan:

<http://youtu.be/IF6SmWZYiB0> 7

In the following link you may also watch the "**Caribbean Cup**" video promo:

<http://www.youtube.com/watch?v=IF6SmWZYiB0>



## Prior events hosted in Roatan

Roatan has hosted large international events such as:



### Central American Golf Championship

- o Established in 1944
- o First held on Roatan in February 2012



### International Fishing Tournament

- o Bill Fish Foundation sanctioned 2010 as the first official "Catch and Release"
- o Held yearly since 1999

**Bay Islands Triathlon 2011**



### Bay Islands Triathlon

- o ITU Sanctioned event
- o Held yearly since 2003





## **National and Local Governmental Support**

The Honduran Ministry of Tourism, as well as the Municipality of Roatan, have both expressed their enthusiasm for this event to be hosted on our island. They will provide us with local police protection, medical assistance from the Red Cross, ease all permitting processes and host a banner announcing this event in their respective websites.

## **San Simon Beach Club: Our headquarters in West Bay**

This Beach Club has opened their doors and allowed us to use it as event headquarters. At this venue, we will host the following amenities:

- Registration area
- Office space/ internet
- Room for staff/helpers
- Judges Room
- Room for Award Ceremony
- Room for Event Committee
- Safe storage / lockers
- Showers and changing rooms
- Full bar and restaurant
- Lounge chairs and hammocks

To learn out more details of this please, visit their web site at:

[www.thebeachclubroatan.com](http://www.thebeachclubroatan.com)

Mean while, here are a few pictures:



San Simon Beach Club is located just 3 minutes in a boat drive to the dive platform.





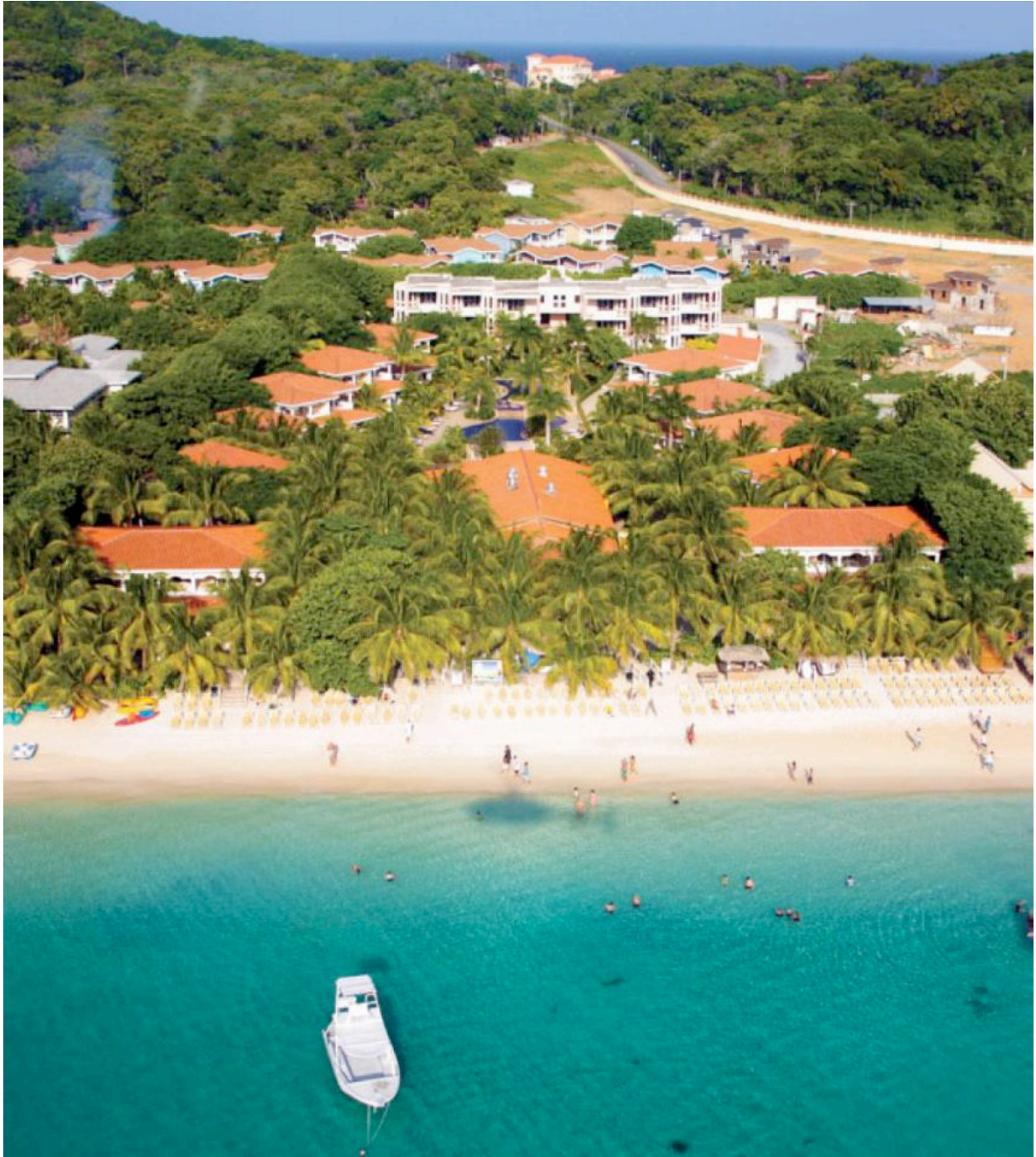
## Lodging and Meals

All competitors, judges and staff will be housed in **Mayan Princess Resort** as well as in **Infinity Bay Resort**, both in West Bay. As you may see in the picture above, they are located at close proximity from each other.

