

EDUCATING THROUGH
**SPORT &
ENVIRONMENT**



EARTHING
NATURE'S NEW GENERATION SPORT



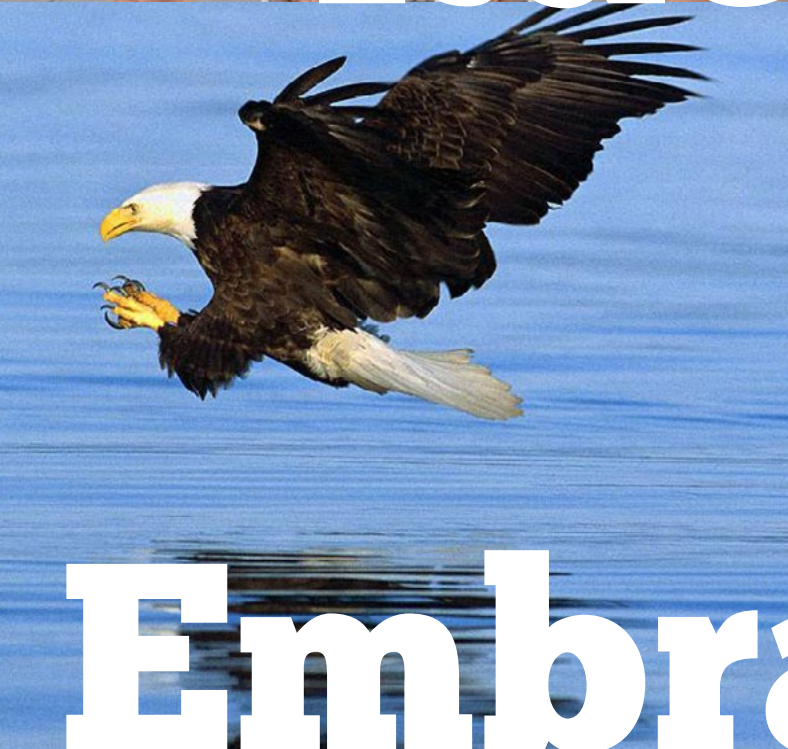
EarthingSport Presents

EARTHING

Nature's New Generation Sport, dedicated to
changing attitudes and behaviors towards the
Earth.



Race it.



Embrace it.



"All pupils and teachers experienced Earthing as a very fun and fresh contribution to creating a more varied day at school. It has been incredibly inspiring to experiment with a concrete way of integrating learning and movement."

Jens Lange Jepsen, Principal at Hammershøj School, Denmark.

"Earthing is great fun."

Andreas, 6th grade, Hammershøj School, Denmark.

"I believe that Earthing has a future. Swimming and running have already been combined through triathlon, but not in this way. Whereas triathlon requires endurance, Earthing requires explosive power, strength, timing and technique. It is a sport, which I would be proud to support and represent."

Viktor Bromer, Professional Swimmer, Multiple Danish Champion and Record Holder in Butterfly, EM Finalist 2013, EM Gold Medalist 2014, to represent Denmark at the 2016 Olympic Games.

"Earthing is definitely a sport, that has the potential to increase people's attention to the environment."

Emil Gregersen, Professional Swimmer, Competitor European Junior Championships 2010, 5x Danish Relay Championships 2009 – 2014, 50m Freestyle Junior Champion 2010.

"It is really cool that Mark has come to Denmark with this amazing sport. I think he has been wise in combining Earthing with taking care of the environment."

Ahsan, 7th grade, Hammershøj School, Denmark.

"It is easy to empathize with the sport. I like the message of taking care of the environment and wildlife."

Gustav, 6th grade, Hammershøj School, Denmark.

"Earthing is a new and amazingly fun sport. It is not just swimming. It is something completely different. Earthing is really exciting. I can easily imagine the sport being practiced at the Olympic Games."

Daniel Skaaning, Professional Swimmer, 2012 Olympic Swimmer.

"Earthing is a great sport, because it enables you to release your inner animal. The Earthletes have fun racing, while supporting wildlife. It is a great win-win situation."

Ghita Kobbelgaard, Professional Swimmer, Danish Junior Champion 400m IM and Silver Medalist 200m IM 2011, Multiple Finals at the Danish Championships, Top-10 in 50m and 100m Breaststroke 2014.

