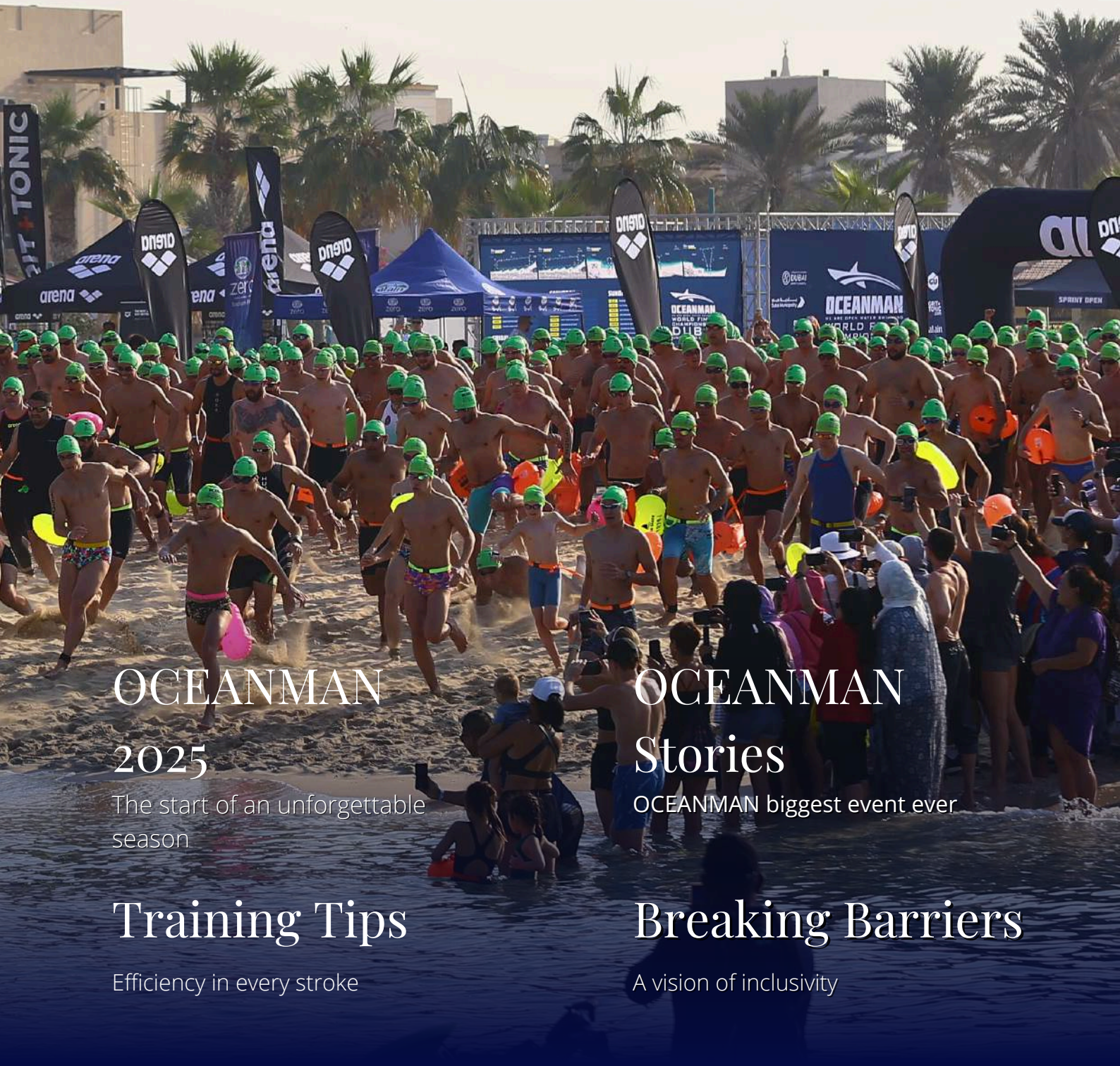


OCEANMAN MAGAZINE



OCEANMAN

2025

The start of an unforgettable
season

Training Tips

Efficiency in every stroke

OCEANMAN

Stories

OCEANMAN biggest event ever

Breaking Barriers

A vision of inclusivity

The Start of an unforgettable season



Welcome to the first edition of OCEANMAN Magazine this 2025

As we dive into a brand-new season, this edition celebrates milestones, unveils exciting plans, and shares valuable insights for the year ahead.

Relive the grandeur of the OCEANMAN World Final Championship in Dubai, the most spectacular event we've ever organized, with over 2,200 swimmers, unmatched energy, and stories that defined a week-long festival of open water swimming.

Discover the path to becoming an elite coach with the OCEANMAN Coach Certification and see how this program is transforming the coaching landscape.

Prepare for the thrilling new destinations joining our 2025 calendar, including Siargao, Philippines, Banyuls-sur-Mer, France, Dominican Republic, and Vouliagmeni, Greece.

Enhance your training with expert advice in our Training Tips section, and explore how to refine your skills and reach new heights in open water swimming.

This edition is packed with inspiration, innovation, and excitement to kickstart 2025. Dive in and join us on this journey!

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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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The Editorial

THE GREATNESS OF OPEN WATER SWIMMING

Dear OCEANMAN Friends,

I can't quite recall how many years it's been since my first experience in open water swimming. Well, actually, I can—looking back, it was in 2008, during a triathlon. My memory of it isn't very clear, as it was overshadowed by punches, foot grabs, and a buoy turn that felt more like the chaos of a Black Friday sale than the calm swim I had imagined in my mind.

And that was that. For someone who enjoys swimming freely, I wouldn't exactly call it a satisfying experience. The following year, I had the bright idea of signing up for my first pure open water swimming event. Back then, personal safety buoys weren't a thing, or at least not common, so I had a terrifying moment facing the



Fermin Egido, OCEANMAN CEO

open sea alone in a competition for the first time. But amidst that fear, something amazing happened just minutes after starting the swim: I discovered that the other swimmers weren't out there looking to throw punches or latch onto someone's foot like kite surfers trying to hitch a ride.

No! What happened was that people spread out. And you know what? That's when I truly experienced, for the first time, what it means to love open water swimming.

"I believe it all comes down to one word: respect."

When I swim in open water, I respect my environment. I love diving in, feeling the water on my face, my feet, my hands—sometimes colder, sometimes warmer—but always appreciating this element. I love it when the water is clean, when I can see life thriving in it. I value the ocean, the sea, and the lakes, because I want to return to them time and time again, finding them just as I left them. And I want my child to enjoy them the same way when I'm no longer here.

I respect the environment, and I respect those who share the water with me. When I swim, I enjoy the freedom, and I want to know that those beside me feel the same. That's why, if I find myself close to another swimmer in a competition, I move away as soon as I touch them. I let them swim freely. We can compete for a position, but always with respect.

I like to imagine that this is appreciated by the other swimmer. After all, we haven't yet figured out a way to communicate underwater, but I, for one, smile internally at these moments. I like to think that they smile too, appreciating the space, just as I do when I feel a touch and see the other swimmer move away, letting me swim comfortably.



This is part of the greatness of open water swimming: there is a unique respect that isn't found often in other sports. We respect our environment, and we respect each other.

I've spent some time thinking about how to begin the OCEANMAN Swimmer's Manifesto—something that can serve our community as a mantra and that we can pass from one to another. I believe this will be the first principle:

“Respect those who swim with you as if they were your lifelong friend. Leave space for other swimmers to be free, and help anyone who needs it, both in and out of the water.”

From this small platform offered by this editorial, I'd like to ask you to continue embracing this attitude. At OCEANMAN, we embody these values of respect for the environment and for people. Help us spread this message so that every time you swim with others, you can imagine them swimming freely and smiling.

With gratitude and affection,

Fermin Egido



OCEANMAN World Final Championship

OCEANMAN BIGGEST EVENT EVER

A festival of open water swimming



OCEANMAN WFC Dubai



The true spirit of Open Water

OCEANMAN World Final Championship in Dubai wasn't just a race; it was a celebration of the spirit, strength, and community of open water swimming. Held under the stunning skyline of Dubai and the warm embrace of the Arabian Gulf, this event marked a historic milestone as the largest OCEANMAN event ever organized. With over 2,200 swimmers from across the globe, more than 5,000 spectators, and an unparalleled atmosphere of camaraderie, it truly was a festival of open water excellence.

Article

A Week of Connection and Preparation

The championship week kicked off with a vibrant sense of anticipation as swimmers arrived in Dubai, ready to compete and connect. The event wasn't limited to race days; it was an immersive experience designed to foster community spirit and preparation for the grand finale.

