

# OCEANMAN MAGAZINE

## OCEANMAN

### Travels

Swimming into paradise: your  
Phuket Guide

### Training Tips

Find your true north in open water

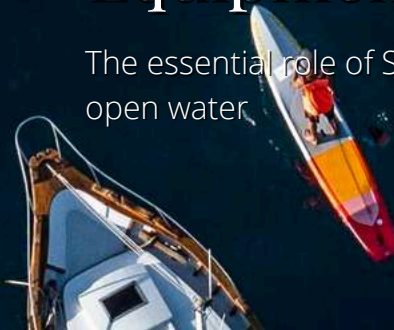
## OCEANMAN

### Stories

Swimming Beyond Limits: Maki's  
Journey through ULTRAOCEANMAN

### Equipment Insights

The essential role of Swim Buoys in  
open water



# Unleashing the passion for open water



## *Welcome to the third edition of OCEANMAN Magazine*

In this issue, we take you on a journey through some of the most exciting destinations for open water swimming, including a travel guide to Phuket, Thailand. You'll also find exclusive interview with Maki Kasai, roght after finishing the 25km of ULTRAOCEANMAN Palermo, as well as Aditya's inspiring story of overcoming the challenge of being a diabetic athlete.

We'll showcase fan stories from OCEANMAN El Gouna and provide expert tips by our coach Cristian Ciccioli on swimming techniques to help you improve. You can also explore the latest in swim gear, and get a glimpse into how OCEANMAN events boost the international appeal of Viet Nam through open water swimming. Dive in and enjoy the latest from the world of open water!

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Dive into these stories and let's continue to celebrate the incredible world of open water swimming together.



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# NEXT RACES

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**04/06 OCT**  
**OCEANMAN CURAÇAO**



**05/06 OCT**  
**OCEANMAN KOTA KINABALU  
SABAH, MALAYSIA**



**18/19 OCT**  
**OCEANMAN IBIZA,  
SPAIN**



**18/20 OCT**  
**OCEANMAN PANAMA**



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# *The Editorial*

## **LIVE EACH STROKE AS IF IT WERE THE LAST**

Dear OCEANMAN Friends,

In a world that moves faster every day, it seems we rarely find the chance to be alone with ourselves. Smartphones, computers, social media, and constant connectivity have stolen a bit of what we once cherished—time for ourselves. Those precious moments of solitude, whether waiting for someone or simply walking, seem to have vanished. Moments that were once essential for asking ourselves the right questions, reflecting on what truly matters, and assessing the state of our values.

If you ask me, one of the greatest things I've discovered in open water swimming is the gift of these moments back. When I swim, that time belongs to me—to my thoughts,



Fermin Egido, OCEANMAN CEO

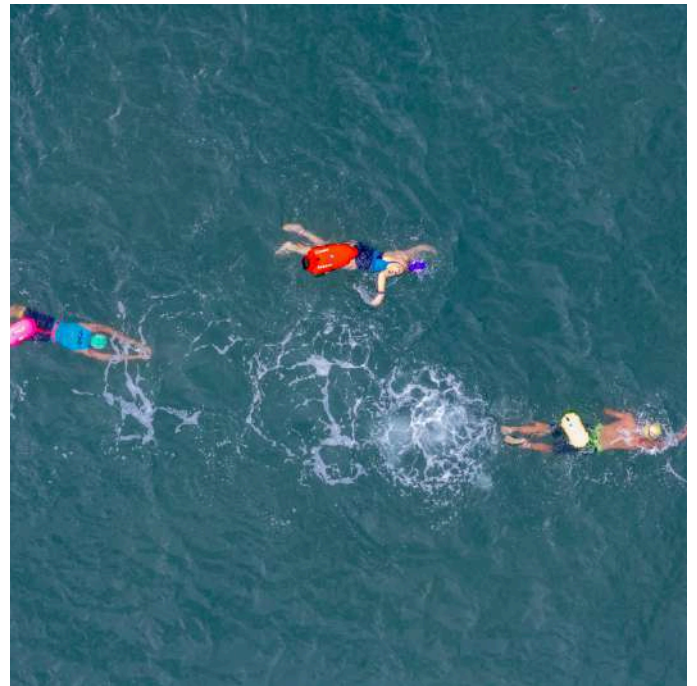
to introspection, to figuring out how I can do things better. There's a certain clarity that comes with being in the water, surrounded by nature, with no distractions. It is a space to breathe, to reconnect with the essence of life, with my body, and my mind.

For me, open water swimming is more than just a sport; it's a way of life. It's my constant reminder that every stroke matters, that every moment is an opportunity to reconnect with ourselves. Out there, in the vastness of the open water, time slows down. The noise of daily life fades, replaced by the sound of your breath, the rhythm of your strokes, and the calming presence of the water around you.

**“When I swim, that time belongs to me—to my thoughts, to introspection, to figuring out how I can do things better.”**

For those brief moments, the world becomes simpler, clearer. The open water offers more than just a physical challenge—it gives me the chance to rediscover what we often lose in the chaos of our daily lives. It reminds us to live fully in the present, to appreciate the beauty around us, and to recognize the power of each breath, each stroke.

This is my personal experience, but I've also learned so much by standing at the finish line of countless OCEANMAN races around the world. One of the things I love most is waiting for the swimmers at the finish and occasionally slipping into the recovery area to ask them how it all went. Some stories I keep to myself, others I share. And there's one story I love hearing over and over again, especially after long-distance races: people tell me that the time they spent swimming—three, four hours or more—made them reflect on life, make important decisions, or even rethink their entire approach to living.



We have a project called Ultra OCEANMAN, a race covering more than 21 kilometers, where swimmers often take six to nine hours to complete the course. This is where I hear it the most: "That swim changed my life." The battle, the dialogue with oneself, without distractions or external influences—just being there, alone with their thoughts for so long—revives them. Believe me, I've seen people enter the water one person, and by the time they emerge at the finish, it's as if they've been reborn. It's an indescribable experience.

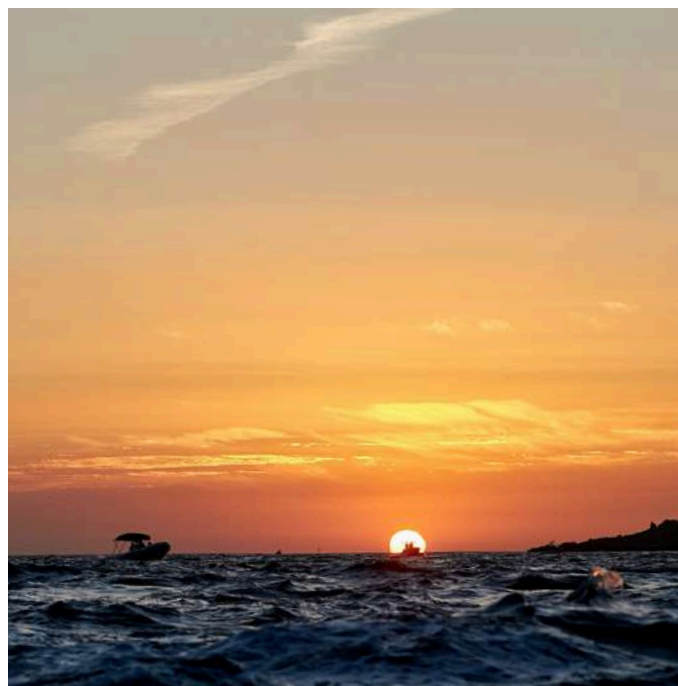
**Believe me, I've seen people enter the water one person, and by the time they emerge at the finish, it's as if they've been reborn.**

Each person measures their goals and distances in life differently—some need more time, others less. But no matter the distance, remember that every minute you invest in yourself, every stroke you take, will count. Love yourself and make the most of your moment.

So, I encourage you to dive in. Allow the water to wash away the distractions and noise. Embrace the stillness that open water swimming provides, find that quiet place within, and live each stroke as if it were the last. Because, just like in life, the journey is what truly matters.

With gratitude and affection,

**Fermin Egido**



OCEANMAN Community

# OCEANMAN EL GOUNA

This is what open water excellence  
looks like



Written by:  
**DENIS JOITA**

This past weekend, El Gouna played host to one of the most highly anticipated events on the OCEANMAN calendar, drawing participants from across the globe to the shores of Egypt's Red Sea. The stunning coastal town, with its turquoise waters and pristine sandy beaches, provided an ideal backdrop for the OCEANMAN race, delivering a weekend of exhilarating competition, personal triumphs, and unforgettable experiences.