Earthing is Nature's New Generation Sport

Earthing is the first sport dedicated to support the environment and wildlife. It gives people a unique possibility to experience, understand and appreciate nature in a new and energizing form. From a sport perspective, Earthing amalgamates two of the most spectated Olympic sports, running and swimming, into one powerful race. Earthletes compete to be the fastest human on Earth. Long course, they run a 60-meter sprint on land, dive through air and swim 50 meters through water. Short course, they run 30 meters, dive through air and swim 25 meters through water. From an environmental perspective, Earthing is the catalyst in bringing about environmental understanding and appreciation as an integrated part of being an Earthlete.

Everybody will enjoy doing a sport where everyone wins

It is envisioned to hold Earthing competitions at least once a month. Beyond bringing Earthletes and their families and friends together, the competitions are designed to activate the environmental appreciation and knowledge which Earthletes have acquired in the training sessions. One particular way of doing so is having competing Earthletes choose what cause they want to "Earth" for, for example environmental causes such as oceans, rainforests, wildlife or climate change. Based on ticket sales and sponsorships, each Earthlete receives an equal share of the profits generated at a competition. Upon completing the competition, each Earthlete's share of the profits is given to his/her chosen cause or foundation. In that way, all competing Earthletes win by getting a chance to feel a sense of giving back to the Earth by doing the sport.

Another aspect of Earthings inclusiveness is the fact that every Earthlete can move at her/his own pace and still win. Along those lines, Earthing also appeals to children, who are usually not very comfortable with doing sports, for instance because they are afraid of always losing and/or because their weight prevents them from moving fast.

**Become
with earth One**

Long term vision as a sport for the greater good, that changes attitudes and behaviors towards the Earth

Imagine the attraction of a new 21st century sport, Earthing, which both harnesses and further boosts the global trend towards the conservation and protection of the environment and wildlife by providing the means for every participant and spectator to contribute to the goal of passing on a healthy Earth to future generations. Imagine children, parents and teachers across the world embracing and promoting Earthing as a positive physical and intellectual activity for people of all ages and cultures.

Earthing as a tool for combining exercise and learning at school, for generating social change and/or for creating a new sport

Earthing comprises a unique tool for combining physical exercise and environmental learning, be it at school or in the local community. It also offers a platform for taking children away from the streets in underprivileged communities, while supporting them in further developing life skills needed for them to have a real chance of overcoming their social heritage. Last but not least, Earthing offers an opportunity to introduce a new sport with appeal to existing swimmers and runners, amateurs as well as professionals, and other talented people, including the ones who are not motivated to do existing sports.

At a school or community level, a typical training session for Earthletes is envisioned to last for one hour and look as follows:

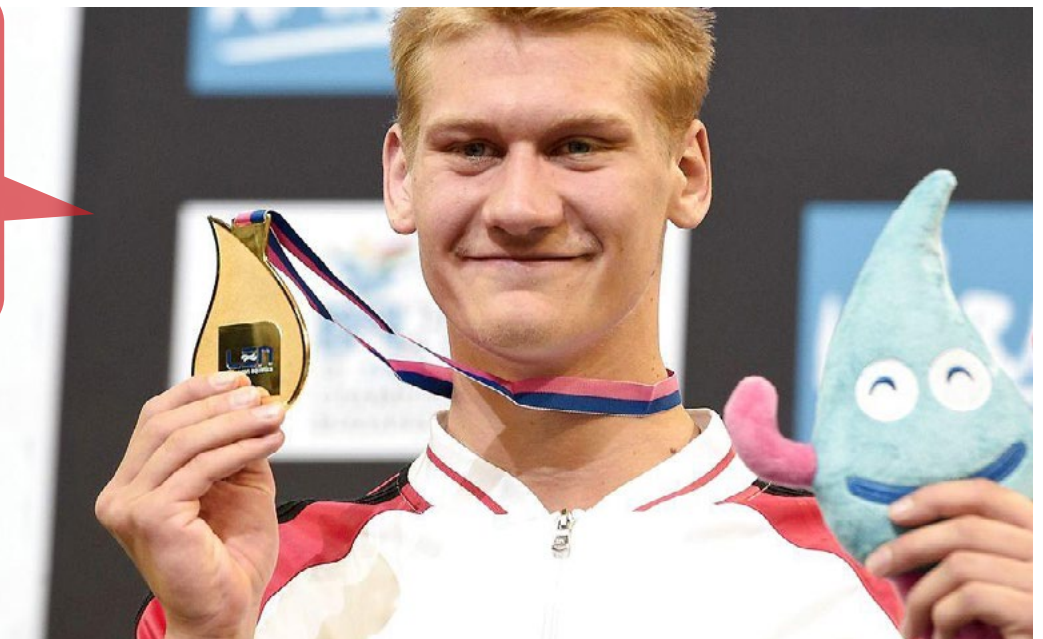
- 1st phase:** 10 minutes physical warm up (with Earthing coach)
- 2nd phase:** 20 minutes environmental education with a choice between environmental topics such as oceans, rainforests, wildlife and climate change (with environmental teacher)
- 3rd phase:** 25 minutes learning to Earth followed by Earthing racing (with Earthing coach)
- 4th phase:** 5 minutes quiz on what the Earthlete has learnt in the session (combined educators)