The daily Social Swims, led by Olympic medalist Mykhailo Romanchuk, became a highlight for participants. Swimmers had the unique opportunity to train alongside one of the greatest in the sport, sharing strokes and stories in the crystal-clear waters of the Arabian Gulf.

"Swimming with Mykhailo was surreal" shared Clara Evans from the UK, a participant in the HALF OCEANMAN race. "He was so approachable, offering tips and encouragement. It made the whole experience even more memorable. You could feel the excitement and connection with everyone in the water."

Adding to the magic of the week were the Group Training sessions, helmed by none other than **Sharon van Rouwendaal**, hailed as the greatest open water swimmer in history. Participants were treated to **personalized guidance from the Olympic champion**, fine-tuning their techniques and boosting their confidence ahead of the weekend races.

"Sharon's sessions were life-changing," said Diego Martínez from Spain, who competed in the OCEANMAN distance. "She taught us not just about technique but about mental resilience. It was a privilege to learn from her."



Friday Festivities: Nations Parade and Opening Party

The excitement peaked on Friday evening with the Nations Parade, a colorful and heartwarming display of unity. Swimmers from over 90 countries proudly marched with their flags, showcasing the global reach and inclusive spirit of OCEANMAN.

The parade led into the Opening Party, a spectacular celebration complete with music, lights, and the unmistakable energy of a shared passion for swimming. For many, this was the moment they realized they were part of something far greater than just a race—it was a movement.

"It felt like the Olympics of open water swimming" said Fatima Hassan from Egypt. "Seeing so many nationalities together, all united by our love for the sport, was incredibly moving."



Article



Sprinting to Victory

Saturday brought electric energy as the weekend of races began with the SPRINT distance. The crowd erupted as Mykhailo Romanchuk crossed the finish line, securing victory in a breathtaking performance.

"**The race was intense** but exhilarating," Mykhailo shared after his win. "I could feel the support from the crowd and my fellow swimmers. It was an unforgettable moment."

The day also featured the OCEANKIDS race, where young swimmers showcased their budding talent and passion, and the OCEANTEAMS competition, emphasizing **teamwork and strategy**.

"I loved watching the kids race," said Emily Rogers, a spectator from Australia. "They were fearless and so full of joy. It reminded me why I fell in love with swimming."

Article

The Grand Finale

Sunday marked the pinnacle of the championship with the flagship distances: OCEANMAN and HALF OCEANMAN. As the sun rose over the Arabian Gulf, swimmers took to the water, ready to face the ultimate challenge.

OCEANMAN distance tested even the most seasoned athletes, with competitors navigating a 10-kilometer course under the gaze of Dubai's iconic skyline. For many, it was as much **a test of mental endurance as physical.**

"The course was tough but breathtaking," said Luca Bianchi from Italy, who finished in the top 10 of the OCEANMAN race. "There were moments when I wanted to give up, but hearing the cheers from the shore and thinking about everything I trained for kept me going."

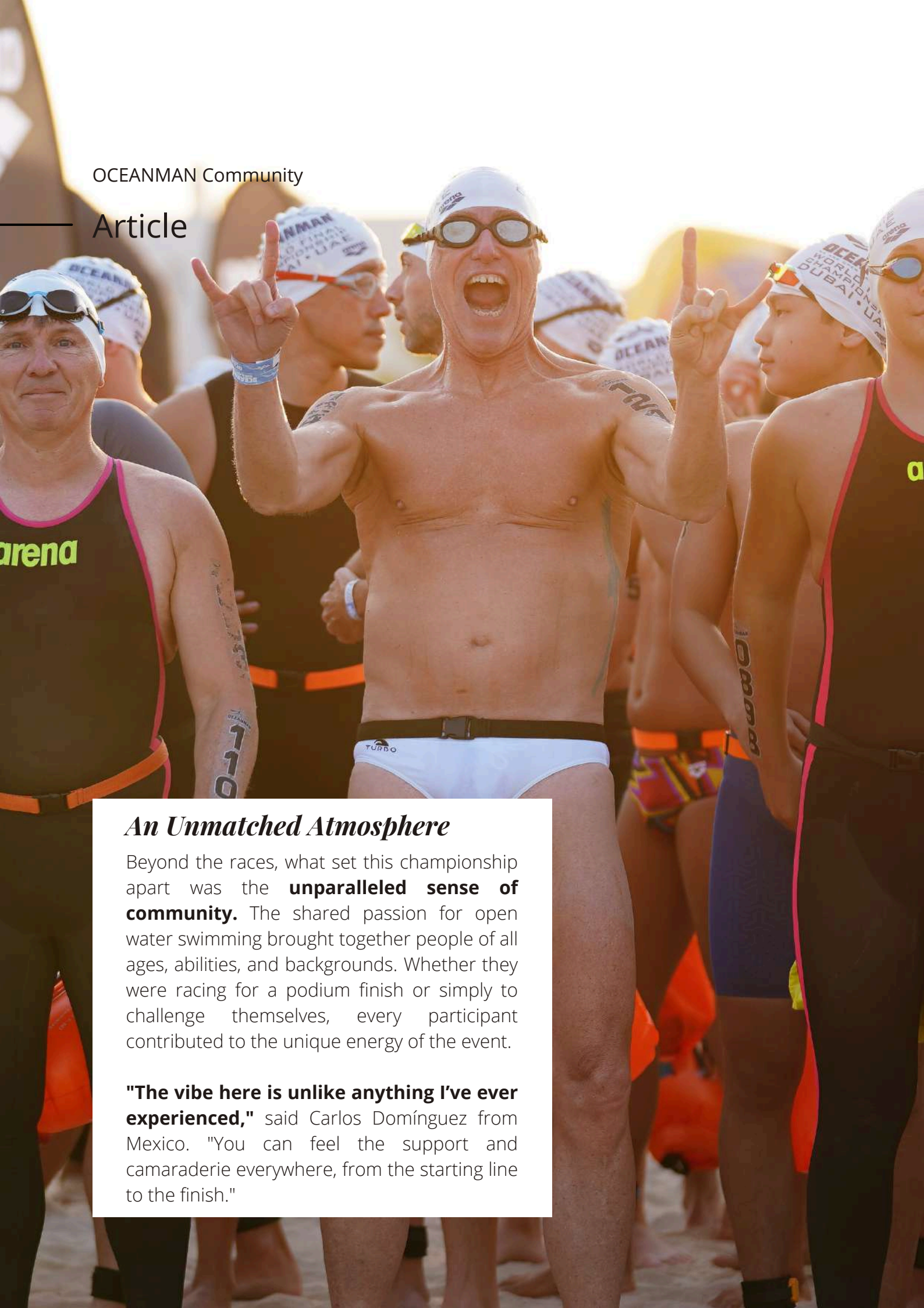
The HALF OCEANMAN provided a shorter yet equally challenging route, attracting a mix of seasoned swimmers and those taking their first steps into long-distance open water competitions.

"I never imagined I could complete a race like this," said Sarah Lee from Thailand. "Crossing that finish line was one of the proudest moments of my life."



OCEANMAN Community

Article



An Unmatched Atmosphere

Beyond the races, what set this championship apart was the **unparalleled sense of community**. The shared passion for open water swimming brought together people of all ages, abilities, and backgrounds. Whether they were racing for a podium finish or simply to challenge themselves, every participant contributed to the unique energy of the event.

"The vibe here is unlike anything I've ever experienced," said Carlos Domínguez from Mexico. "You can feel the support and camaraderie everywhere, from the starting line to the finish."

OCEANMAN Community

Article

Impact on Dubai and the Global Swimming Community

OCEANMAN World Final Championship didn't just leave an impression on the participants; it also made a significant impact on Dubai and the global swimming community. The event showcased Dubai as a world-class destination for sports tourism, with its state-of-the-art infrastructure, stunning natural beauty, and warm hospitality.

Local businesses and tourism flourished during the championship week, with hotels, restaurants, and attractions welcoming thousands of visitors.

"It's incredible to see how an event like this can bring so many people together and boost the local economy," said Ahmed Al Mansoori, a representative from Dubai's tourism board. "We're proud to host such a prestigious event and look forward to more collaborations with OCEANMAN."



OCEANMAN Community

Article



Looking Ahead

As the sun set on the Arabian Gulf and the final medals were awarded, one thing was clear: the OCEANMAN World Final Championship in Dubai had set a new benchmark for open water swimming events. It wasn't just a race—it was a celebration of resilience, determination, and the unifying power of sport.

With the bar raised so high, participants and fans alike are already looking forward to what's next for OCEANMAN.

