

WATER SPORTS

UDLS 2018-09-21

JAN PILZER

LIST OF WATER SPORTS

- Aquajogging
- Diving
- Rescue swimming
- Snorkeling
- Swimming
- Synchronized diving
- Synchronized swimming
- Water aerobics
- Water polo
- Boating
- Sailing
- KayakingTubing
- Wakeboarding
- Water skiing
- Bodyboarding
- Kite surfing
- Paddleboarding
- Surfing
- Windsurfing
- Cave diving
- Deep diving
- Freediving
- Ice diving
- Spearfishing
- Underwater archaeology
- Underwater photography
- Underwater videography
- Aquathlon
- Finswimming
- Free-diving
- Spearfishing
- Underwater football
- Underwater hockey
- Underwater ice hockey
- Underwater orienteering
- Underwater rugby
- Underwater target shooting

https://en.wikipedia.org/wiki/List_of_water_sports

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Surface Sports

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Underwater Diving

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Underwater Sports

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“

WATER SPORTS: ANY SPORT THAT GETS YOU INTENTIONALLY WET

”

Me, while trying to restrict the scope of this UDLS

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- Aquajogging
- Diving
- Rescue swimming
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- Water aerobics
- Water polo

Surface Sports

- Boat racing
- Sailing
- Kayaking
- Water tubing
- Windsurfing
- Water skiing
- Wakeboarding
- Surfing
- Canoeing
- Windsurfing

Not Wet Enough

Underwater Diving

- Cave diving
- Deep diving
- Freediving
- Ice diving
- Spearfishing
- Underwater archaeology
- Underwater photography
- Underwater videography

Underwater Sports

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Diving in Places

Underwater Sports

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AQUAJOGGING

- Running in the Water
- Buoyancy belt for position
- Started as post-surgery exercise
- Suitable for elderly people
- World Record:
27:33 for 1000m



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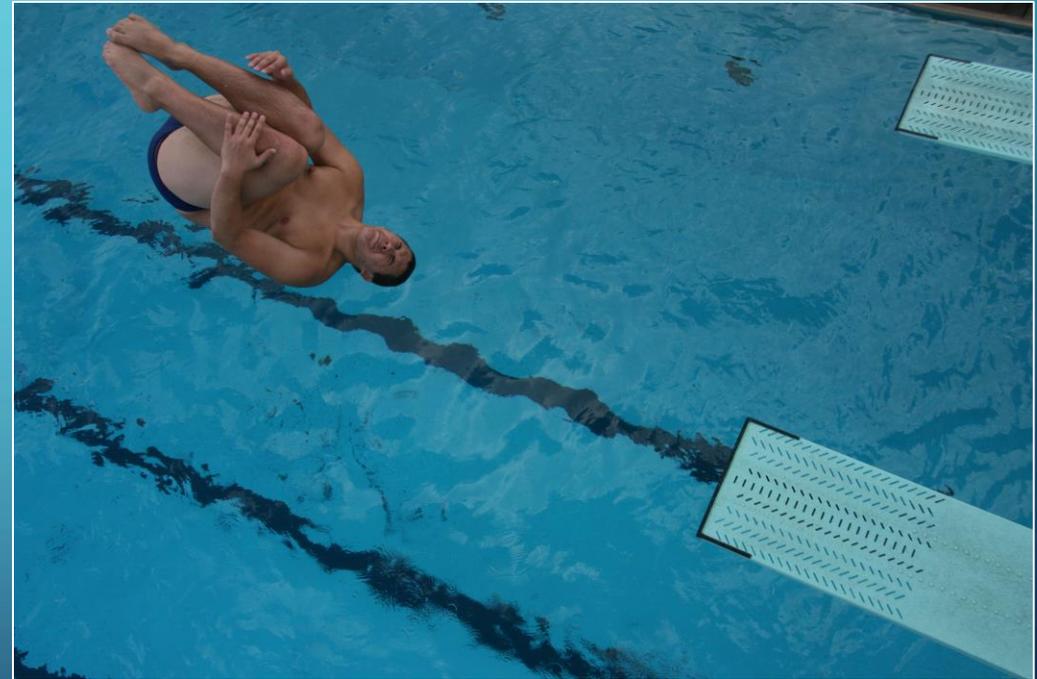
DIVING