The race kicked off early Saturday morning, with athletes gathering at Kafr El Gouna, eagerly anticipating the competition. Conditions couldn't have been better - calm seas and warm weather greeted swimmers, much to the relief of those who had been nervously checking forecasts all week. The energy was electric. Everything was perfectly organized, from registration to race logistics.





OCEANMAN Community

OCEANMAN El Gouna, Egypt



### ***Denis' Journey: Challenges, Cheering Crowds, and the Push to Finish***

"Swimming here was unreal. The water was so clear I could see fish swimming beneath me. It's like swimming in an aquarium. But make no mistake—the heat was brutal, and it really tested everyone's endurance. That's the beauty of open water swimming: you have to adapt to whatever nature throws at you.

The middle section was the hardest. The heat was intense, and maintaining my pace was a challenge. But hearing the cheers from spectators on the shore and seeing boats supporting us from the water was such a boost. That energy carried me through the toughest moments.



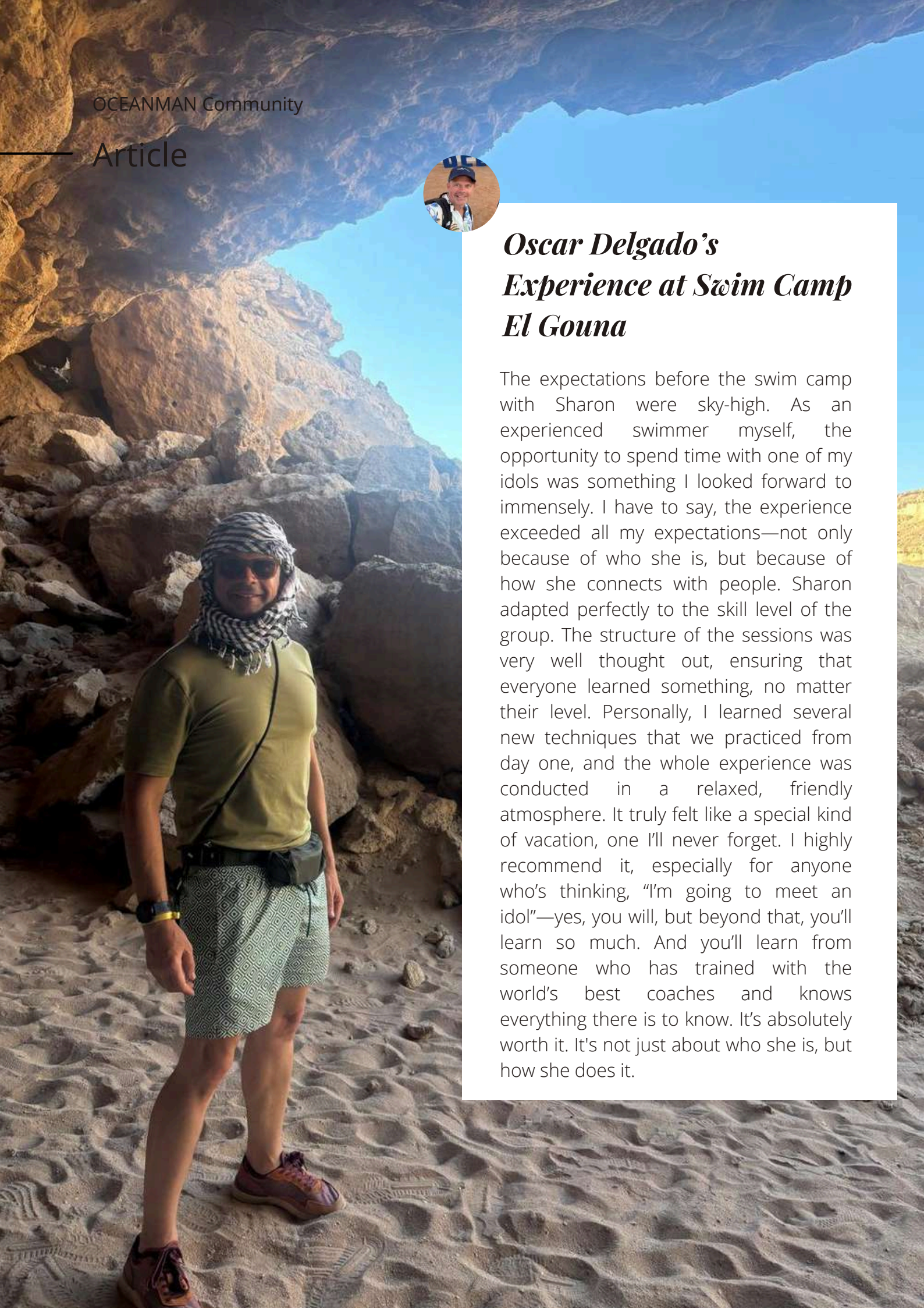
## *Train Like an Olympian: Swim Camp with Sharon van Rouwendaal*

But the excitement didn't start on race day. The week leading up to OCEANMAN El Gouna saw a select group of swimmers join a Swim Camp led by none other than Olympic gold medalist and open-water superstar, Sharon van Rouwendaal. Imagine honing your skills with one of the best in the world, in the same waters where you'd soon compete! "It was an intense week, but totally worth it," said Oscar Delgado, a participant. "Sharon didn't just teach technique, she showed us what it takes mentally to succeed in open water swimming. I felt more ready than ever for race day."



## *Oscar Delgado's Experience at Swim Camp El Gouna*

The expectations before the swim camp with Sharon were sky-high. As an experienced swimmer myself, the opportunity to spend time with one of my idols was something I looked forward to immensely. I have to say, the experience exceeded all my expectations—not only because of who she is, but because of how she connects with people. Sharon adapted perfectly to the skill level of the group. The structure of the sessions was very well thought out, ensuring that everyone learned something, no matter their level. Personally, I learned several new techniques that we practiced from day one, and the whole experience was conducted in a relaxed, friendly atmosphere. It truly felt like a special kind of vacation, one I'll never forget. I highly recommend it, especially for anyone who's thinking, "I'm going to meet an idol"—yes, you will, but beyond that, you'll learn so much. And you'll learn from someone who has trained with the world's best coaches and knows everything there is to know. It's absolutely worth it. It's not just about who she is, but how she does it.





OCEANMAN Community

## Article



### *Oscar Delgado's Experience at Swim Camp El Gouna*

The activities were carefully designed to ensure we enjoyed ourselves. There was a good balance of everything—some activities were tiring but fun, while others were more relaxing and allowed us to disconnect. One day, we ventured into the desert, where, after a long hike, we witnessed a breathtaking sunset while strolling through the dunes. We ended the day with a barbecue under the stars, which was incredibly rewarding. The guide was very friendly, sharing fascinating details about the desert as we sipped tea. It was a beautiful experience. Another activity was a boat ride, where we watched the sunset, spotted exotic birds, and enjoyed what we love most: the crystal-clear sea. It was a fantastic group experience that helped us bond.



### *Ready for 2025?*

The event wrapped up with an award ceremony that celebrated all participants, not just the winners. “What makes OCEANMAN El Gouna special isn’t just the race,” Denis reflected. “It’s the people, the community, and the passion we all share. I’ve done a lot of OCEANMAN races, but this one stands out. I’d recommend it to anyone—especially if you can join the Swim Camp. Training with Sharon was a dream come true.”

If you missed out this year, don’t make the same mistake again! The beauty of the Red Sea, the flawless organization, and the sense of community are just a few of the reasons why OCEANMAN El Gouna is quickly becoming one of the most sought-after events in the world of open water swimming. Can’t wait for next year? Neither can we!

# Find your true north in open water



Written by:  
**CRISTIAN CICCIOI**

Transitioning from pool swimming to open water can be a disorientating experience. Our level of confidence drops the moment we hit that endless body of water, and everything we knew and practised before becomes questionable. We were used to following a black line and swimming between lane ropes, and we were 100% sure that the distance was accurate.

Unfortunately that's not applicable in open water, not only because of the lack of guardrails, but also because current, waves and other factors change our trajectory in real time. I like to think that the race winner is not necessarily the fastest swimmer but the one who swims the shortest distance. And here is where orientation and sighting comes into play.