"Dubai was unforgettable," said Maria López from Argentina. **"I can't wait to see where the journey takes us next year."**

The 2024 OCEANMAN World Final Championship in Dubai will be remembered not only for its record-breaking numbers but also for the memories, friendships, and stories that emerged from this extraordinary week. This was an event that will go down in open water swimming history.

Breaking Barriers

People of Determination

A Vision of Inclusivity

Our Commitment with “People of Determination”



Collaboration with:
KEVIN PAUL

Open water swimming has always been a sport that celebrates resilience, determination, and the unyielding human spirit. In 2025, OCEANMAN is taking its mission to inspire and empower to the next level by launching an initiative aimed at making the competition more inclusive for athletes with disabilities. In collaboration with Kevin Paul, a Paralympic gold medalist and advocate for adaptive sports, OCEANMAN’s **“People of Determination”** program is set to redefine the boundaries of what’s possible in open water swimming.

For years, OCEANMAN has been a platform for swimmers of all levels, from first-time participants to seasoned professionals. The introduction of the “People of Determination” initiative marks a significant step forward in ensuring that athletes with disabilities have access to the same opportunities to compete, excel, and inspire.

"Our goal is to **make OCEANMAN a truly universal event**," says Kevin Paul. "Swimming is a sport that belongs to everyone. By creating an inclusive environment, we’re not just opening doors for athletes with disabilities; we’re challenging perceptions and inspiring a global community."

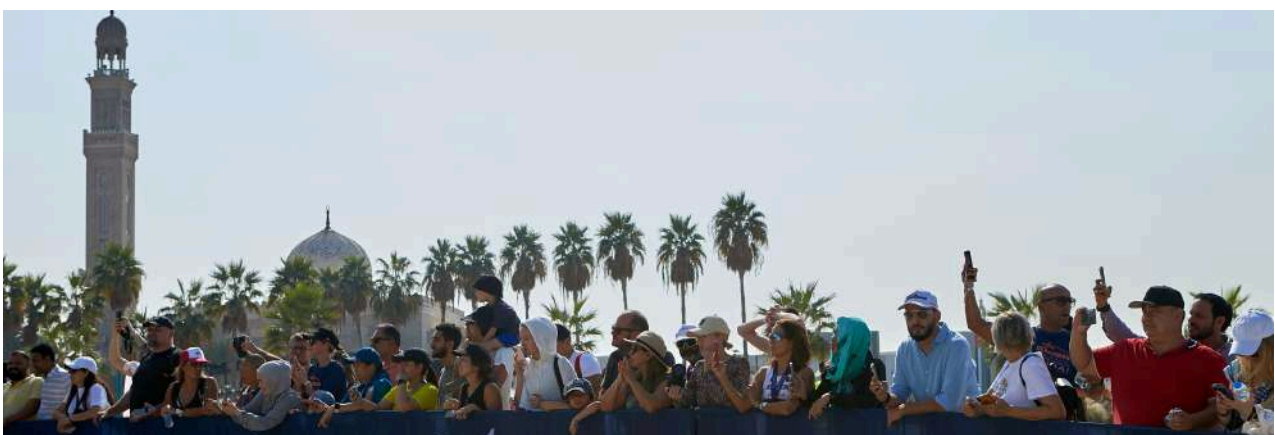




Kevin Paul: A Champion of Change

As a two-time Paralympic gold medalist and an advocate for inclusivity, Kevin Paul brings invaluable insight and experience to the initiative. Born with a congenital limb difference, Kevin overcame immense challenges to become one of the most decorated swimmers in Paralympic history. His story is a testament to the power of perseverance, and his involvement in the program has already begun to inspire change.

"Swimming gave me a sense of freedom and empowerment that I want others to experience," Kevin shares. "Partnering with OCEANMAN is an opportunity to extend that sense of possibility to people who might have thought open water swimming wasn't for them."





Building a More Accessible Competition

OCEANMAN's commitment to inclusivity isn't just about words—it's about action. The organization has outlined several key measures to ensure that athletes with disabilities can participate fully and safely in its events:

- **Adaptive Race Categories:**

Dedicated categories for athletes with physical, sensory, or intellectual disabilities will allow for fair competition and recognition. These categories will run alongside existing races, ensuring that adaptive athletes feel integrated into the broader event.

- **Enhanced Support and Accessibility:**

Event venues will be adapted to accommodate athletes with mobility challenges, including wheelchair-accessible facilities, ramps, and modified race start areas.

- **Community Awareness Campaigns:**

The initiative will also focus on educating the wider OCEANMAN community about adaptive sports and the importance of inclusivity, fostering a supportive and welcoming environment for all participants.

Launching a program of this scale comes with its challenges. Ensuring the safety and accessibility of open water events requires meticulous planning and coordination. However, the benefits far outweigh the difficulties.

"Inclusivity isn't about making things easier—it's about making things possible," says Kevin. "By addressing these challenges head-on, we're not just creating opportunities for athletes with disabilities; we're enriching the sport as a whole."

The initiative has already garnered widespread support from the swimming community, sponsors, and local governments. With Kevin Paul's leadership and the dedication of the OCEANMAN team, the program is poised to set new standards for inclusivity in open water sports.

The Impact on the OCEANMAN Community

The "People of Determination" program isn't just about the athletes—it's about fostering a culture of understanding, respect, and shared achievement. The presence of adaptive athletes at OCEANMAN events has already begun to inspire fellow participants.

"I've learned so much from watching adaptive athletes compete," says Mark Davis, a long-time OCEANMAN competitor. "Their determination and resilience remind me why I fell in love with this sport in the first place."

For many, the program has also been a chance to reflect on their own approach to swimming and life. "Seeing someone overcome such incredible challenges to compete motivates me to push harder in my own races," says Elena Torres, who participated in the OCEANMAN World Final Championship in Dubai.

Looking Ahead

The "People of Determination" initiative is just the beginning. OCEANMAN plans to expand its adaptive sports program in the coming years, with goals to increase participation, enhance accessibility, and promote inclusivity on a global scale. Kevin Paul envisions a future where adaptive athletes are not just participants but leaders and role models within the swimming community. "I dream of a day when an adaptive athlete wins the overall OCEANMAN title," he says. "And I believe that day is closer than we think."



Discover the World's Newest Open Water Swimming Paradises

Get ready for a year of breathtaking locations and unforgettable adventures, as OCEANMAN unveils its **newest destinations for 2025**. From the pristine shores of Siargao in the Philippines to the picturesque waters of Banyuls-sur-Mer in France, the lush landscapes of the Dominican Republic, and the serene beauty of Vouliagmeni, Greece, this year's lineup promises an unparalleled open water swimming experience. Let's dive into these extraordinary locales that blend the thrill of competition with the charm of exploration.



Siargao, Philippines: Paradise for Adventurers

Known as the “Surfing Capital of the Philippines,” Siargao is now making waves as an open water swimming destination. Famous for its crystal-clear waters, vibrant coral reefs, and laid-back island vibe, this tropical gem offers a unique blend of natural beauty and thrilling challenges for OCEANMAN participants.

