

# FREEDIVER

# HANLI

# PRINSLOO

Hanli Prinsloo is a Cape Town based ocean fanatic. Sports such as surfing, open-ocean swimming, sailing and freediving keeping her close to the sea. Her passion is marine wildlife freediving with sharks, whales, dolphins and more. Hanli swam competitively at school, from the age of 7 until 18, competing regionally.

Hanli has been competing in Freediving for over 10 years and has broken 11 South African Freediving records. She holds all the South African records:

63m Constant Weight, swimming down and back up with a monofin.

52m Free Immersion, pulling down a rope and back up.

42m Constant Weight no Fins, swimming breaststroke down and back up.

150m Dynamic Apnea, distance underwater in a pool with a monofin.

126m Dynamic no Fins, distance underwater in a pool swimming breaststroke.

5min 39sec Static Apnea, length of breath hold time.

## COACHING- a selection

2000- 2010 :Freediving courses, and workshops:

- over 300 Freediving Students in Sweden, Mozambique, Egypt, Denmark and South Africa.

- extensive work with water-phobics.

2009- : Extensive ongoing coaching of Big Wave Surfers: weekly swimming training, as well as mental toughness and freediving coaching.

2009: Workshop with ex-rugby player Cedric Mkhize: worked with paralysed Mkhize around water comfort and mental toughness, he managed a spectacular 26m freedive with tiger sharks after 3 days.

2010: Workshop with Cast of BLUE CRUSH 2 teaching the four lead actors freediving to be more comfortable in the water for their in-surf acting.

2010: Dark Tide Body Doubling and Water Comfort worked as Halle Berry's body double in water based shark film. Also assisting with Ms. Berry's in-water comfort and technique.