## Recommended approach

- Adjust your sighting frequency according to water conditions. Choppy waters or strong currents will make you drift faster than expected.
- As a general rule, you can sight on average every 6 strokes. Sighting frequently will not demand more energy if done efficiently and in a relaxed way.
- Never breathe on your front while lifting your head, keep a crocodile position and your mouth under water. The lesser you lift your head, the lesser your legs will sink.
- Slightly increase your kick while your head is up to keep propulsion and your legs from sinking.
- If you don't see your objective at the first sight, don't stay upright or do water polo strokes. Rather get your head down and repeat the movement consecutive times until you see what you were expecting (a buoy, landmark or a group of swimmers).
- Sometimes we have a tendency to swim towards the left or right instead of a straight line (e.g. the side you breathe). Apply small corrections of trajectory when your head is down to compensate for the drifting.
- If you are following a group and thus reducing your frequency of sighting, make sure they won't take you in the wrong direction!



**Objective:**

Coordinate your stroke in a way you sight always at the right time.

**How to Do It:**

- Stand on the shallow section of a pool. Water surface should be around your hips.
- Bend forward and 'swim' in a stationary position (only your stroke).
- If you breathe to your right, the moment your right hand enters into the water, lift your head and look forward.
- Glide a bit by leading with the front hand until you see your objective.
- Get your head down (you can immediately breathe to your right after) and keep on 'swimming' while standing up.
- Same applies in case you breathe to your left.



**Objective:**

Identify our tendency to swim towards left or right and correct it.



### How to Do It:

- Start by identifying the starting and end point of your swim, possibly a segment which is a straight line
- Start swimming with your eyes shut (no cheating!)
- Swim for about 20 strokes and stop
- Look around and see if you were drifting and towards which side
- Repeat again (always with your eyes shut). This time by directing your stroke towards the opposite side (correction)
- Stop, open your eyes and check again your location
- Repeat until you find the right correction factor
- Practise in different water conditions. Swell and currents will take you in different directions and at different speeds
- If you want to add some fun, do this as a group and see where everybody is ending up by swimming with their eyes shut!



### Objective:

Practise the sighting technique in the sea using different frequencies to find the one that works best for you

### How to Do It:

- Start by identifying the starting and end point of your swim, possibly a segment which is a straight line.
- Start swimming towards the end point and stop after 20 strokes (no sighting).
- In case you drifted, correct the direction and keep on swimming.
- Sight every 10 strokes (3 times) and stop.
- If you were drifting again, reduce the frequency to 8.
- Repeat and play with different frequencies until you find the one where you no longer drift.

# Swimming into paradise: your Phuket Guide



Recommendations by:  
**CHARIN CHEUNGSIRAKULVIT**

## *Discovering OCEANMAN Phuket: Thailand's Open Water Gem*

Nestled in the heart of the Andaman Sea, Phuket is not just Thailand's largest island but a gateway to adventure for those who crave the thrill of open water swimming. For participants in the upcoming Oceanman Phuket, it promises to be much more than just a race—it's an invitation to experience the seamless blend of pristine waters, vibrant culture, and the distinctive charm of a tropical paradise. As the event draws athletes from all corners of the globe, this swim

offers an opportunity to immerse oneself in the island's natural beauty, explore its rich history, and leave with unforgettable memories. For anyone planning to participate in OCEANMAN Phuket, our local expert, Charin, has offered some invaluable insights into how to make the most of your time on the island. Whether you are racing or cheering from the sidelines, Charin believes that OCEANMAN Phuket is more than a race—it's a chance to explore the soul of the island. "Phuket is a place where the sea and the land merge effortlessly," he says. "Here, the ocean isn't just the backdrop; it's a way of life."

# The perfect swim environment: Discover the soul of Phuket

The race course itself is a testament to the island's stunning natural beauty. Starting from Karon Beach, known for its long, white sands and calm waters, swimmers are treated to ideal open-water conditions. The turquoise waters are warm and clear, allowing participants to glide through the sea as if it were an aquatic dreamscape.

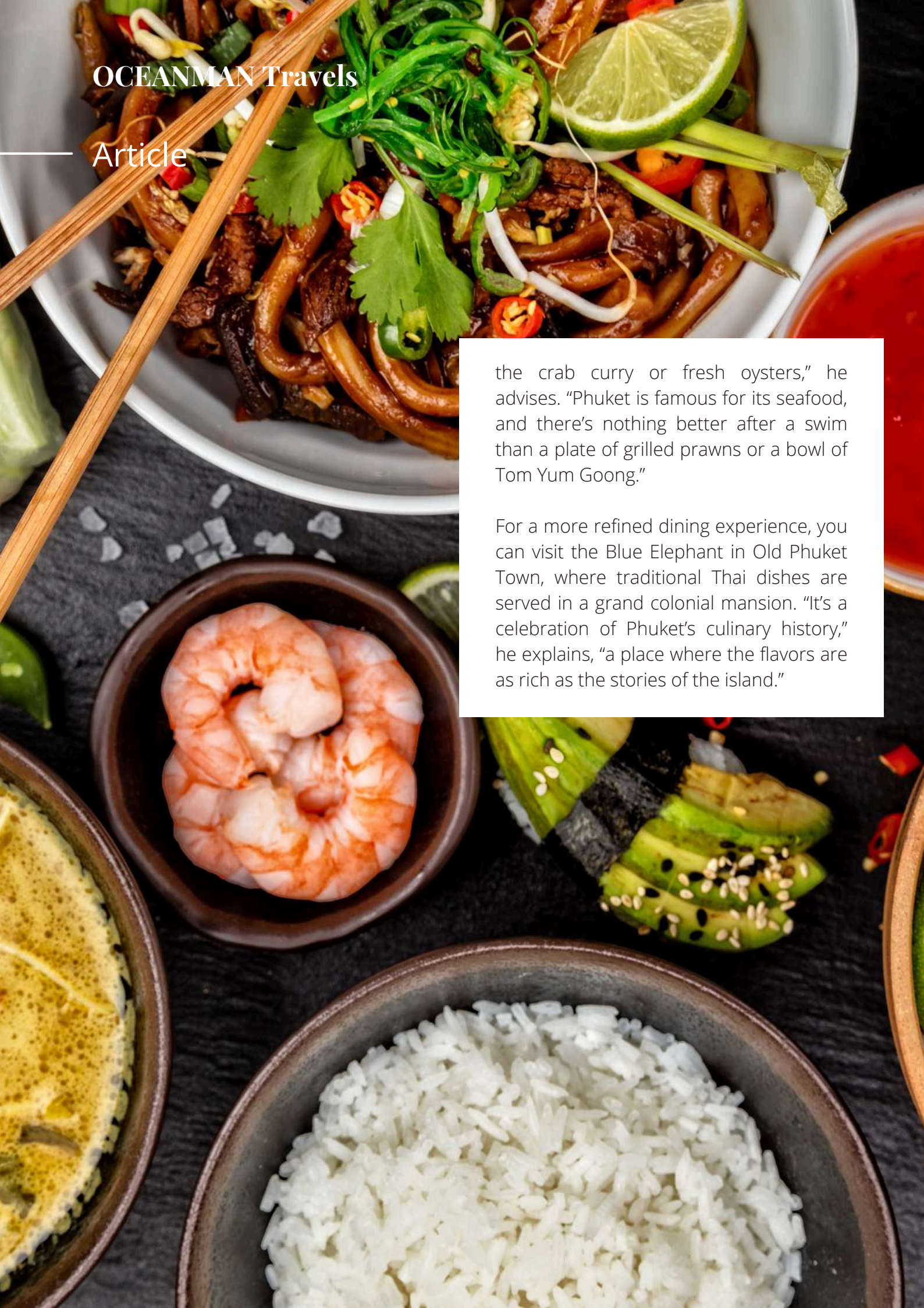
The route winds past small islands and rocky outcrops, offering breathtaking views above and below the surface. And while Phuket's waters are inviting, Charin emphasizes that swimmers need to be prepared for sudden changes in currents. "Phuket's waters are gentle," he notes, "but the tides can be tricky. Swimmers need to be aware, to feel the rhythm of the sea."

For this reason, recommends that participants practice swimming in varied conditions before race day. "Phuket's tides teach patience," he says. "It's all about timing. If you listen to the sea, it will guide you through."

