

Public Institutions patronage:

Trento Province

Levico Terme City

## LOCATION

CONFERENCE HALL  
IMPERIAL TERME GRAND HOTEL  
1, SILVA DOMINI st. – LEVICO T. (TN)

## HOW TO REACH LEVICO TERME



TRENTO PROVINCE



LEVICO TERME CITY

## SCIENTIFIC ASPECTS OF YOUNG FREEDIVER

“ PEDAGOGY AND EDUCATION  
ELEMENTS FOR EFFECTIVE  
TEACHING OF SUBACQUATICITY  
IN YOUTH AGE ” - 7th EDITION



KIDS' FREEDIVING EDUCATIONAL PROJECT

**Levico Terme (TN)  
ITALY**

**16th november 2019**



*Dive into safety!*



## INFO

APNEA ACADEMY KIDS AS DOLPHINS A.S.D.  
Levico Terme – Trento - ITALY  
Tax code and VAT# 02253730226  
[info@apnea-academy-kad.com](mailto:info@apnea-academy-kad.com)  
Mobile +393389036614 +393403668663 Joseph

## FREE ENTRY

Registration at the latest by 30th September 2019

Mandatory registration! Send an email  
with name/surname/mobile number at  
[info@apnea-academy-kad.com](mailto:info@apnea-academy-kad.com)

Convention for a business lunch at the hotel restaurant  
available. To whom interested to join, price has to be  
prepaid by bank transfer at time of registration.  
Price: € 25,00

Bank transfer to Apnea Academy Kids as Dolphins  
A.S.D Levico Terme, Trento, ITALY  
Bank Code: BIC/SWIFT BPPIITRRXXX  
IBAN IT24E0760101800001007915687  
Purpose of payment: *KAD conference 16th November  
2019 – Business lunch (Name/Surname of each  
participant). Attach a copy of bank transfer*



## APNEA ACADEMY KAD

[www.apnea-academy-kad.com](http://www.apnea-academy-kad.com)

Apnea Academy KAD **philosophy** is summed up in attention to kids as active protagonists, capable of collaboration and cooperation.

Primary goal is **safety** education **in the water**

KIDS AS DOLHPINS project intends to build, around kids, an **educational project**, aimed both to real psychophysical capacities as to individual concepts to be introduced for them safety in the water.

*Attention is always to kids, never to achieved results.*

***KAD is child-friendly  
freediving since 1989***

# CONFERENCE PROGRAM

## PART 1 - Morning

- 08:30 AM **CHECK-IN PARTICIPANTS**
- 09:00 AM Welcome - Introduction  
*(Dr. Nicola Sponsiello  
Mr. Joseph Porrino)*
- 09:15 AM YOUNG FREEDIVER PHYSIOLOGICAL ADAPTATIONS TO FREEDIVING AND TO HYPOXIA  
*(Dr. Danilo Cialoni)*
- BREATHING AND APNEA: TWO ASPECTS OF FREEDIVER USEFUL FOR WELLNESS  
*(Dr. Erika Garbella)*
- UTILITY OF HEART RATE MONITORING  
*(Dr. Claudio Marabotti)*
- HOW TO UNDERSTAND IF ALTERATION OF OCCLUSION PLANE CAN AFFECT MIDDLE EAR EQUALISATION  
*(Dr. Danilo Cialoni)*
- ARDUOUS EQUALISATION: WHAT TO DO - GOOD EAR HYGIENE  
*(Dr. Stefano Correale)*
- HYDRATION AND PRE-POOL NUTRITION: METHODS AND CHOICES  
*(Dr. Nicola Sponsiello)*
- ROLE OF SPORT MEDICINE DOCTOR  
*(Dr. Maurizio Schiavon)*
- 11:15 AM Coffee Break
- 11:30 AM PANEL DISCUSSION, AUDIENCE QUESTIONS, DEBATE
- 12:30 AM **LUNCH BREAK**

## PART 2 - Afternoon

- 02:00 PM CHILD'S POTENTIAL IN WATER  
*(PH.D. Lorenzo Manfredini)*
- 03:00 PM RESEARCH OF EFFECTIVENESS, TEACHING ABOUT MOVEMENTS IN WATER  
*(PH.D. Andrea Campara)*
- 04:00 PM USE OF FUNCTION-SPACE AS ORIENTATION IN WATER  
*(PH.D. Maria Perina)*
- 05:00 PM **CONFERENCE END**