A Swimmer’s Playground

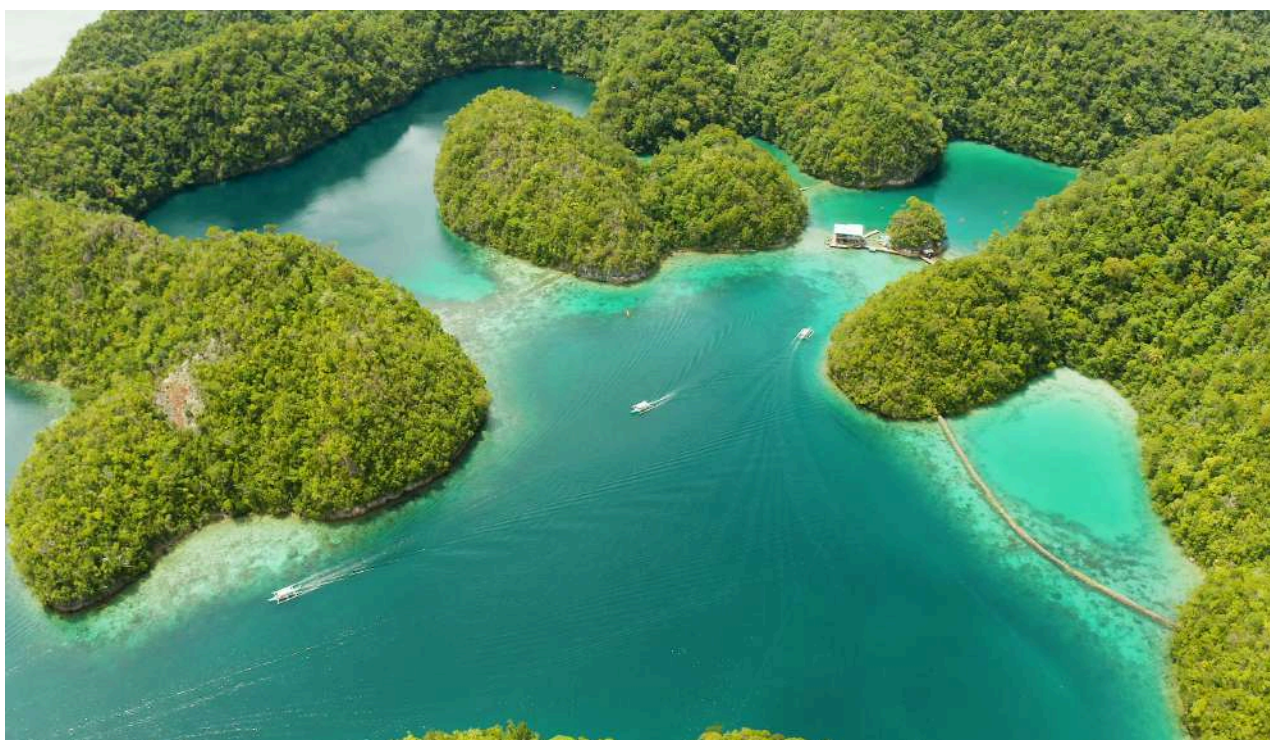
The racecourse in Siargao takes you through turquoise lagoons and along pristine beaches fringed with coconut palms. Imagine gliding through the tranquil waters of Cloud 9’s famous lagoon or feeling the rush as you navigate the open ocean near the island’s renowned surf breaks. The mix of calm inshore waters and the occasional ocean swell makes Siargao a dynamic and exhilarating location for swimmers of all levels.

Beyond the Swim

Siargao is not just about the race—it’s about embracing the island’s adventurous spirit. Spend your rest days exploring the Sugba Lagoon, where paddleboarding and kayaking reveal hidden coves and serene mangroves. Or take a boat trip to the nearby Naked, Daku, and Guyam Islands, where powdery sands and azure waters provide the perfect post-race relaxation.

Taste the Island Life

Don’t miss the local flavors. Feast on freshly grilled seafood at the night markets or try traditional Filipino dishes like kinilaw (ceviche) and adobo. For a taste of Siargao’s thriving café culture, head to Shaka for a refreshing smoothie bowl or to Harana for a tropical cocktail.



Article

Dominican Republic: A Tropical Haven

With its white-sand beaches, lush jungles, and vibrant culture, the Dominican Republic is a dream destination for travelers—and now, for OCEANMAN swimmers too. This Caribbean paradise promises a unique and colorful race experience, paired with the warmth and hospitality of its people.

An Ocean Odyssey

The OCEANMAN course in the Dominican Republic takes swimmers through warm, turquoise waters framed by palm-lined beaches. The race starts and finishes near one of the island's most picturesque coastal towns, offering participants both natural beauty and the infectious rhythm of Caribbean life. Expect a mix of open water and lagoon-like sections, challenging your skills while treating you to stunning views.

Immerse Yourself in Paradise

Post-race, immerse yourself in the island's rich culture and natural wonders. Explore the historic streets of Santo Domingo, the oldest city in the Americas, or embark on an eco-adventure to Los Haitises National Park, where dramatic limestone cliffs and mangroves create an otherworldly landscape. For relaxation, head to Punta Cana or Samaná Bay, where luxury resorts and pristine beaches await.

Caribbean Cuisine and Rhythms

The Dominican Republic's culinary scene is as vibrant as its scenery. Treat yourself to mofongo, a savory dish made from fried plantains, or sancocho, a hearty meat stew. Wash it all down with a refreshing mamajuana, a traditional herbal drink. And don't forget to dance—whether it's merengue, bachata, or salsa, the island's music will have you moving in no time.





Vouliagmeni, Greece: The Athens Riviera reimagined

Returning to Greece for 2025, OCEANMAN takes swimmers to Vouliagmeni, a coastal suburb of Athens known for its luxurious resorts, serene beaches, and iconic lake. Vouliagmeni offers a perfect blend of ancient history and modern luxury, making it a must-visit destination for swimmers and travelers alike.

Swimming in History

The OCEANMAN course in Vouliagmeni highlights the region's natural beauty, with a racecourse that includes sections of the Saronic Gulf and the famed Lake Vouliagmeni. The lake, fed by underground springs and surrounded by lush cliffs, offers a unique and tranquil swimming experience. Meanwhile, the open water segments of the race provide stunning views of the Athenian Riviera.

When you're not swimming, Vouliagmeni serves as the perfect base for exploring Athens and its rich history. Visit the Acropolis, stroll through the vibrant Plaka district, or marvel at the treasures of the National Archaeological Museum. A short drive away, Cape Sounion offers breathtaking views and the chance to witness a sunset at the ancient Temple of Poseidon.

Greek Hospitality at Its Finest

Relax after the race at one of Vouliagmeni's world-class resorts. Savor traditional Greek dishes like moussaka, souvlaki, and spanakopita, paired with a glass of ouzo or a refreshing Mythos beer. The combination of exceptional cuisine, warm hospitality, and scenic beauty makes Vouliagmeni an unforgettable destination.



Banyuls-sur-Mer, France: Where the mountains meet the sea

Nestled in the Pyrenees-Orientales region, Banyuls-sur-Mer is a picturesque coastal town that combines the charm of the Mediterranean with the rugged allure of the Pyrenees mountains. This French gem is set to captivate swimmers with its crystal-clear waters and stunning coastal vistas.

A Mediterranean Jewel

The OCEANMAN course in Banyuls-sur-Mer offers a rare opportunity to swim in the protected marine reserve of Cerbère-Banyuls. Known for its exceptional biodiversity, these waters are home to vibrant coral reefs, schools of fish, and even the occasional dolphin. The course takes swimmers along the dramatic coastline, with its hidden coves and rocky outcrops adding to the sense of adventure.

Charming French Escapes

After your swim, wander through the town's cobblestone streets, where charming cafés and boutiques beckon. Visit a local winery to sample the region's famous Banyuls dessert wine, or take a scenic hike into the Pyrenees for panoramic views of the Mediterranean.

The French Riviera, Redefined

Banyuls-sur-Mer is also a gateway to the greater Côte Vermeille. Explore nearby Collioure, a historic fishing village adored by artists like Henri Matisse, or drive to Perpignan for a taste of Catalan culture. With its blend of French elegance and natural beauty, Banyuls-sur-Mer is a destination that lingers in the memory long after the race is over.

Efficiency in every *stroke*



Written by:
DANIEL ORTEGA



Open water swimming presents a unique set of challenges: unpredictable waves, currents, and the vastness of the environment itself. It's not just a test of physical endurance but also of mental resilience and, perhaps most critically, technique. Over my years as a swimmer and coach, I've come to understand that success in open water lies in a swimmer's ability to optimize efficiency in every stroke.

When we think about swimming in challenging conditions, many focus solely on building endurance or improving speed. While these are essential components, they are incomplete without a focus on technique. Every ounce of energy saved through a refined stroke is energy that can be used to push harder, stay calm, or navigate challenging waters. My goal as a coach is to help swimmers better utilize their energy by transforming their strokes into fluid, effective movements.

Understanding efficiency in Open Water Swimming

In the pool, swimmers are shielded from external variables like waves, wind, and tides. Open water, however, adds layers of complexity that require adaptability and precision. Efficiency in this context means doing more with less—covering greater distances while conserving energy.

This isn't just about moving faster; it's about moving smarter. Here are three pillars of efficiency that every open water swimmer should prioritize:

- **Streamlining the Body:**

The less resistance your body creates in the water, the more effortlessly you can glide. This begins with proper body alignment. Keeping your head in a neutral position, engaging your core, and ensuring your legs stay close to the surface are small adjustments that make a significant difference.

Know my methodology

I'm Dano, a coach specializing in open water swimming. My main focus is on optimizing the efficiency of each stroke, helping swimmers better utilize their energy in challenging conditions such as open water. Through a refined technique, I seek to make each movement in the water more fluid and effective.

My methodology is based on the principle that a more efficient swimmer can not only conserve energy, but also maintain a more constant and longer pace. This is key to improving performance over long distances, where fatigue can become the biggest obstacle.

The ultimate goal of my training is for my students to not only swim faster, but to do so with less effort. Efficiency is the key to competing and enjoying open sea swimming, where natural conditions require precise and adaptable technique.



Maximizing Each Stroke:

Many swimmers waste energy with short, hurried strokes. Instead, focus on extending each stroke to its fullest. Reach forward deliberately, catch the water with your fingertips, and pull back in a controlled, powerful motion. Every stroke should propel you forward—not just keep you afloat.