## **Cuisine: A Thai Feast for the Senses**

Of course, no visit to Thailand is complete without indulging in the local cuisine, and Phuket is famous for its vibrant food scene. As a coastal island, the seafood is fresh, flavorful, and prepared with an abundance of spices. Charin top recommendation for a post-race meal? A classic Thai feast at Laem Hin Seafood, a local favorite known for its oceanfront dining and spectacular sunset views. "You must try





the crab curry or fresh oysters," he advises. "Phuket is famous for its seafood, and there's nothing better after a swim than a plate of grilled prawns or a bowl of Tom Yum Goong."

For a more refined dining experience, you can visit the Blue Elephant in Old Phuket Town, where traditional Thai dishes are served in a grand colonial mansion. "It's a celebration of Phuket's culinary history," he explains, "a place where the flavors are as rich as the stories of the island."

## Article

### What to Explore: Beyond the Beach

Beyond the race and the beaches, Phuket offers a range of cultural and natural attractions that should not be missed. "Phuket has so much more to offer," says. "After you've finished your swim, there's a whole world waiting for you to explore." A visit to the Big Buddha, perched on top of Nakkerd Hill, offers panoramic views of the island and is a symbol of peace and serenity. Wat Chalong, Phuket's most important Buddhist temple, provides insight into the island's spiritual life and a respite from the bustling streets.

For the more adventurous, Charini recommends exploring the island's many hidden coves and beaches. "The best places in Phuket are often the hardest to reach," he says. "Freedom Beach, for example, is only accessible by boat, but it's one of the most beautiful, untouched spots on the island."

For nature lovers, a day trip to the nearby Phang Nga Bay is a must. Known for its limestone karsts that jut dramatically out of the emerald-green water, the bay is famous for its caves and lagoons, which can be explored by kayak. "It's a magical place," says Charin. "The water is so calm, and paddling through the caves feels like entering another world."



### **Making the Most of OCEANMAN Phuket**

OCEANMAN Phuket is a race that goes beyond the physical. It's about experiencing the best of what the island has to offer—both in and out of the water. Charin's final advice for participants is simple: "Enjoy every moment. Swim, explore, eat, and connect with the people around you. Phuket is more than just a destination; it's a place that stays with you long after you've left."

Phuket offers the perfect balance of excitement and tranquility, adventure and relaxation. Whether you are here to race, to discover the island's treasures, or simply to soak in the sun and the sea, OCEANMAN Phuket is a journey that promises more than a medal at the finish line. It's an immersion into the rhythms of Thailand's waters, where every stroke carries you deeper into the essence of the island.



## The allure of Karon Beach: Comfort and proximity to the Race

At the heart of OCEANMAN Phuket is Karon Beach, one of the longest and most picturesque beaches on the island. Known for its soft white sand and calm turquoise waters, Karon Beach is the ideal starting point for swimmers ready to dive into their OCEANMAN journey. The clear waters make it a perfect venue for both competitors and spectators alike, offering panoramic views of the Andaman Sea.

According to our local expert, "Karon Beach isn't just a race site; it's a sanctuary where the energy of the ocean meets the resilience of the athletes."

Karon Beach is a favorite for both experienced open water swimmers and first-time participants, thanks to its tranquil waves and scenic backdrop. The nearby hillside offers a stunning view of the racecourse, making it a fantastic spot for supporters to watch the competition unfold.

Staying near the race venue is key to ensuring a stress-free OCEANMAN experience, and Karon Beach is surrounded by excellent accommodations for every type of traveler. If you're looking for convenience and relaxation, consider the following options:

- **Centara Grand Beach Resort:** Just steps away from Karon Beach, this luxury resort is perfect for swimmers looking for a relaxing, all-inclusive stay.
- **Karon Sea Sands Resort:** A smaller, more intimate option, Karon Sea Sands offers spacious rooms, a tranquil pool area, and easy access to the race site.
- **Mandarava Resort & Spa:** Set on a hillside overlooking Karon Beach, this boutique resort offers a serene retreat with lush tropical surroundings.

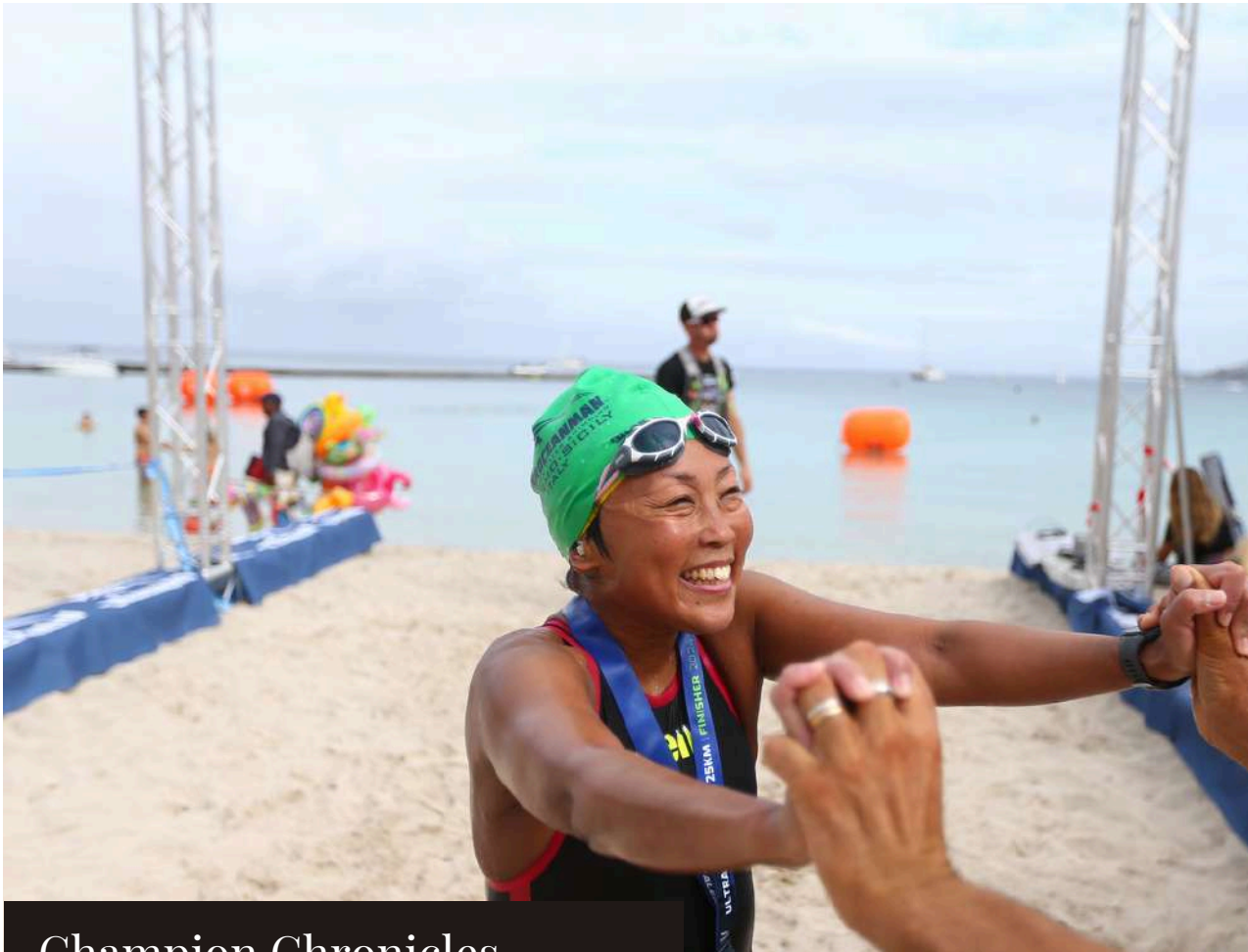
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### Champion Chronicles

## Swimming Beyond Limits: Maki's Journey through ULTRAOCEANMAN

In this issue of OCEANMAN Magazine, we sit down with Maki Kasai, an incredible athlete who recently completed the ULTRAOCEANMAN Palermo, a grueling 25 km open-water swim, and last year's ULTRAOCEANMAN Tabarca, a 21 km challenge.

Maki shares her experience, preparation, motivation, and advice for those aspiring to take on these extreme races.