Please visit their web pages for more details: [www.mayanprincess.com](http://www.mayanprincess.com) & [www.infinityresort.com](http://www.infinityresort.com)

The Roatán Organizing Committee will cover accommodation expenses during competition days.





*Mayan Princess Resort*





*Infinity Bay resort*

## Weeks prior to the competition

The West Bay Association of the Hotel Owners in West Bay will provide rooms at special discounted rates for athletes during the weeks prior to the competition and whilst the event is taking place. Other alternative is to lodge in neighboring town of West End.

- **West Bay Beach:** West Bay has over 10 hotels and resorts of varying price range. Most are all-inclusive facilities.
- **West End Town:** West End Town is a mere 10 minutes away from West Bay by taxi boats, (running constantly till dark). This lively beach town has over 15 hotels and a wide variety of restaurants. Most hotels are not all-inclusive.

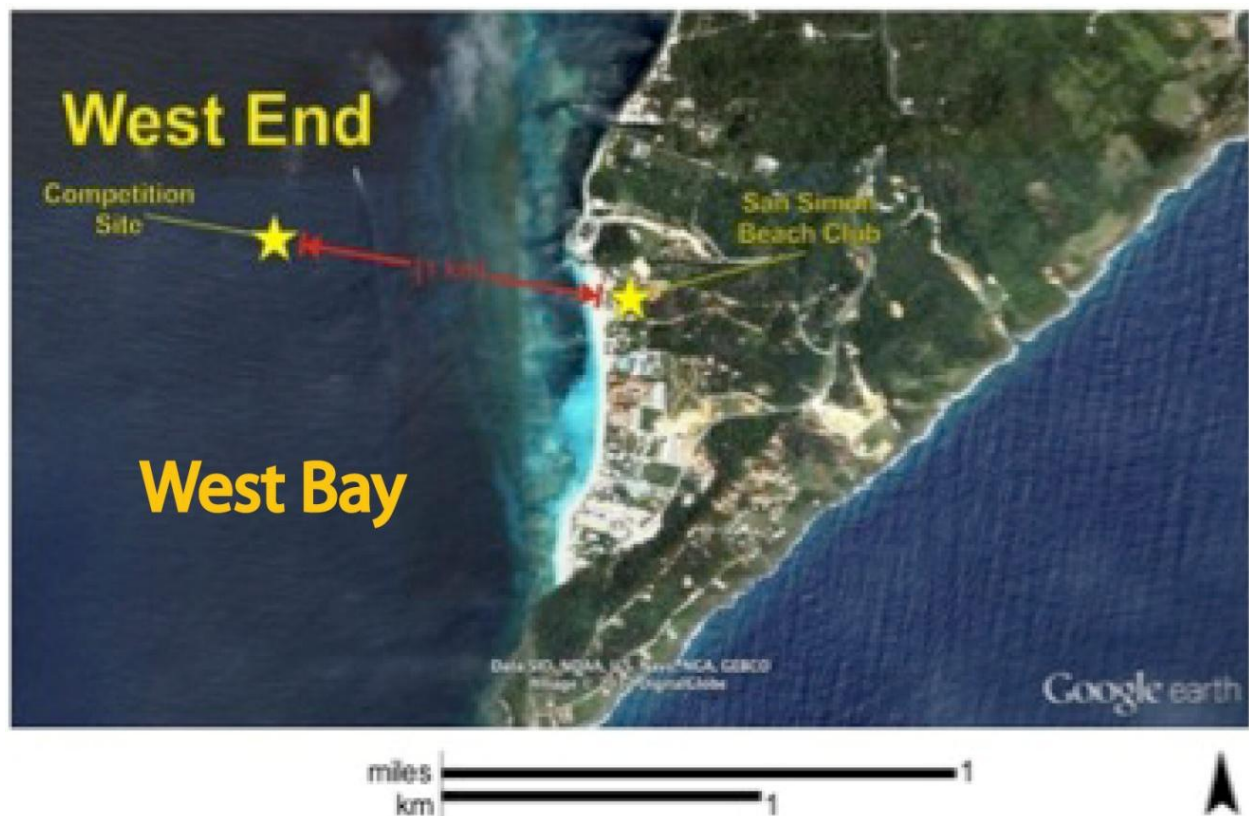


Most of the restaurants in West End will provide discounts to all the competitors during the training weeks and during the competition.