Adapting to Conditions:

Waves and currents can disrupt rhythm and sap energy if you fight against them. Instead, embrace adaptability. For example, shorten your stroke slightly in choppy water to maintain control, or use sighting efficiently to stay on course without breaking your rhythm.

Breathing Patterns:

Breathing is often overlooked in discussions of technique, yet it's one of the most critical aspects of efficient swimming. Open water conditions can make bilateral breathing (breathing on both sides) essential. This allows swimmers to adapt to waves or glare from the sun while maintaining balance in their strokes.

Pro Tip: Practice exhaling fully underwater so that your inhales are quick and efficient. This minimizes time spent with your head out of alignment.

The Catch and Pull:

The catch and pull phase is where most of your propulsion happens. Aim to enter the water with your fingertips first, creating minimal splash.

Then, engage your forearm and upper arm to "grip" the water and pull through with power. **Focus Point:** Think of your hand as a paddle. The more surface area you use to push against the water, the greater the propulsion.

Kick Efficiency:

While the kick is less critical in open water than in sprints or pool swimming, an effective kick can provide balance and maintain body position. Avoid over-kicking, as this can lead to premature fatigue. Instead, use a steady, two-beat kick to complement your strokes.





Energy Management: The Key to Longevity

In open water swimming, energy is your most valuable currency. Efficient strokes not only conserve energy but also reduce mental fatigue, allowing you to focus on strategy and adaptation.

As a coach, I emphasize the importance of "listening to the water." Feel how your body moves through it, and strive for harmony between your movements and the environment. The goal isn't to overpower the water but to work with it, making each stroke a natural extension of your body's rhythm.

Training for Efficiency

Optimizing your stroke doesn't happen overnight; it requires consistent training and focus. Here's how you can incorporate efficiency-building drills into your routine:

- **Sculling Drills:**

Sculling helps swimmers feel the water and improve their ability to engage the right muscles during the catch phase. Practice sculling at different depths to enhance your control and awareness.

- **One-Arm Freestyle Drills:**

This drill isolates each arm, forcing you to focus on a full, powerful stroke. It's an excellent way to identify and correct imbalances in your technique.

- **Sight-and-Swim Practice:**

Incorporate sighting into your training by lifting your head briefly to spot a target. This mimics race conditions and ensures you stay on course without sacrificing rhythm.

- **Endurance with Form:**

During long swims, it's easy to let technique slip as fatigue sets in. Train yourself to maintain proper form even when tired by incorporating slow, deliberate strokes into your workouts.

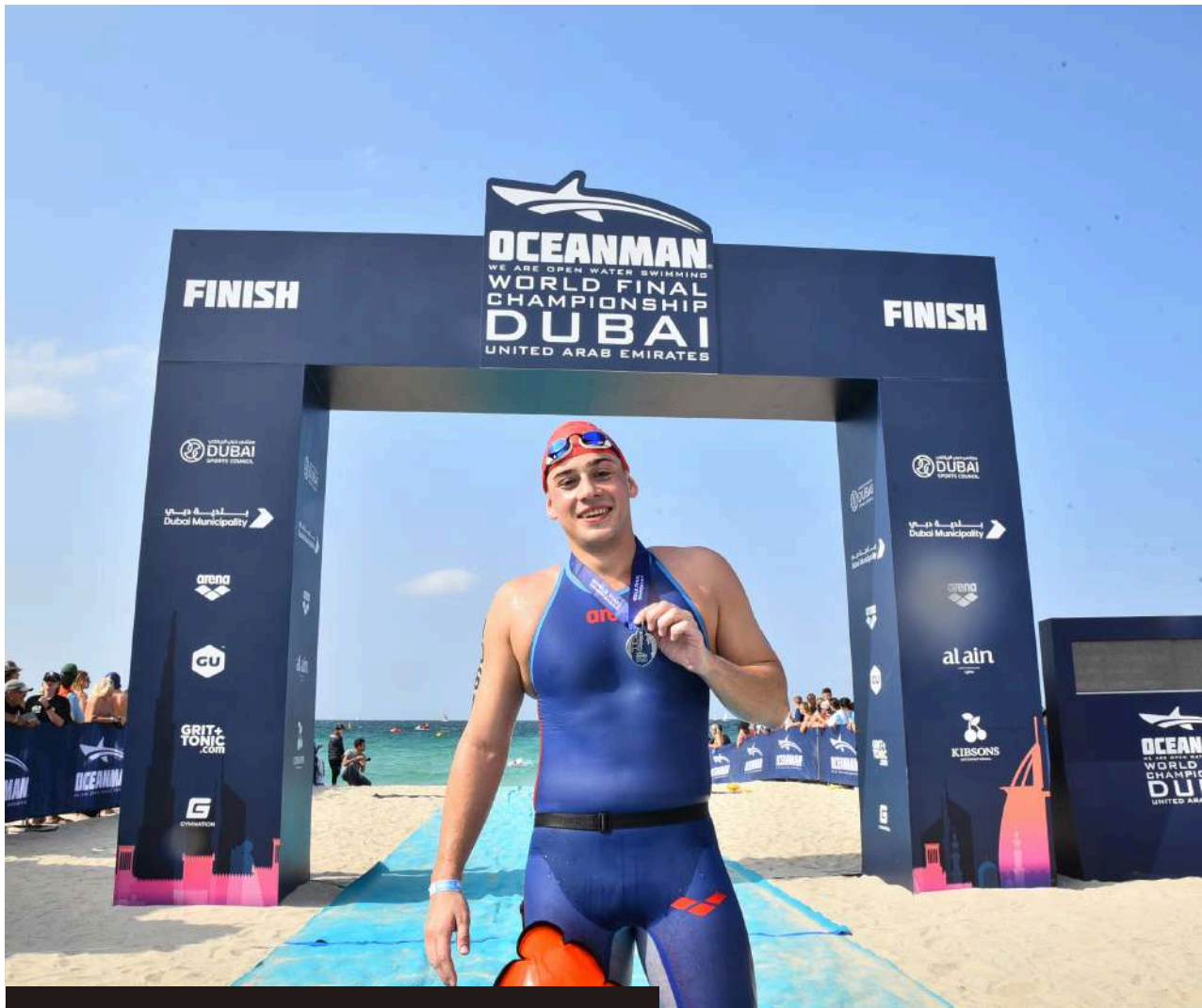


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EXPERIENCE**

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Champion Chronicles

Why Mental Health Matters in Open Water Swimming



Conference led by:
MICHAL TOMASZOWSKY

OCEANMAN World Final Championship 2024 in Dubai was more than just a celebration of athletic prowess—it **was an arena for sharing knowledge**, fostering community, and addressing the **mental challenges** athletes face in open water swimming.

One of the highlights of the event was the insightful conference led by Michal Tomaszowsky, who took to the stage not only as a decorated swimmer but also as a mentor and coach.

For Michal Tomaszowsky, this championship was unlike any other. "For the first time, I had the opportunity to participate not only as a swimmer but also as a coach," he shared. Alongside the legendary Mykhailo Romanchuk, Tomaszowsky conducted four days of intensive training sessions, both in the water and on land.

The sessions were a masterclass in preparation, offering swimmers invaluable tips and techniques to fine-tune their performance before race day. "It was an amazing experience," Tomaszowsky reflected.

"Being able to share my knowledge and see the satisfaction and progress of other swimmers was incredibly rewarding."

On the Friday before the competition, Tomaszowsky stepped onto a different stage—a conference on the stage filled with athletes eager to learn from his expertise. His talk, titled "Dealing with Stress: The Athlete's Journey," delved into a subject that resonates with competitors at every level.

"Stress is a topic close to every athlete," Tomaszowsky began. "It's an inevitable part of competition, but it's also something we can learn to manage and even use to our advantage." He shared his personal journey of navigating the pressures of elite-level competition, offering insights into how he has



OCEANMAN Stories

transformed moments of doubt and anxiety into sources of strength. Key themes from his talk included:

- **Understanding Stress as a Tool:** Tomaszowsky emphasized that stress, when channeled correctly, can be a powerful motivator. "It sharpens your focus and pushes you to your limits," he explained.
- **Visualization Techniques:** Athletes were encouraged to picture their races in vivid detail, from the start line to the finish, creating a mental roadmap to success.
- **Mindfulness and Breathing Exercises:** Tomaszowsky highlighted the importance of staying present, sharing simple breathing techniques to calm nerves before and during races.

- **Building a Support System:** He stressed the value of surrounding oneself with a strong network of coaches, teammates, and loved ones. "You don't have to face stress alone," he reminded the audience.