**Q: Maki, you've completed some of the most challenging open-water swims in the OCEANMAN series. First of all, congratulations on your amazing achievements! Let's start with Palermo—what was that experience like for you?**

**MK:** "Thank you for congratulating me and thank you for having me. It was an amazing experience swimming in

beautiful clear blue sea and scenery along the mountain coastline but also it was challenging in many ways. Such as strong wind with rough sea conditions and without supporter second half of the part to complete the race as supporter got sea sick half way through.

“The mental game becomes just as important as physical preparation.”

**Q: How did Palermo compare to the ULTRAOCEANMAN Tabarca swim you completed last year?**

MK: “Comparing for both, it was easy flat sea to start for first 1 hour and then sea got rough with strong current, wind with some jellyfish but difference was sea condition was rougher than Tabarca although wind was pushing us, it was next level challenging as I have small 152cm (5ft) figure which harder to control rough conditions. Sea water was warmer than Tabarca, so I was able to do with skins (without wetsuits) and I didn't suffer the cold. Also personal boat for Palermo and personal kayak for Tarbarca. I guess both were difficult to stay beside me as sea condition was rough, they were in front of me most of the time for 6 hours of sighting boat and kayak forward. As I can't speak Spanish and Italian, so I was communicating them with little their language and English. But it was a good teamwork and got nice bonding with them. And it was nice to see own country flag on the boat.”



## OCEANMAN Stories

**Q: Speaking of preparation, how do you train for such extreme distances? What's your typical routine leading up to an UltraOCEANMAN event?**

MK: "For my preparation, 4 times a week in the pool (5 to 7km) and once a week in open water swimming. Also writing journal (records) for each swim. So I can look back my progress. I was fitting in pool training before starting work in the morning as I am full time work and time management is very important. And open water swimming (sea or reservoir) on my day off. Peak swimming distance covered one month before also listen to my body to not get injury as I need to be best condition for the event. Luckily I was able to do Ultra Swim 33.3 in Skopelos/Greece 2 weeks before this event. It was a good preparation for swimming in Mediterranean Sea for feeling the water and waves.

**Q: That's an incredible level of dedication. What motivates you to keep pushing through during these long, challenging swims?**

MK: "My motivation during the long swim is completing phrased mindset steps by step and following the process. And keep going and every stroke counts and you will see the end."

“And keep going and every stroke counts and you will see the end.”



Photo by: Pim Ras



**Q: Finishing a race as demanding as UltraOCEANMAN must be a huge emotional moment. How do you feel when you cross the finish line after such a long swim?**

MK: "Relief and happiness and sense of accomplishment and delighted."

**Q: What advice would you give to someone who is thinking about attempting an UltraOCEANMAN race for the first time?**

MK: "Believing in yourself, follow and trust the training process for preparation, and setting mindset and imagination for success and goal. Keep going until you can see the finishing line"

**"Believing in yourself, follow and trust the training process for preparation, and setting mindset for success"**

**Q: That's fantastic advice. Finally, Maki, what's next for you? Do you have any more big swims on the horizon?**

MK: "I would like to do 30km for next year. Hopefully ULTRAOCEANMAN will organise 30km somewhere in Europe next year. Also it's my dream to do crossing the English Channel. "

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MAGAZINE

# OCEANMAN World Final Championship

## Article

# 10 THINGS TO DO IN DUBAI



WRITTEN BY:  
ARMANDOS LINARDOS

I'm Armandos Linardos and I couldn't be more thrilled to have you all here joining us for this incredible event. You travelled all around the world, and you've trained hard and pushed your limits, now it's time to showcase your passion and dedication in one of the most spectacular events the OCEANMAN World Final in Dubai.

As you gear up for this unforgettable experience, I want to make sure that your stay in Dubai is just as amazing as the event itself. That's why we're here to offer you the best possible experience both in and out of the water. Whether you're

looking for luxury, comfort, or the perfect spot to relax after a day of racing, our hospitality service has got you covered.

Dubai offers not just stunning beaches and crystal-clear waters, but also a fusion of culture, adventure, and luxury that's ready to make your stay unforgettable. We've been working to ensure that every moment you spend here is filled with excitement, comfort, and amazing memories. During your stay in Dubai, get ready to challenge yourselves, connect with fellow swimmers from all around the globe, swim with Olympic champions, and

# 10 things to do in Dubai

soak up everything this phenomenal city has to offer. Whether it's the thrill of the race, exploring iconic landmarks, or simply relaxing under the sun, we've got something special lined up for each one of you.

Remember, this event is not just about competition; it's about celebrating the spirit of being part of the OCEANMAN Family, and the love for open-water swimming that brings us all together.

So dive in, embrace the experience, and let's make this OCEANMAN World Final the best one yet!

Here are ten things to do in Dubai, a blend of adventure, relaxation, and fun.

Dubai is famous for its futuristic skyline, luxury experiences, and incredible diversity of activities. Whether you're in the mood for excitement or just want to kick back and relax, Dubai offers something for everyone. Here's a list of 10 unforgettable things to do in this dynamic city:

## **Train at a Swimming Camp with Olympians**

If you want to improve your swimming skills, why not learn from the best? OCEANMAN Dubai will offer swimming camps led by Olympic winners and Olympian swimmers. Whether you're a beginner or a seasoned swimmer, this is a great opportunity to improve your technique while training with other swimmers from all around the world.



## 10 things to do in Dubai

### ***Join Daily Social Swims at Different Beaches***

OCEANMAN Dubai isn't just about race day; it's also an incredible opportunity to connect with fellow swimmers from around the world during the event's open training sessions. These sessions provide a unique chance to prepare for the big day, while also immersing yourself in a truly international swimming community. Every day, you can enjoy a swim at a new location. It's a great way to explore Dubai's beaches while meeting new people and soaking up the sun.

These open trainings are more than just preparation—they're an opportunity to make new friends, exchange stories, and build the OCEANMAN Family spirit, that will carry into race day. As you swim alongside people from every corner of the globe, you'll find yourself inspired by their dedication and excited to be part of such a diverse and enthusiastic community.

### ***Surf at Kite Beach***

For a more traditional water activity, grab a surfboard and head to Kite Beach. With its warm waters and consistent waves, it's an ideal spot for both beginner and seasoned surfers. Even if you've never surfed before, there are plenty of friendly instructors who can help you get started. And all of this with the iconic Burj Al Arab in the background.

### ***Dance the Night Away at a Sunset Party on a Boat***

When it comes to nightlife, Dubai knows how to impress. There's nothing quite like a sunset party on a boat, cruising along the coast with music, drinks, and dancing. Watch the sun dip below the horizon as the city lights come alive—Palm Jumeirah and Atlantis Hotel in view. It's an unforgettable way to experience the magic of Dubai's evenings.



# 10 things to do in Dubai

## **Ski Indoors at Ski Dubai**

Skiing in the middle of the desert? Only in Dubai! Ski Dubai, located in the Mall of the Emirates, is an indoor snow park complete with ski slopes, snowboarding, and even penguins. Whether you're shredding the slopes or just enjoying the novelty of playing in the snow, it's a surreal and fun way to cool down in the city.

## **Visit the Burj Khalifa**

A trip to Dubai isn't complete without standing atop the Burj Khalifa, the tallest building in the world. The view from the 148th floor is jaw-dropping—you can see the city stretching into the desert on one side and the sparkling blue waters of the Arabian Gulf on the other. It's an awe-inspiring way to start your adventure in Dubai.

## **Head Out on a Dubai Desert Safari**

No Dubai visit is complete without venturing into the vast Arabian Desert. A jeep safari takes you on a thrilling ride over rolling dunes, offering moments of both excitement and serenity. After dune bashing, you can ride camels, try sandboarding, and finish the day with a sunset dinner at a Bedouin-style camp under the stars. It's an experience that feels straight out of a movie.

## **Shop at the Gold and Spice Souks**

Step into a more traditional side of Dubai by visiting the Gold and Spice Souks in Deira. The Gold Souk is filled with sparkling jewelry, while the Spice Souk entices with its exotic aromas. Wander through the bustling market stalls, soak up the vibrant atmosphere, and haggle for unique souvenirs.



# OCEANMAN World Final Championship

## Article

### **Experience the Dubai Marina**

Dubai Marina is a vibrant waterfront district that's ideal for dining, shopping, and nightlife. Stroll along the Marina Walk, dine at world-class restaurants, or take a yacht tour to explore the city from the water.