- “Jumping or Falling into Water” while performing acrobatics
- More gymnastics than swimming
- Started in early 19th century as gymnastics with softer landing



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DIVING IN THE OLYMPICS



- One of the most popular sports with spectators
- Judged by score
 - Approach
 - Flight
 - Entry
- Chinese dominance in recent years



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SYNCHRONIZED DIVING

- Added to the Olympics in 2000
- Two divers form a team
- Additional score for synchronicity
- Chinese dominance



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- Water polo

RESCUE SWIMMING

- Rescue swimmer in difficulty
- Specific rescue swimming strokes
- Required for lifeguards
- Courses at the UBC Aquatic Center
recreation.ubc.ca/aquatics/lifeguard



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SNORKELING

- Diving on the surface
- Mostly for recreation
- Observation of underwater life
- Snorkel at most 40cm due to pressure



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SWIMMING

- Open Water since the stone ages
- First pool in England in 1828
- First competition in 1837
Very late compared to running
- Four different strokes
- 25m or 50m pools



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SWIMMING - STROKES

Butterfly



Breaststroke



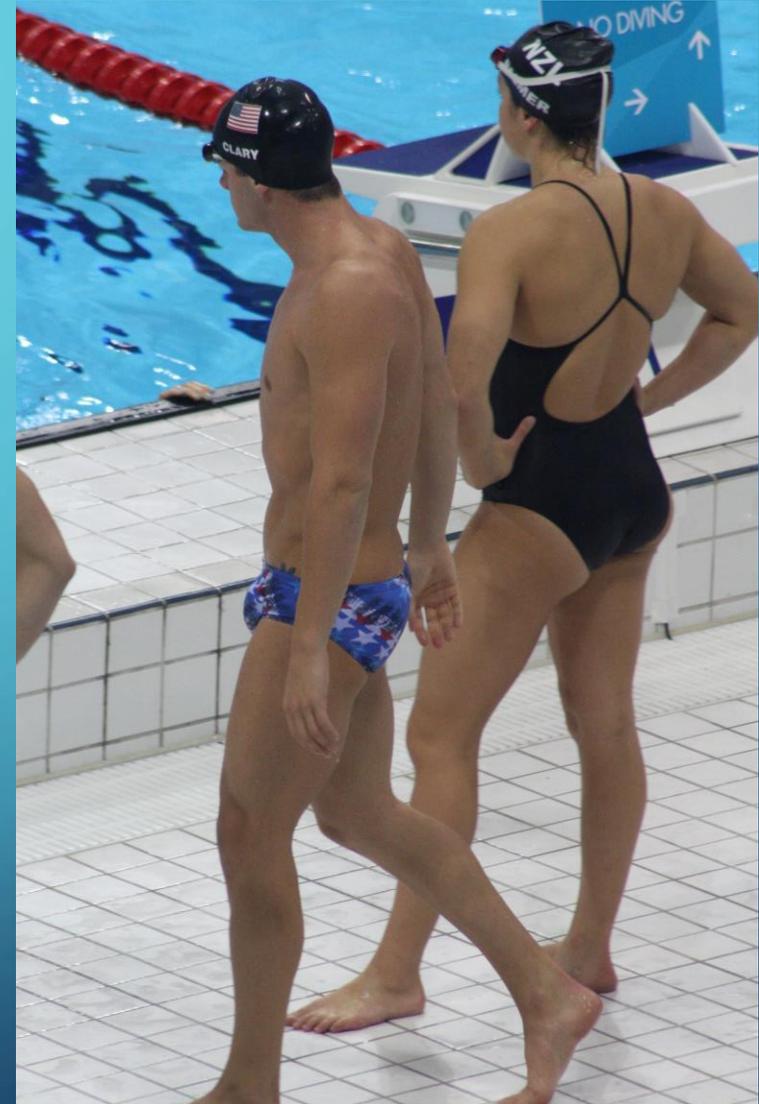
Backstroke



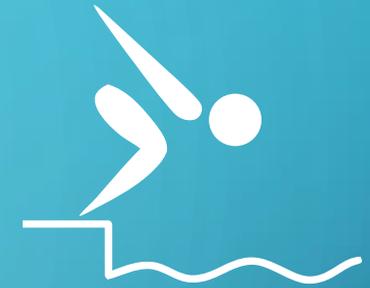
Freestyle /
Front Crawl



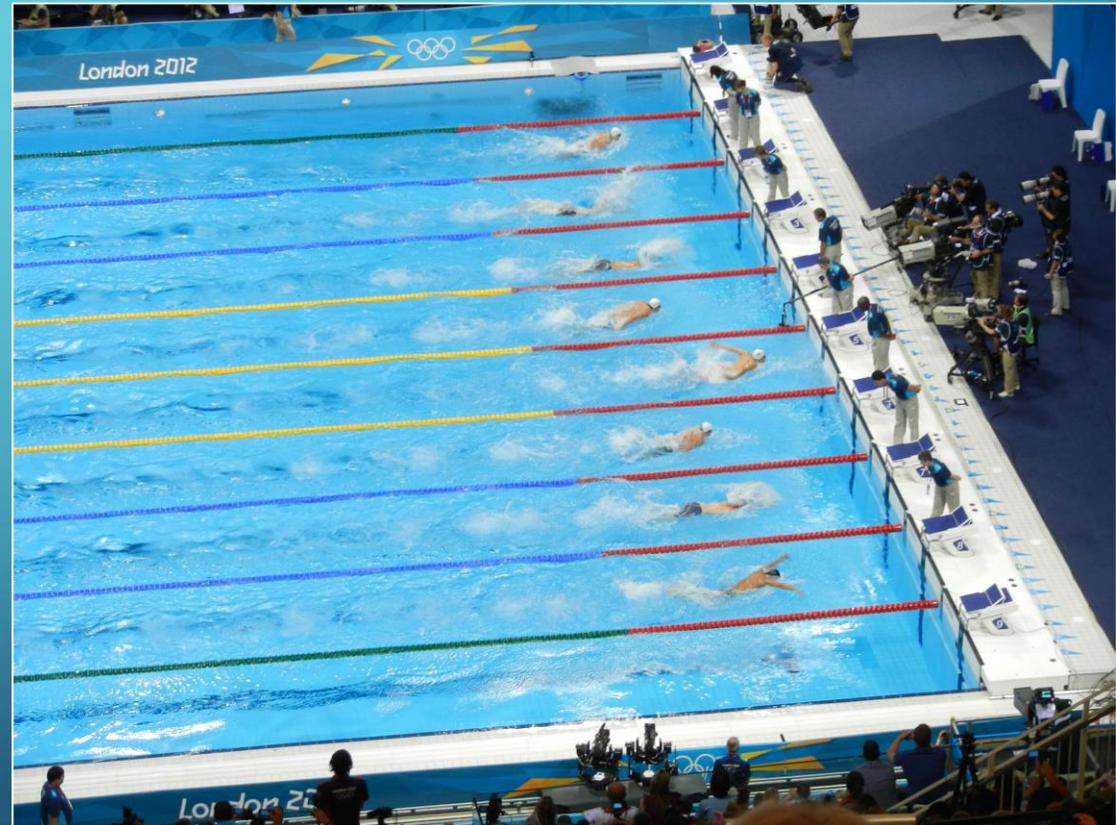
SWIMMING - SWIMWEAR



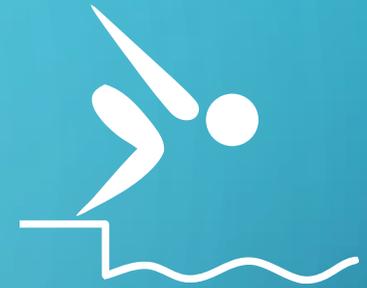
SWIMMING IN THE OLYMPICS



- Men's since 1896 (first modern games)
- Women's since 1912
- Second largest number of events
- Strong US dominance