The conference left a lasting impression on those in attendance. Swimmers from around the globe shared their appreciation for Tomaszowsky's candidness and practical advice.

Elena Rodriguez, a first-time competitor at the World Final, remarked, "Michal's talk felt personal. He wasn't just giving generic advice; he was sharing his story and making us feel like we could overcome anything."





Beyond his conference, Tomaszowsky's coaching presence throughout the week brought an added layer of mentorship to the championship. He and Mykhailo Romanchuk guided swimmers through tailored sessions, focusing on technique, endurance, and mental resilience.

Tomaszowsky described these sessions as a blend of training and camaraderie: "It wasn't just about improving strokes or building stamina. It was about connecting with the athletes, understanding their struggles, and helping them see their potential."

Why Mental Health Matters in Open Water Swimming

Open water swimming presents unique challenges, from unpredictable conditions to the sheer vastness of the environment. The mental toll of these factors is significant, making it essential for athletes to develop strategies for managing stress.

Tomaszowsky's session highlighted how mental preparedness is just as important as physical training. He reinforced the idea that addressing mental health openly is a sign of strength, not weakness—a message that resonated deeply with the audience.

For everyone who attended, the message was clear: Stress is a challenge, but it's also an opportunity. And with the right mindset, every swimmer can conquer not just the waves but the mental hurdles that come with them.

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OCEANMAN Magazine

KICKSTART OCEANMAN 2025 CALENDAR IN ARGENTINA



Embalse, Córdoba: Your gateway to open water adventure

As the new year unfolds, the global OCEANMAN family sets its sights on the first race of 2025, and what better place to dive into the season than the breathtaking Embalse, Córdoba, Argentina? Known for its picturesque landscapes, crystal-clear waters, and vibrant culture, Córdoba promises an unforgettable experience for swimmers and travelers alike. Whether you're competing for glory or cheering from the sidelines, this event offers much more than just a race—it's an invitation to explore the heart of Argentina.

Nestled in the Sierras de Córdoba, Embalse is a tranquil town renowned for its sprawling reservoir, the largest in the province. With its calm, clean waters and stunning mountainous backdrop, it's a dream setting for open water swimming. The area's mild summer climate in February ensures optimal race conditions, making it the perfect destination to begin OCEANMAN calendar. This event is designed to challenge and inspire swimmers of all levels. The pristine waters of the reservoir provide a serene yet dynamic environment.

Beyond the Race: What to Do in Córdoba

Your journey to Embalse doesn't have to end at the finish line. Córdoba is a treasure trove of culture, history, and adventure. Here's how you can make the most of your stay:

1. Explore the City of Córdoba

As the second-largest city in Argentina, Córdoba is a bustling hub of history and modernity. Stroll through the historic Jesuit Block, a UNESCO World Heritage Site, and marvel at the colonial architecture. Don't miss Plaza San Martín, the vibrant heart of the city, where you can admire the stunning Catedral de Córdoba.

2. Indulge in Local Flavors

Argentinian cuisine is world-famous, and Córdoba offers a delightful taste of the country's culinary heritage. Feast on

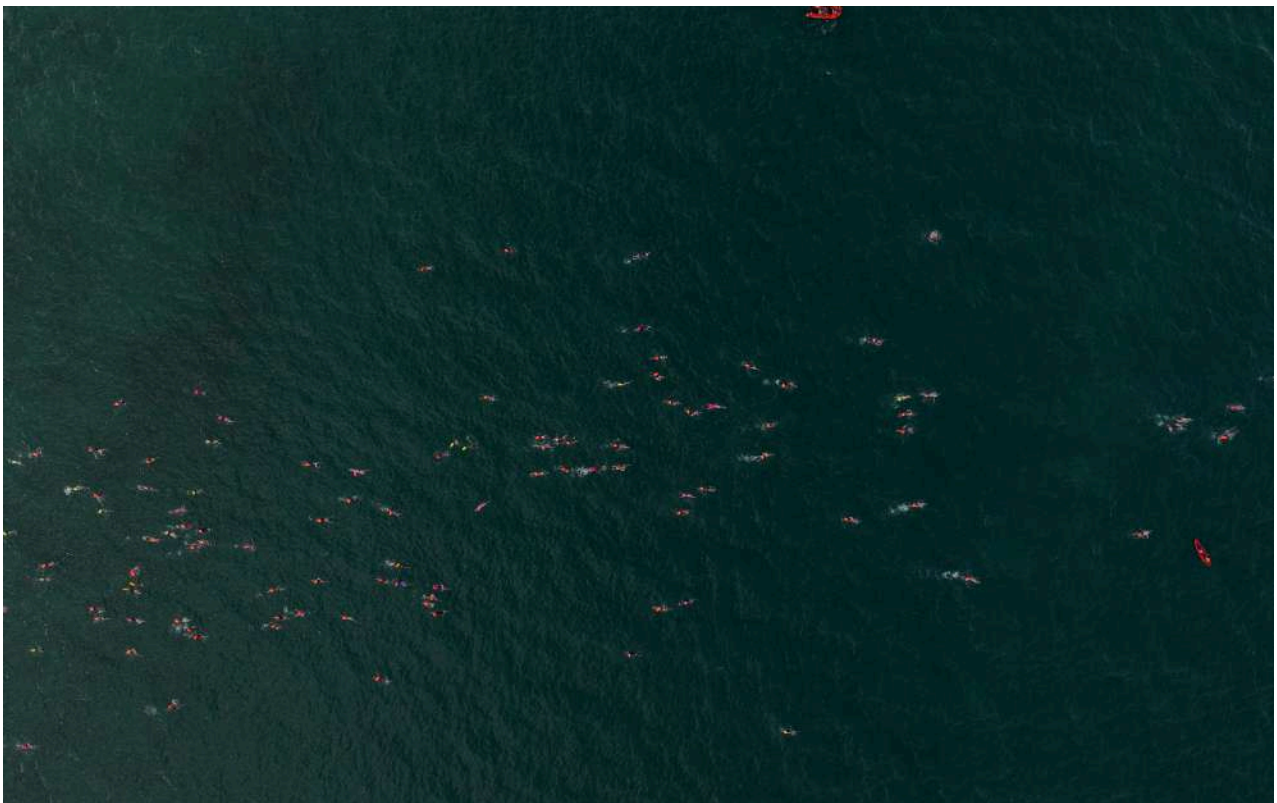
classic dishes like empanadas cordobesas, asado (Argentinian barbecue), and locro, a hearty stew. Pair your meal with a glass of Malbec or Torrontés, two of Argentina's iconic wines.

3. Discover the Sierras de Córdoba

The rolling Sierras surrounding Embalse are a haven for nature lovers. Go hiking or mountain biking on scenic trails, or take a guided horseback ride through the rugged terrain. The Quebrada del Condorito National Park is a must-visit, offering breathtaking views and a chance to spot the majestic Andean condor.

4. Visit Villa General Belgrano

Located just a short drive from Embalse, Villa General Belgrano is a charming



Motivation and Goals

village with a strong European influence. Known for its Bavarian-style architecture and Oktoberfest celebrations, it's a delightful spot to explore unique shops, sip craft beer, and enjoy the Alpine-like atmosphere.

5. Relax by the Reservoir

After the race, unwind on the shores of Embalse. Take a leisurely swim, rent a kayak, or simply bask in the sun while enjoying the serene surroundings.

Why Start the Year in Córdoba?

Starting the OCEANMAN season in Embalse, Córdoba, sets the tone for an incredible year of open water swimming. The combination of challenging races, supportive community, and awe-inspiring landscapes creates an atmosphere unlike any other. It's not just about the competition—it's about embracing the journey, forging connections, and discovering the world through swimming.





**OCEANMAN'S OPEN
WATER SWIMMING**

**COACH
CERTIFICATION**



UNLOCK YOUR COACHING POTENTIAL WITH OCEANMAN COACH CERTIFICATION

In the world of open water swimming, precision, safety, and expertise are paramount. The OCEANMAN Coach Certification program was crafted with this understanding, aiming to equip coaches with the skills, knowledge, and confidence to inspire and guide swimmers of all levels. More than just a course, it is an opportunity to join a global network of professionals dedicated to the art and science of open water coaching.

This is a cutting-edge qualification tailored for current open water swimmers, swim coaches, teachers, and triathlon coaches who wish to refine their expertise. This program builds on existing skills, enabling participants to specialize in delivering high-quality swimming and open water training sessions. With an emphasis on industry-leading standards and practical application, the course is a dual certification that covers both coachings.