### **Relax at Jumeirah Beach**

Jumeirah Beach offers a pristine white shoreline and stunning views of the iconic Burj Al Arab hotel. It's a perfect spot to relax, soak up the sun, or enjoy water sports like jet skiing and paddleboarding.

Dubai offers an incredible mix of modern thrills and timeless experiences. Whether you're swimming with Olympians, surfing at sunset, or exploring the desert, Dubai will leave you with memories to last a lifetime. From its high-energy adventures to relaxing moments on the beach, there's something in this dazzling city for everyone.





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OCEANMAN Coach Certification

Article

# DISCOVER OUR FIRST EVER PRESENCIAL COACH CERTIFICATION



WRITTEN BY:  
COACH JOSE LUIS LARROSA

Dive into a world-class coaching experience with the OCEANMAN Open Water and Swimming Coach Certification, a cutting-edge hybrid program designed for aspiring and experienced swim coaches. Taking place in the vibrant city of Dubai, this certification combines the best of both worlds: interactive face-to-face sessions in stunning aquatic venues and flexible online learning modules.

Developed by top professionals in the sport, this program offers a unique blend of practical, hands-on coaching and comprehensive online coursework tailored to the demands of open water swimming. You'll learn advanced coaching techniques, athlete management, safety protocols, and the latest in performance training, all while gaining firsthand experience in Dubai's iconic settings.

# OCEANMAN Coach Certification

Whether you're looking to elevate your coaching skills, expand your knowledge of open water dynamics, or connect with a global network of swimming professionals, the OCEANMAN Open Water and Swimming Coach Certification in Dubai is your gateway to becoming a recognized leader in the sport. Don't just coach—empower swimmers to conquer the open water with confidence and skill.

The Qualification is structured in 2 Courses, Open Water Swimming Coach (5 modules + Final assignment) and Swimming Coach (4 modules + Final Assignment)

- 1.Face to face and swimming and coaching practice in Dubai -
- 2.Online Swimming and Open Water Swimming Coach Certification (Theory) 120 Hours
- 3.Coaching Practice – Evidence provision for a total of 20 Coaching Hours.

## Structure of the qualification

OCEANMAN Open Water Coach Qualification consists of the following learning outcomes and content. Each module includes:

- Introduction Videos plus Lecture Videos
- Course Workbook Reading Material
- End of Module 'Test Your Knowledge' (20-60 Questions online, 80% pass rate required, Passing releases the next module)
- Assignment at the end of each Module
- Module feedback form
- Final Assignment – Swimming Block and Open Water Swimming Block

## Total qualification time:

30 hours face to face + 130 hours of Study

## Qualification level:

Hybrid - Dual Certification



## Modules

***MODULE 1: THE PRINCIPLES OF OPEN WATER SWIMMING***

***MODULE 2: SAFETY RESPONSIBILITIES***

***MODULE 3: OPEN WATER SWIMMING TECHNIQUE***

***MODULE 4: OPEN WATER TRAINING, PHYSIOLOGY AND ENERGY ZONES, PLANNING SEASON PROGRAM***

***MODULE 5: CONDITIONING FOR SWIMMING, NUTRITION, INJURIES***

***MODULE 6: COMPREHENSIVE GUIDE TO SWIMMING STROKES: TECHNIQUES, DRILLS, COMMON MISTAKES, ETC.***

***MODULE 7: COMPREHENSIVE GUIDE TO SWIMMING TEACHING TECHNIQUES AND PERFORMANCE COACHING***

***MODULE 8: FREESTYLE SWIMMING VIDEO ANALYSIS***

***MODULE 9: HIGH-PERFORMANCE OPEN WATER SWIMMING: COMPREHENSIVE TRAINING, PREPARATION, AND ETHICAL CONSIDERATIONS***



# OVERCOMING CHALLENGES MY JOURNEY AS A DIABETIC SWIMMER

Written by:

ADITYA MENDONÇA



**My name is Aditya Mendonça, and as a Type 2 diabetic athlete, I've faced my fair share of challenges in the world of endurance sports. Yet, it's been a journey of triumph, persistence, and self-discovery that has brought me to this point. Today, I want to share my story, hoping that it may inspire others living with diabetes or anyone pursuing ambitious goals in the face of adversity.**

My journey began in 2021 when I faced the daunting challenge of competing in a half Ironman race in Turkey. As a diabetic triathlete, my primary goal wasn't just to complete the race but to raise

awareness for Type 2 diabetes. Unfortunately, I couldn't complete the run as planned—my glucose levels didn't hold up, and I had to stop at 14 km out of the 21 km run. That setback was a pivotal moment for me. Instead of being discouraged, I took it as a lesson, an opportunity to rethink my approach and focus on what I could achieve with better preparation.

Fast forward to 2023, and I set a new goal: to compete in the OCEANMAN World Final Championship and continue advocating for Type 2 diabetes awareness. After months of rigorous training and mental preparation, I finally stood on the shores of Phuket, ready to take on the challenge. Competing in this prestigious event, alongside elite athletes from around the world, was both humbling and exhilarating. And crossing that finish line, knowing what it took to get there, was one of the most rewarding moments of my life.

**“My primary goal wasn't just to complete the race but to raise awareness”**

Reflecting on my 6th place finish at the 2022 OCEANMAN World Final, I knew that I could go even further. The training and experiences I've gained since then made me more prepared than ever. Competing with diabetes is tough, but my journey proves that it doesn't have to be a barrier.







## OVERCOMING CHALLENGES

With disciplined training, strategic recovery, and a resilient mindset, I was able to overcome physical and mental obstacles to reach this new milestone.

Preparation was key to succeeding in Phuket. My training regimen included a mix of intense pool sessions and open-water swims in the Arabian Sea off the coast of Goa. These sessions helped me build the endurance needed for such a long-distance event. Strength training became a crucial part of my routine, and though I don't love spending hours in the gym, the support of my peers made it worthwhile. Ice baths also became a necessary part of my recovery process, ensuring I could maintain high

performance over consecutive days of training.

One thing that kept me motivated throughout was the unpredictability of open-water swimming. There's something deeply satisfying about not knowing what the ocean will throw at you on any given day. Tides, currents, and even the weather keep you on your toes. It's a thrilling contrast to the controlled environment of a pool, and it challenges not just your body but your mind. In Phuket, these unpredictable elements were in full force, but they also added to the excitement of the race.

Living with Type 2 diabetes means I have

to manage my condition carefully, especially during training and competition. Maintaining a balanced lifestyle, mindful eating, and post-meal walks have helped me manage my metabolism. There are still tough days when I face the familiar symptoms of tremors, chills, and fatigue. But through each struggle, I've learned the importance of resilience and consistency. The race in Phuket was not just a test of physical endurance, but also of how well I could manage my condition in high-pressure situations.

Crossing the finish line at the OCEANMAN World Final Championship in Phuket was a culmination of everything I had worked for over the past few years. It wasn't just about the race—it was about the journey.

“through each struggle, I’ve learned the importance of resilience and consistency. “

It was about proving that Type 2 diabetes doesn't have to define or limit what you can achieve. This accomplishment is a testament to the strength that comes from pushing past the barriers we face, both physically and mentally.





### OVERCOMING CHALLENGES

To anyone living with Type 2 diabetes or facing their own personal challenges, I want to remind you that it's possible to pursue your dreams. Whether it's sports, career, or personal goals, our condition doesn't define us—our determination does. My journey is one of persistence, resilience, and triumph, and I hope it serves as a reminder that we're capable of more than we think.

I'm incredibly grateful for the support I've received from the diabetic community, my fellow athletes, and the OCEANMAN family.

Together, we can continue to raise awareness and inspire others to live actively and pursue their goals. Crossing that finish line in Phuket was just one chapter in my story, and I'm excited to see where the journey takes me next.

Let's continue to push boundaries, rewrite the narrative around Type 2 diabetes, and embrace the spirit of determination and perseverance in everything we do.

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# The essential role of swim buoys

In open water swimming, safety is paramount. Among the most important pieces of gear that every swimmer should consider is the swim buoy. Often seen trailing behind athletes during competitions, these brightly colored inflatable devices are more than just a visual aid; they play a vital role in ensuring safety, visibility, and convenience in open water environments.

In this article, we'll take a closer look at why swim buoys are essential, the different models available, and what swimmers should consider when choosing the right one for their needs.