SWIMMING IN THE OLYMPICS



Men's 100m Butterfly Final | Rio 2016

SWIMMING AT UBC



- AMS Swim Club at UBC
facebook.com/swimclub.ubc
- UBC Masters Swimming
ubcmasters.com
- UBC Thunderbirds Swimming
gothunderbirds.ca/index.aspx?path=swim



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SYNCHRONISED SWIMMING ARTISTIC SWIMMING (SINCE 2017)

- Hybrid of Swimming, Dance, and Gymnastics
- Requires strength, flexibility, exceptional breath control
- Contains upright and upside down figures
- Performed with music



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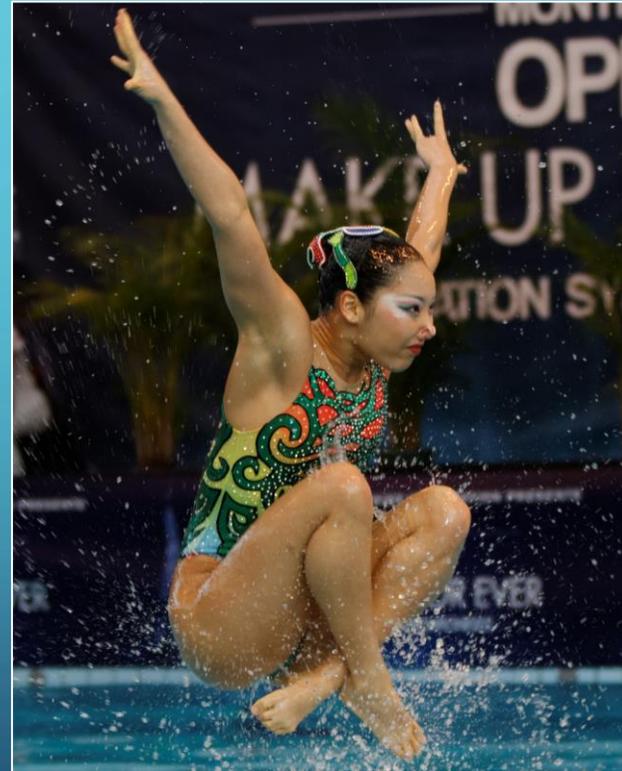
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SYNCHRONISED SWIMMING ARTISTIC SWIMMING (SINCE 2017)

Equipment and Preparation

- Noseclip
- Ear plugs
- Hair in a bun with decoration
- Custom bikini
- Makeup



SYNCHRONISED SWIMMING ARTISTIC SWIMMING (SINCE 2017)



SYNCHRONISED SWIMMING IN THE OLYMPICS ARTISTIC SWIMMING (SINCE 2017)



- Since 1984
- Solo, duet, and team
- Women only event
- Strong Russian dominance



SYNCHRONISED SWIMMING AT UBC ARTISTIC SWIMMING (SINCE 2017)



UBC TSC SYNCHRO

INTERESTED IN
SYNCHRONIZED SWIMMING?
MEET THE TEAM, LEARN MORE ABOUT
OUR CLUB, AND TRY OUT THE SPORT!
ALL LEVELS ARE WELCOME!