The Structure of the Program

The OCEANMAN Coach Certification is thoughtfully designed to ensure a comprehensive learning experience. It consists of two courses:

1. Swimming Coach Certification
 - 4 modules + Final Assignment
2. Open Water Swimming Coach Certification
 - 5 modules + Final Assignment

Key Features:

- Online Theory: 120 hours of in-depth study through video lectures, workbooks, and module tests.
- Coaching Practice: 20 documented hours of practical coaching.
- Total Study Time: 140 hours.
- Certification: Dual certification as an OCEANMAN Swimming Coach and an OCEANMAN Open Water Swimming Coach.

Each module includes:

- Introductory Videos and Lectures: Engaging content to set the stage for learning.
- Workbooks: Comprehensive reading materials.
- Knowledge Tests: End-of-module quizzes requiring an 80% pass rate to advance.
- Assignments: Practical exercises to solidify learning.
- Feedback and Final Assignment: A capstone project covering swimming and open water blocks.

Participants will gain skills and insights to develop and deliver effective open water and swimming training programs. Manage high-performance preparation and organize events and assess safety requirements.



What our coaches say?



THE COURSE IS VERY INFORMATIVE. OPEN WATER ENDURANCE SWIMMING IS QUITE DIFFERENT THAN POOL SWIMMING. THIS COURSE HAS GIVEN THOSE KEY INSIGHTS. IT HAS HELPED ME UNDERSTAND THE MACROS AND MICROS OF OPEN WATER SWIMMING, SAFETY MEASURES, TRAINING SEASON PLANNING, CURBING INJURY, NUTRITION, HYDRATION, ETC.

RAM SADHVANI



OCEANMAN COACH CERTIFICATION WAS VERY HELPFUL FOR ME. I USE THE KNOWLEDGE I GAINED EVERY DAY. THIS KIND OF INFORMATION IS NOT GIVEN AT THE UNIVERSITY; IT CAN ONLY BE OBTAINED HERE FROM PRACTICING TRAINERS

DENIS GORDIYENKO



OCEANMAN COACH CERTIFICATE COURSE IS A GREAT WAY TO BRING YOUR OPEN WATER COACHING SKILLS TO THE NEXT LEVEL. IT COVERS A BROAD RANGE OF TOPICS IN A DETAILED WAY AND ALLOWS YOU TO ENGAGE WITH THE COACHES COMMUNITY ACROSS THE GLOBE

CRISTIAN CICCIOLI



THE COURSE GAVE ME A GREAT OVERVIEW OF WHAT EXACTLY IS THE UNDERSTANDING OF OPEN WATER SWIMMING/COACHING. THE COURSE IS EASY TO FOLLOW AND LED BY 2 VERY GOOD EXPERIENCED COACHES AND SWIMMERS.

BASTIN JELTEMA

What our coaches say?



OCEANMAN COACH CERTIFICATE COURSE WAS A GOOD COMBINATION OF LEARNING SPECIALIST THEORY AND DOING PRACTICAL ASSIGNMENTS, CHALLENGING MY OWN KNOWLEDGE AND SKILLS AND MAKING ME A BETTER OPEN WATER COACH.

LINDA GODERIE



OCEANMAN COACH CERTIFICATE COURSE PROVIDED AN EXCEPTIONAL LEARNING EXPERIENCE. THE COMPREHENSIVE CURRICULUM AND PRACTICAL EXPERTISE PROVIDED VALUABLE KNOWLEDGE AND SKILLS THAT GREATLY ENRICHED MY KNOWLEDGE.

MAYRA SANTOS



I GOT BETTER UNDERSTANDING OF PERIODIZATION AND HOW TO ADDRESS LONGTIME SWIMMER DEVELOPMENT FOR OPEN WATER SPORTS.

JURGIS SEIKA



BEING A PART OF A WORLD-RENOWNED ORGANIZATION THAT HAS PROVEN ITS QUALITY IS A SOURCE OF MOTIVATION FOR MY STUDENTS.

EMRE ÖZKAN

Training Tips

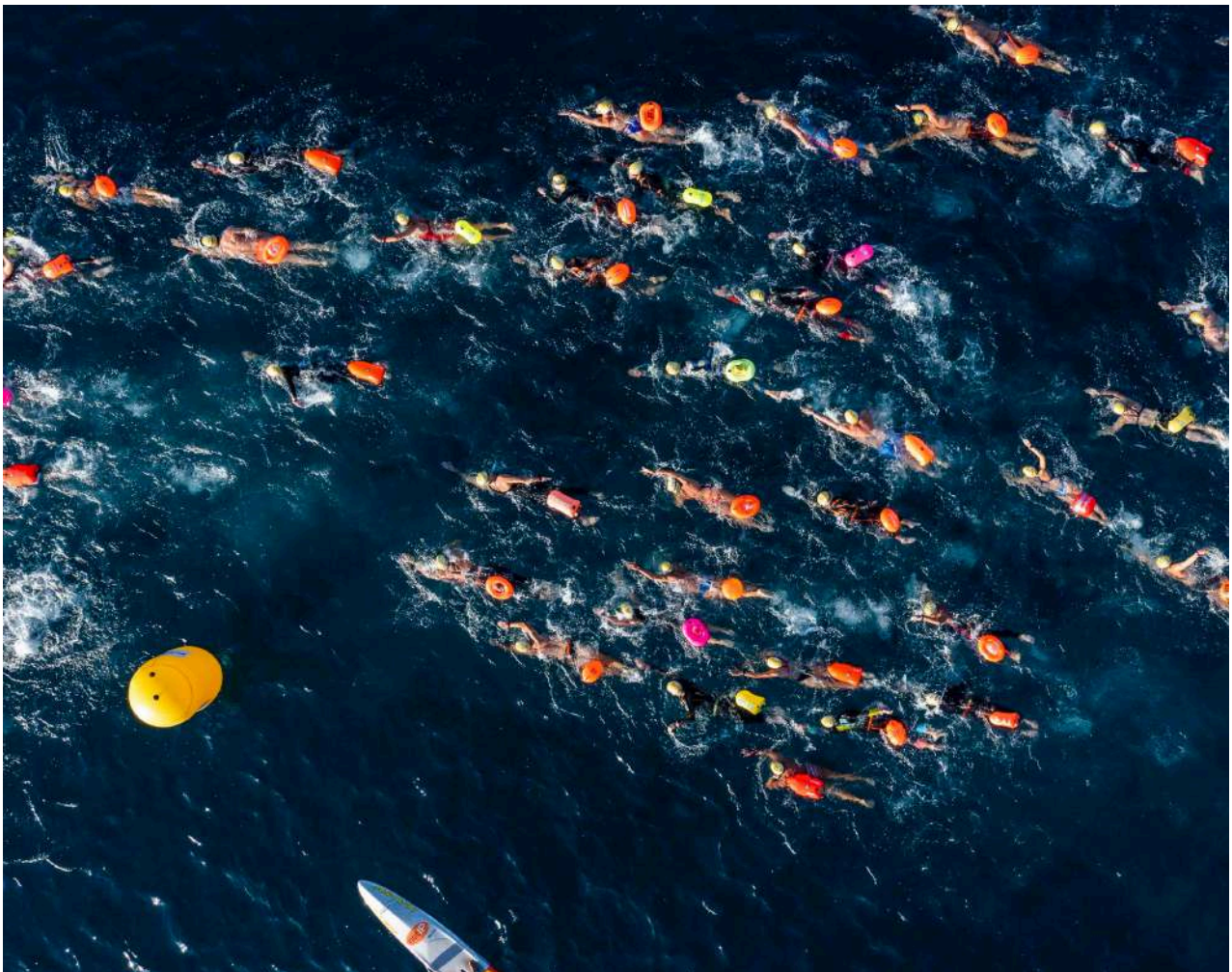
Mind Games for Long-Distance Open Water Competitions