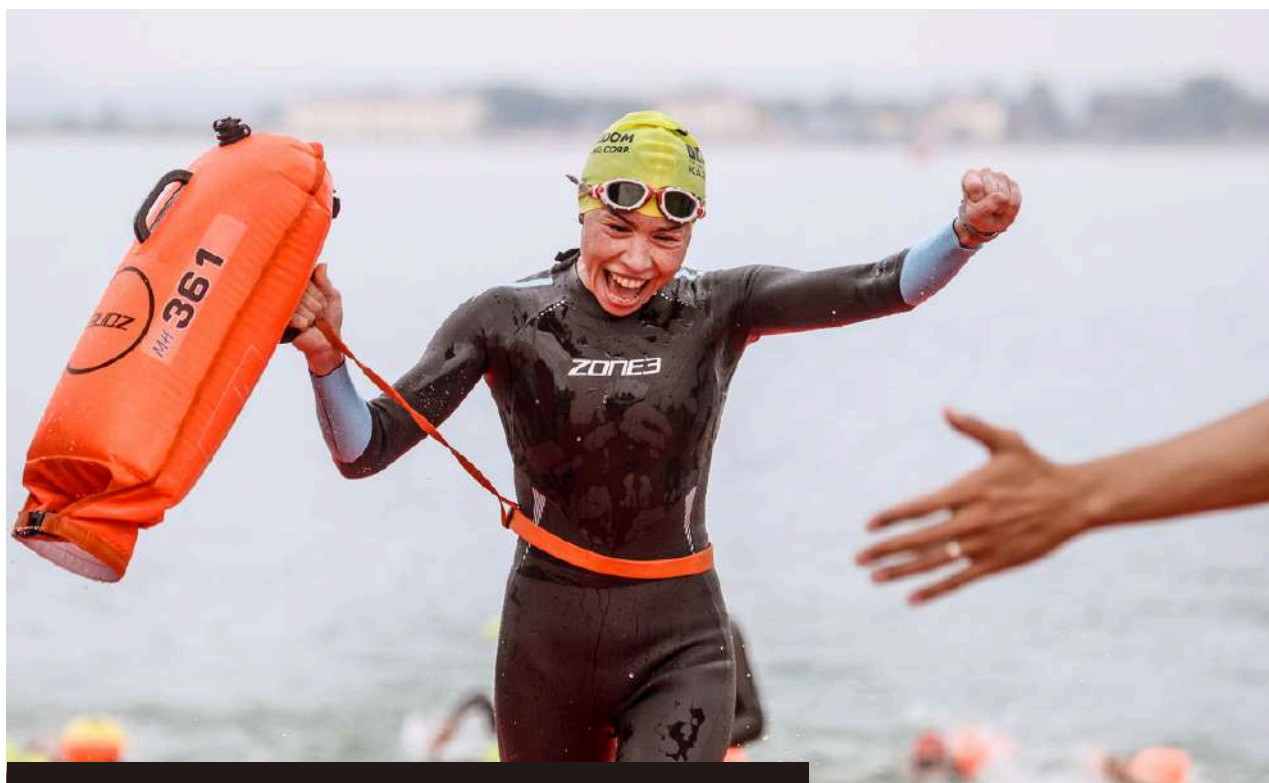
## Equipment Insights

### Why Are Swim Buoys Important?

Swim buoys are primarily designed for three key reasons: safety, visibility, and storage.

- 1. Safety:** In the vast, often unpredictable open water, fatigue, cramps, or sudden changes in the environment can happen to even the most seasoned swimmers. A swim buoy provides a floating device to hold onto in case of emergency, allowing swimmers to rest if they need to catch their breath or regain strength. It serves as a personal lifeline, particularly useful in long-distance events like OCEANMAN.





### The essential role of swim buoys

2. **Visibility:** In large bodies of water, swimmers can be hard to spot, especially in rough conditions or from afar. The bright colors (typically orange, yellow, or pink) of swim buoys make athletes much easier to spot by safety teams, kayakers, and fellow swimmers. This enhanced visibility is critical for ensuring safety in open water events where competitors are spread out across the course.

3. **Storage:** Some models of swim buoys come equipped with waterproof compartments or pockets. These are perfect for storing essentials such as keys, phones, energy gels, or even an ID. This feature is especially convenient during long swims where access to such items might be needed, but without the need for additional baggage.

### Different Models of Swim Buoys

Swim buoys come in a variety of designs, catering to different types of swimmers and swimming conditions. Below are some of the most popular models and their specific uses:

- **Standard Swim Buoy:** This is the most common type of buoy, typically a simple inflatable bag tethered to the swimmer's waist. It's lightweight, easy to use, and provides a good balance of safety and visibility. Perfect for recreational open water swimmers or those training for competitive events, these buoys do not have storage compartments but are ideal for those focusing on safety and visibility.

## Equipment Insights

- **Swim Buoy with Storage:** For those who want to bring essentials with them during a swim, models with waterproof compartments are an excellent choice. These buoys can store small items such as wallets, phones, or snacks while maintaining buoyancy and ensuring safety. They are especially helpful in ultra-distance swims or long training sessions where swimmers might need access to fuel or personal items.
- **High-Visibility Swim Buoy:** Some buoys are designed to prioritize maximum visibility, using neon colors and reflective strips to ensure the swimmer is seen even in low-light conditions. These models are often slightly larger and more robust, making them perfect for competitive races or challenging environments with low visibility due to weather or water conditions.
- **Hydration Swim Buoy:** For ultra-swimmers who require hydration during their swim, there are buoys designed with compartments specifically for water bottles or hydration bladders. This allows the swimmer to stay hydrated without the need for external support. These are ideal for athletes participating in long-distance races like OCEANMAN, where consistent hydration is crucial.





## OCEANMAN Gear



### The essential role of swim buoys

#### Recommendations for Choosing a Swim Buoy

When choosing a swim buoy, it's important to consider the following factors:

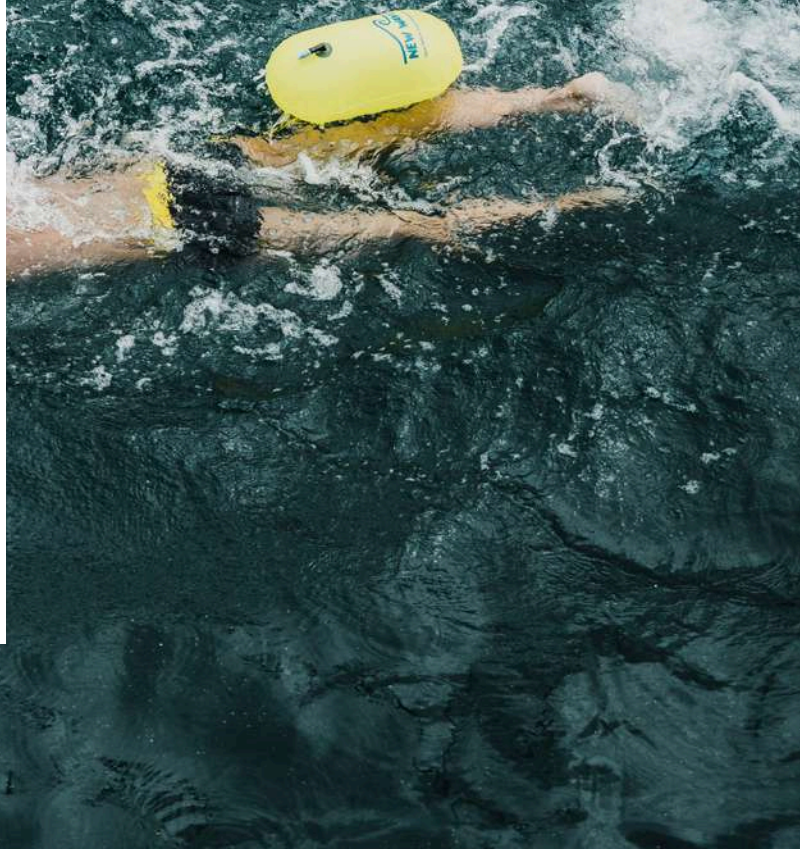
- **Purpose:** Determine what your primary use for the buoy will be. If safety and visibility are your main concerns, a standard or high-visibility buoy will suffice. However, if you need to bring items like snacks or hydration along, a model with storage or hydration capabilities is essential.
- **Distance and Duration:** For shorter swims, a smaller buoy may be all you need, whereas for ultra-distance or long training sessions, opting for a buoy with additional storage and hydration options could be more practical.
- **Environment:** Consider the water conditions and weather. If you're swimming in murky or choppy waters, a buoy with high visibility is key. Likewise, if you're swimming in colder environments, having access to nutrition or hydration during the swim can make a big difference.
- **Comfort:** The buoy should be comfortable to wear and not interfere with your swimming technique. Make sure the waist strap is adjustable and doesn't cause chafing during longer swims. Some swimmers prefer buoys that glide behind them without much drag, so choosing a streamlined model is important for those looking to maintain speed.
- **Durability:** Since buoys are exposed to saltwater, sun, and other harsh

## Equipment Insights

conditions, it's important to invest in a high-quality, durable model that won't easily tear or deflate.