Rooms, hostels, apartments, cabañas, condos, hotels, posadas, are all available at low prices. **Feel free to contact us in order to find the best option for your budget.**

### **Dive sites & Marine infraestructure**

The site proposed for the competition is 0.70 km (0.44 miles) from shore (N  $16^{\circ} 16' 577''$  - W  $86^{\circ} 36' 365''$ ). In front of West Bay Beach, where various hotels and resorts can be found, as well as San Simon Beach Club, which will be used as the competition Head Quarters, see map below.







With help from the local protected area manager, the Roatán Marine Park (NGO), a mooring will be installed on a large sand patch, at a depth between 137-146 meters (450-480 feet). This mooring will then anchor the competition platform and the main event catamaran, see photo below.



*"Julito" catamaran belonging to Anthony's Key Resort, to be used as main event floating platform (50 feet long, 15 feet wide, with radio and head on-board).*

- Two "transfer" boats (8 passengers each) will be available at all times to ferry competitors, judges and staff from shore to competition catamaran
- One "Official Line" with complete counter-ballast system and three "warm-up lines". will be installed .

### **Cameras and Filming**

All necessary cameras will be available to film event according to "Official Rules and Regulations".

Official photographer of the event will be Lia Barrett. You may check out her portfolio at [www.liabarrettphotography.com](http://www.liabarrettphotography.com)



## Safety

We will have a total of 5 safety divers at hand during competition days.

- 3 safety divers will monitor the competition line
- 1 safety diver to monitor the warm up lines
- 1 safety divers will be on stand-by/rest
  
- Ready on surface:
  - o 2 scuba divers
  - o 2 Tec divers

Emergency Response:

- Two on-board EMT's with complete first aid kit, automated defibrillator and emergency oxygen
- 1 ambulance on land (3 minute boat ride from dive platform) and 15 minutes from emergency clinic and hyperbaric chamber

The whole event will be covered by the Honduran Red Cross. Below is an Emergency Response / Evacuation Map:







### **Proposed Dates and Schedule:**

May 20	Official training, registration
May 21	Official training, registration
May 22	Official training, opening ceremony
<b>May 23</b>	<b>Day 1 competition</b>
<b>May 24</b>	<b>Day 2 competition</b>
<b>May 25</b>	<b>Day 3 competition</b>
May 26	Rest day
<b>May 27</b>	<b>Day 4 competition</b>
<b>May 28</b>	<b>Day 5 competition</b>
<b>May 29</b>	<b>Day 6 competition, closing ceremony</b>
May 30	check out & departure

### **Expected Weather Conditions in May 2013** (*weather & wind statistics: [www.windfinder.com](http://www.windfinder.com)*)

#### Air temperature:

- o Highs: 28-30 C
- o Lows: 25-28 C

#### Water temperature

- o Average: 26-28 C

#### Currents:

- o Null to moderate, will not exceed 1.5 knots

#### Visibility

- o 24-30 meters (80-120 feet)



## **Media Coverage**

The Ministry of Tourism, as they have been invited to participate and also promote this event through their own publicity channels. We are also approaching CANATURH (tourist chamber) in this respect. The following will receive complete media kits (photos, videos, press release):

### **Internacional TV:**

Fox Sports Latin America: "Pasion Xtrema" TV Show  
Fox Sports Latin America : "La Fabrica" TV Show  
(Aired in all Latin America, repeated at least 3 times)

### **National TV:**

Canal 3; Televiscentro; Maya TV

### **National Newspapers:**

El Heraldito; La Tribuna; Diario Tiempo; La Prensa; Diez (Todo deportes)

### **National Radio:**

Radio América; Radio HRN; Radio La Super K Karacoll 101.7 FM; Radio Sun 107.1 FM

### **Other media coverage:**

Vertical banners (airport lobby Roatán), all participating hotel lobbies. Over the road banners (West End, West Bay and Coxen Hole). Posters and Flyers (all over the island, including Utila, La Ceiba, San Pedro Sula, Tegucigalpa and Copan). Roatán Chat Groups/Web page/Facebook/Twitter Links.





### **Entrance Fee:**

The entrance fee is \$US 1,000

50% of the fee is to be paid between March 1<sup>st</sup> to 10<sup>th</sup> and 50% during the official registration.

There will be prizes and draws such as free accommodation during the weeks prior to the event and meals in restaurants for those who anticipate the second payment of 50% of the inscription.

NOTE: The competition will be officially confirmed by the pre registration of at least 20 competitors.

Registration includes:

- Right to participate in the 3 disciplines of competition (CWT, CNF, FIM).  
Right to use the lines of training in the weeks prior to competition.
- Hosting in Infinity Bay Resort or Mayan Princes Resort during the event.
- Entrance to the closing ceremony party.

If you're one of the first 20 registrants:

- Participation in two draws (excluding the second if you win the first) for a trip on the submarine Idabel (get motivated by visiting [www.stanleysubmarines.com](http://www.stanleysubmarines.com)).
- Official photographic material by Lia Barrett.

**For more information, please contact the competition organizer:**

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**By the way, Honduras means deep!**