INFO SESSION & TRY-IT NIGHT #1

Thursday, September 6th

Info Session - 8:00-8:30 pm in the Aquatic Centre Mezzanine

Try-It Night - 8:30-10:00 pm in the Rec Pool

TRY-IT NIGHT #2

Monday, September 10th

8:30-10:00 pm in the Rec Pool

AQUATIC CENTRE OPEN HOUSE

Thursday, September 13th

11:30am - 2:00 pm - Aquatic Centre Lobby

✉ SYNCHRONIZEDSWIMMING.SC@UBC.CA



<https://recreation.ubc.ca/sport-clubs/synchronized-swimming/>

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WATER AEROBICS

- Also waterobics, aquatic fitness, aquafitness, aquafit
- Exercises in shallow water
- Easy mobility in the water
- No swimming required



recreation.ubc.ca/aquatics/new-aquatic-centre/aquatics-aquafit-rates

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WATER POLO

- Handball in the water
- Score goals by throwing the ball into opponent's goal
- Only one hand on the ball
- Team sport with 6 field players plus goalkeeper



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WATER POLO EQUIPMENT

- Ball, floating and with texture for better grip
- Cap, for protection and identification
- Mouthguard
- Swimwear in team colors tight fit to prevent grabbing



WATER POLO IN THE OLYMPICS

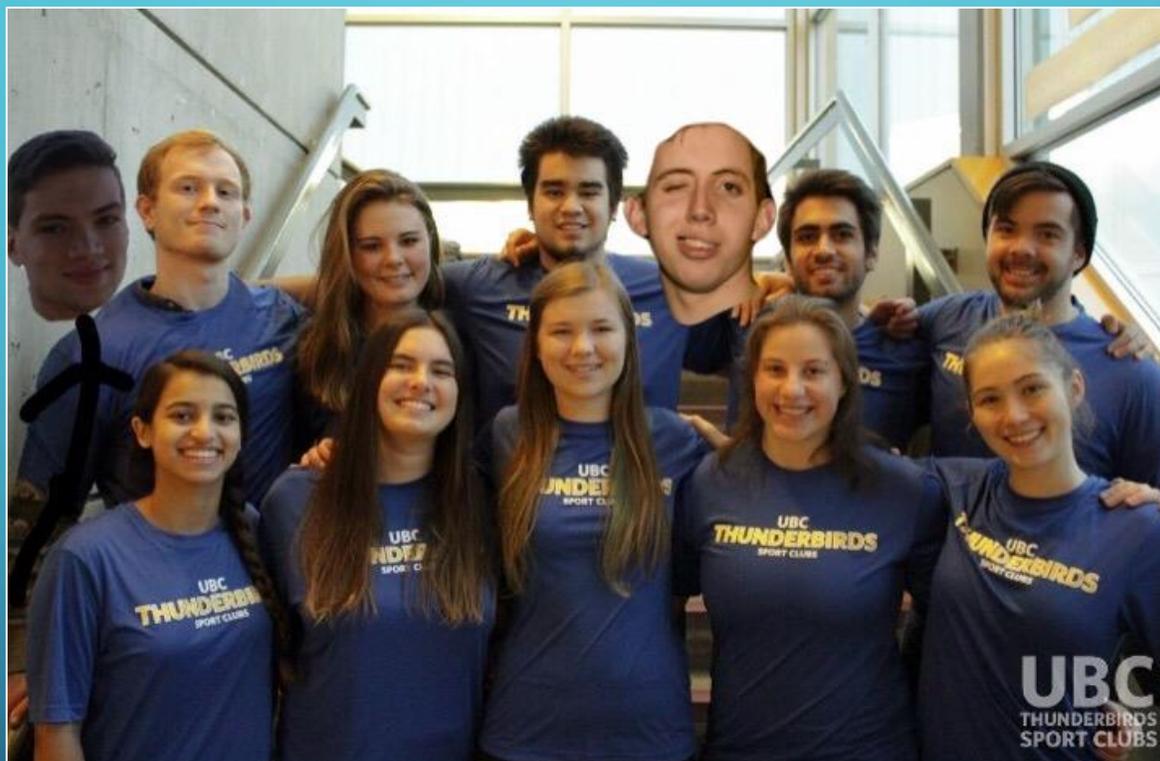


- Men's since 1900
- Women's since 2000
- Dominated by Hungary





WATER POLO AT UBC



<https://www.facebook.com/ubcpolo>

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AQUATHLON

- Underwater wrestling
- Originated from the USSR
- Two competitors trying to remove a ribbon from each other's ankle