Whether you're new to open water swimming or an experienced competitor, a swim buoy is an indispensable part of your gear. It provides safety, enhances visibility, and even offers convenient storage, allowing you to focus on the swim without worry. When selecting your buoy, consider the type of swimming you do, the distance, and the conditions you'll face. With the right buoy, you can enjoy peace of mind and focus on what you love most—the thrill of open water swimming. Stay safe, stay visible, and enjoy the freedom of the open water with the right swim buoy by your side.

For more recommendations and gear insights, stay tuned to the OCEANMAN Magazine's Gear Section, where we provide expert advice on essential equipment for your swimming adventures!



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Florian Wellbrock

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# OCEANMAN CAM RANH

## A hidden gem unveiled

### *Showcasing Viet Nam's international appeal through open water*

In the heart of Viet Nam, nestled along the pristine coastline of Cam Ranh, the OCEANMAN series made its latest splash, attracting over 600 international swimmers from around the globe. Hosted at the luxurious Alma Resort, this year's event not only tested the endurance of athletes but also put the beautiful coastal city of Cam Ranh on the international map. With each stroke taken through the crystal-clear waters, the event

underscored the significant role OCEANMAN plays in enhancing global visibility for emerging destinations like Cam Ranh, while simultaneously promoting local culture and tourism. Once a quiet and lesser-known region in Viet Nam, Cam Ranh has been steadily gaining popularity as a prime coastal destination. Situated just south of the bustling city of Nha Trang, this area boasts stunning beaches, tranquil waters

# OCEANMAN CAM RANH: A hidden gem unveiled

and a sense of unspoiled beauty that appeals to travelers seeking an authentic and serene escape. OCEANMAN race, by drawing in international swimmers, media, and spectators, has provided a unique opportunity to introduce Cam Ranh’s natural beauty to the world.

The setting for the event, the Alma Resort, exemplifies this blend of luxury and natural charm. Spanning across 30 hectares of beachfront, the resort provided the ideal base for athletes and their families to explore the region while enjoying top-tier hospitality. The event wasn’t just about the race—it became an experience, where swimmers could immerse themselves in the local environment and culture, creating long-lasting memories and generating global interest in Cam Ranh as a must-visit destination.

## The Global Reach of OCEANMAN

With participants from over 30 countries, the OCEANMAN event in Cam Ranh is a testament to the international pull of the series. Open water swimmers from Europe, America, Asia, and beyond converged on Viet Nam for the race, each bringing with them not only their passion for the sport but also curiosity about the region. This confluence of international attention is a vital aspect of the OCEANMAN series, providing emerging tourist destinations like Cam Ranh with invaluable visibility on a global stage.

By hosting OCEANMAN, Cam Ranh has gained a foothold in the international sports tourism market, positioning itself as a desirable location for athletes and their supporters.





## OCEANMAN's Role in Promoting Local Culture

Events like these highlight not just the natural beauty of the area but also its capacity to host world-class competitions, offering modern amenities and a welcoming atmosphere. In turn, this promotes longer-term tourism growth, as athletes and spectators alike share their experiences across social media and with their personal networks, sparking interest in future travel to the region.

While the race course itself winds through the sparkling waters off Cam Ranh's coast, the impact of OCEANMAN extends far beyond the finish line. The series is known for promoting a deeper connection between participants and the local culture, something that was especially evident during the event in Viet Nam. Many athletes took the time to explore local attractions, sample traditional Vietnamese cuisine, and engage with the local community.

From visiting nearby fishing villages to taking in the natural beauty of Cam Ranh Bay, the event allowed international visitors to experience the authentic charm of Viet Nam. This cultural exchange is at the heart of OCEANMAN's mission—not only promoting swimming as a sport but fostering an appreciation for the unique cultural and environmental elements of each race location. By doing so, OCEANMAN helps to position places like Cam Ranh as destinations that offer more than just natural beauty, but also rich cultural experiences waiting to be discovered.

Viet Nam's reputation as a hub for international sporting events is rapidly growing, and OCEANMAN Cam Ranh has significantly contributed to that momentum. The event was not just a race

## OCEANMAN VIETNAM

but a celebration of endurance, international collaboration, and the beauty of Viet Nam's coastal treasures. With more than 600 swimmers and their families staying in Cam Ranh, the local economy experienced a positive boost through hotel bookings, dining, and excursions.

Beyond the immediate economic benefits, the long-term visibility generated by the event will likely encourage more sports events to choose Vietnam as a host country.


Viet Nam's diverse landscapes, coupled with its growing infrastructure and tourism potential, make it an attractive destination for athletes seeking new challenges and unforgettable experiences.

### **The Impact of Media and Social Engagement**

OCEANMAN event in Cam Ranh was widely covered by international media and amplified by a robust presence on social media platforms. Participants shared their experiences, from pre-race



## Article



training sessions to personal achievements in the water, helping to build Cam Ranh's reputation as a premier swimming destination. The use of hashtags, race-day photos, and live streaming attracted attention from swimming enthusiasts worldwide, allowing those who could not attend to follow the action and discover the beauty of the region.

This kind of digital engagement has a ripple effect. As photos of Cam Ranh's stunning beaches and OCEANMAN's professional setup circulate online, more potential tourists and athletes become aware of the region, creating a sustainable pipeline of interest that benefits the local economy.

### **A Win for Sports, Tourism, and Culture**

The OCEANMAN Cam Ranh event is a shining example of how sports tourism can elevate a destination on the global stage. By showcasing the region's stunning natural beauty and providing international athletes with an unforgettable race experience, the event has successfully positioned Cam Ranh as a destination to watch.

As the swimmers return to their home countries, they carry with them memories of their time in Cam Ranh—not just of the race, but of the warm hospitality, the breathtaking landscapes, and the vibrant culture of Vietnam.



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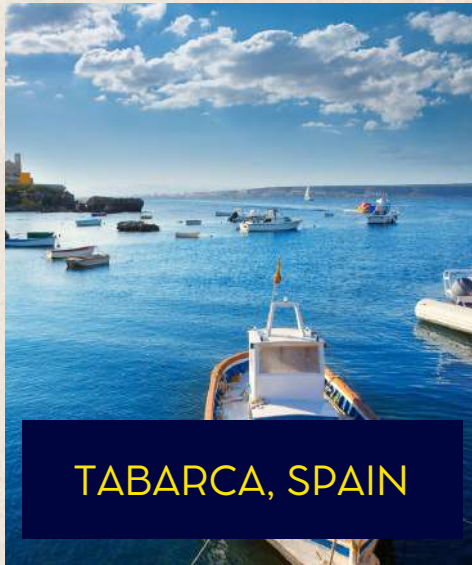
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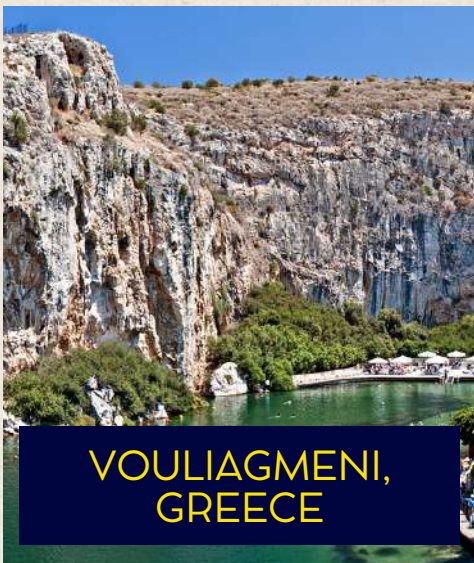
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