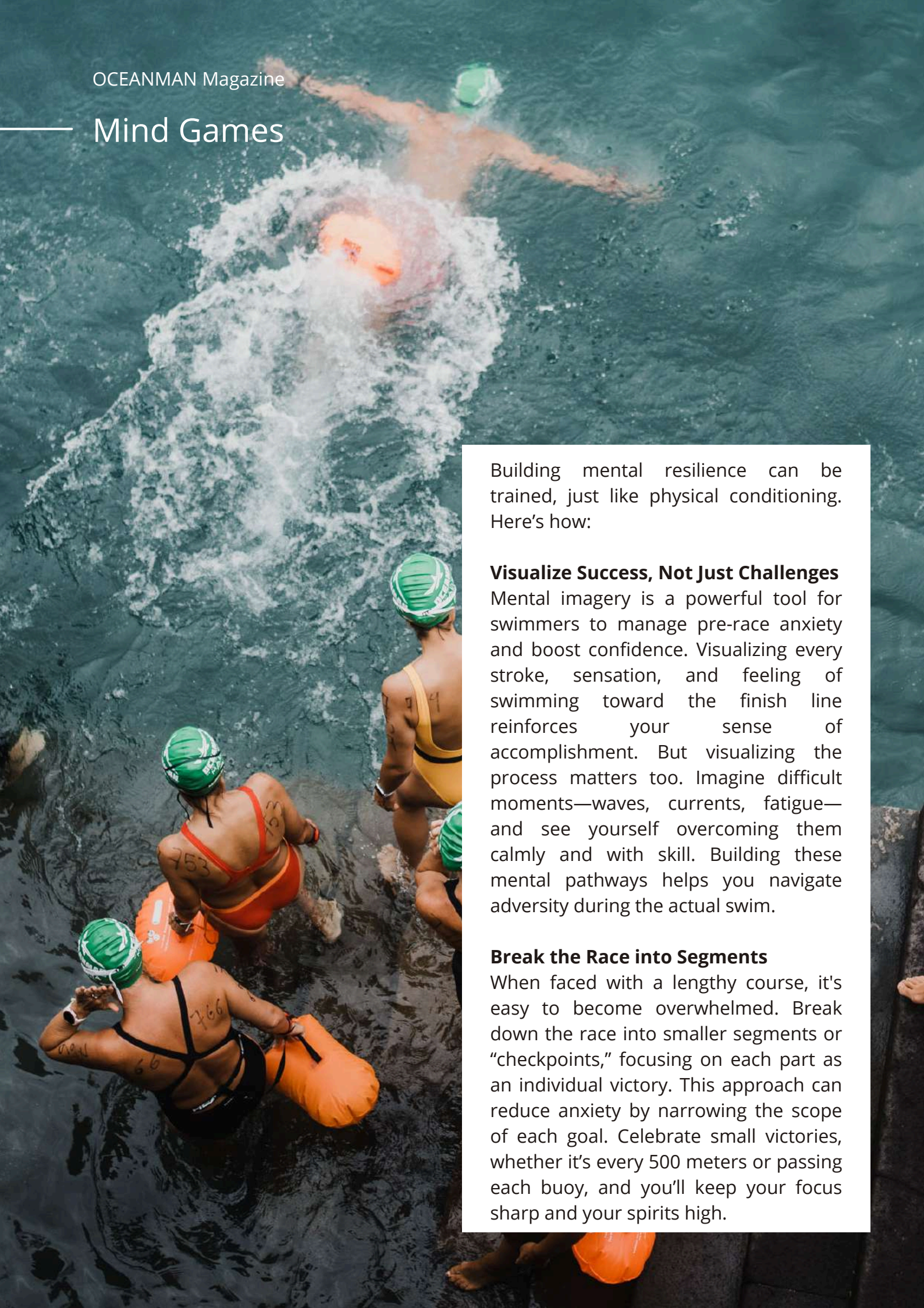


WRITTEN BY:
CRISTIAN CICCIOI

Competing in long-distance open water swimming events is as much a test of mental fortitude as it is of physical strength. Endurance events like these require swimmers to prepare for the psychological demands of hours spent in open water, far from the stability of land.

From dealing with fatigue and fluctuating weather conditions to handling the isolation and monotony of open water, mental resilience becomes a cornerstone of success.





Building mental resilience can be trained, just like physical conditioning. Here's how:

Visualize Success, Not Just Challenges

Mental imagery is a powerful tool for swimmers to manage pre-race anxiety and boost confidence. Visualizing every stroke, sensation, and feeling of swimming toward the finish line reinforces your sense of accomplishment. But visualizing the process matters too. Imagine difficult moments—waves, currents, fatigue—and see yourself overcoming them calmly and with skill. Building these mental pathways helps you navigate adversity during the actual swim.

Break the Race into Segments

When faced with a lengthy course, it's easy to become overwhelmed. Break down the race into smaller segments or "checkpoints," focusing on each part as an individual victory. This approach can reduce anxiety by narrowing the scope of each goal. Celebrate small victories, whether it's every 500 meters or passing each buoy, and you'll keep your focus sharp and your spirits high.

From Pool to ocean



How to Build Mental Resilience

Practice Mindfulness and Breath Control

Being present in each stroke is crucial to managing both physical and mental fatigue. Practice mindfulness during training by tuning into your breathing rhythm, the water's feel, and each stroke's motion. This can calm your mind and improve your focus. Breath control exercises, such as deep belly breathing, can reduce stress and anxiety. If fear or doubt starts to creep in, focus on each breath to maintain calm.

Develop a Positive Inner Dialogue

The internal monologue in open water can either lift you up or bring you down. Consciously replace negative thoughts with positive affirmations. For example,

instead of "I'm so tired," remind yourself, "I trained for this; I am strong." Practicing positive self-talk in training builds a supportive inner voice that will come in handy when the going gets tough.

Anticipate Obstacles and Prepare Responses

Mental resilience often comes from preparation. Expect challenges like cold water, fatigue, and waves, and plan specific responses. For example, if you know you tend to panic when a wave hits unexpectedly, practice visualizing a calm response, like adjusting your stroke and breathing through it. This preparation helps transform stress into manageable challenges rather than debilitating setbacks.

No blocks, no lanes.
Just the open water.
Florian Wellbrock

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OCEANMAN EL GOUNA

Your Red Sea Adventure awaits

Discover El Gouna: A Unique Open Water Adventure Awaits

Mark your calendars! From September 18 to 20, 2025, OCEANMAN returns to one of the most breathtaking destinations in the world: El Gouna, Egypt.

Known as the "Venice of the Red Sea," El Gouna is more than just a race destination—it's an unforgettable experience where stunning natural beauty meets world-class hospitality.

Nestled along Egypt's Red Sea coast, El Gouna is a paradise for travelers. With its turquoise lagoons, golden beaches, and year-round sunshine, it's the perfect setting for an open water challenge. Whether you're a seasoned swimmer or stepping into the world of open water for the first time, El Gouna offers the ideal combination of adventure, relaxation, and cultural exploration.

The OCEANMAN Experience

OCEANMAN El Gouna 2025 promises a weekend packed with excitement, camaraderie, and achievements. Participants can choose from a variety of race formats, including the signature OCEANMAN (10 km), HALF OCEANMAN (5 km), and more. The crystal-clear waters of the Red Sea provide optimal swimming conditions, while the picturesque backdrop makes every stroke memorable.

Adding to the thrill is the OCEANKIDS race for our youngest swimmers, alongside the team-oriented OCEANTEAMS event, fostering unity and collaboration. And let's not forget the lively opening ceremony, where you'll connect with fellow swimmers from around the world. But OCEANMAN isn't just about swimming, El Gouna promises endless exploration. Here's what you can do during your stay:

1. Dive Into the Red Sea

El Gouna is a diving and snorkeling paradise. Explore the vibrant coral reefs, teeming with exotic marine life, just a short boat ride from the marina. Whether you're a beginner or an experienced diver, this underwater wonderland is a must-see.

2. Experience Luxury at Every Turn

From world-class resorts to boutique hotels, El Gouna caters to all tastes and budgets. Unwind with a spa day, savor gourmet dining experiences, or relax on a private beach. The town's luxury infrastructure ensures your stay is as comfortable as it is exhilarating.

3. Explore Desert Adventures

For those seeking adventure on land, take a desert safari. Ride quad bikes





Discover the Wonders of El Gouna

across golden dunes, enjoy a camel trek, or watch a stunning sunset over the horizon. The vast, serene landscapes of the Egyptian desert will leave you in awe.

4. Get Active in Paradise

El Gouna offers a host of outdoor activities, including kite surfing, paddleboarding, and kayaking. The calm waters and consistent winds make it one of the top kite surfing destinations in the world.

5. Cultural Immersion

Discover the history and heritage of Egypt. While in El Gouna, you're just a few hours from iconic sites like Luxor and the Valley of the Kings. Plan a day trip to immerse yourself in the grandeur of ancient Egyptian civilization.

Plan Your Trip

El Gouna is easily accessible via Hurghada International Airport, located just 30 minutes away. Numerous direct flights connect Hurghada to major cities worldwide, making it convenient for international participants.

From September 18 to 20, immerse yourself in the beauty of Egypt, challenge yourself in the Red Sea, and be part of a global community of swimmers. Whether you're racing, exploring, or simply soaking in the scenery, El Gouna promises to be an unforgettable chapter in your OCEANMAN journey.

Are you ready to dive into this one-of-a-kind adventure? Register now and join us for OCEANMAN El Gouna 2025!



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