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FINSWIMMING

- Monofin or Bi-fins
- Optionally with scuba gear



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FREE-DIVING

- Underwater diving
- Relying on breath-holding
- World records:
 - 300m horizontal with fins
 - 129m vertical with fins
 - 11:35 min under water



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SPEARFISHING

- Fishing with spear or speargun while diving
- Free-diving, snorkeling, or scuba
- From shore or boat



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UNDERWATER FOOTBALL

- Underwater team sport
- Played in a pool with snorkeling equipment
- Slightly negatively buoyant ball
- Played in Alberta, Manitoba, Newfoundland and Labrador and Saskatchewan



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UNDERWATER HOCKEY

- Underwater team sport
- Puck on the bottom of the pool
- First world championship in Canada in 1980
- Short stick, about 30-40cm
- At UBC: uwhockey.weebly.com



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UNDERWATER ICE HOCKEY

- Extreme sport variant of ice hockey
- Played on upside-down underneath a frozen pool
- Floating puck
- Players wear wetsuits



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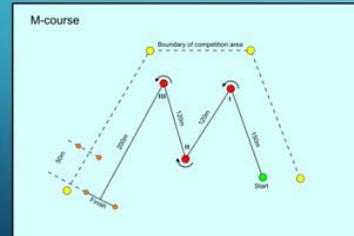
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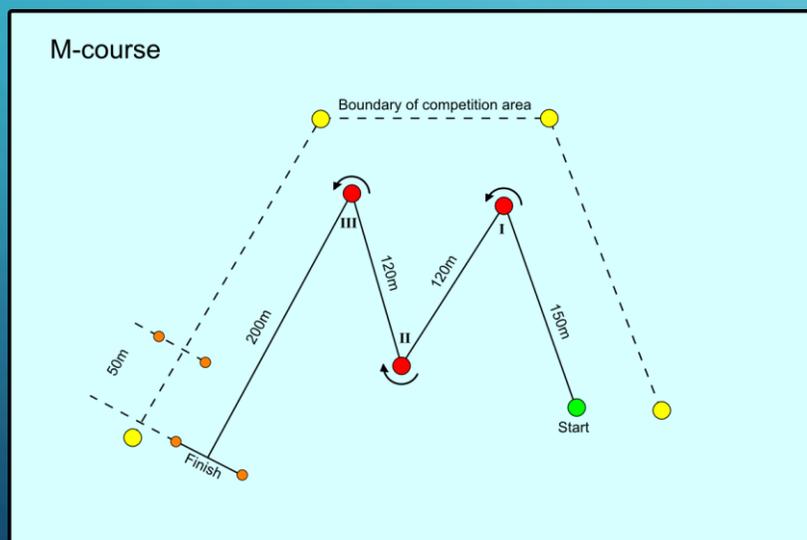
UNDERWATER ORIENTEERING

- Underwater navigation
- Originated in USSR in 1950s



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UNDERWATER RUGBY

- Underwater team sport
- Ball must not leave the water
- Can be passed about 2-3m
- Started as fitness training in German diving clubs in 1960s
- First World Championship in 1980



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UNDERWATER TARGET SHOOTING

- Shooting of s speargun
- Participants are free diving
- Started in France in 1980s as winter activity for spear fishers



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UNDERWATER DIVING

- Mostly Scuba diving
Self-Contained Underwater
Breathing Apparatus
- Open-circuit discharge air as it is
exhaled
- Closed-circuit rebreather allow
recycling



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UNDERWATER DIVING AT UBC

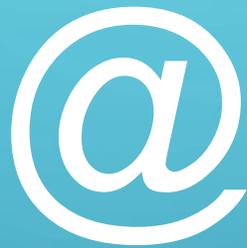


- Courses at the Aquatic Center and Open Water

diveubc.com







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