Cost-effective introduction by utilization of existing infrastructure

Introducing Earthing does not require a new and expensive infrastructure to be built. Rather, Earthing can easily be introduced by utilizing existing infrastructure in the form of outdoor or indoor swimming pools or even lakes or the sea. For Earthing to be practiced at an outdoor swimming pool, a 4-8 person permanent or mobile running track is to be placed adjacent to the edge of the pool. For Earthing to be practiced at a 50 meter indoor pool, a removable floating platform with a 25 meter running track is to be placed on the water surface of the pool for training and competition. Finally, for Earthing to be practiced at a lake or the sea, a track similar to the one of an outdoor pool is to be placed on the beach or the pier. As opposed to many other sports, no expensive equipment is needed to do Earthing. In fact, the only equipment that Earthletes need is a swimsuit. Goggles are optional.

“Earthing is a sport, which I would be proud to support and represent.”

Viktor Bromer, Gold Medalist, EM 2014.



Earthing has already been introduced at Hammershøj School in Denmark

During spring 2014, Hammershøj School in Denmark integrated Earthing into the curriculum with a focus on environmental topics such as wildlife in the Danish forests, forest ecosystems and impacts of climate change. It was done in a way that offered all pupils from 5th to 9th grade one hour at a newly constructed Earthing center every week. The Earthing center was placed at a local outdoor pool facility. The weekly one-hour at the Earthing center comprised a combination of Earthing practice and environmental teaching. Before the end of the school term, the pupils had one week to develop an Earthing environmental project. Also, a particular Earthing event brought together Earthletes, teachers and parents. Besides showcasing the sport and the environmental work of the pupils, the event collected financial contributions that were donated to Aalborg Zoo, Denmark.

Further information about Earthing

For further information about Earthing, including videos of Earthing done in practice at various pools, visit:

- Youtube:

<http://www.youtube.com/channel/UCqZJdUlqAk0npOUSn8zxcoQ> (click to view)

Or contact Mark Saus, Earthing Head Coach and Founder, at

earthingsport@gmail.com (click to send a mail)

Mark Saus, Earthing Head Coach and Creator

Mark Saus, Earthing Head Coach and Creator, is an internationally accredited professional swimming coach and personal trainer with 25 years experience. During his professional swimming career, he held an International Olympic Qualification and swam at top-10 in the world in the Masters swimming division.

Mark is of British origin from Surrey. He currently lives in Denmark and has lived and swum in countries such as Australia, Israel, South Africa, Sweden and the United States. Mark particularly values developing, motivating and getting the best values and outcomes in children. He also enjoys working alongside other educators, towards the ultimate goal of passing on the Earth to the next generations in a good shape, with the power of sport as its companion.

Race for Earth



“As an elite swimmer, I absolutely love this challenging and environmentally conscious sport. When I end my swimming career, I will definitely try to succeed as an Earthlete.”

Line J. Bruun, Professional Swimmer, European Junior Championship 2011, Nordic Championship 2012, European Championship 2013 short course, Herning, Denmark.



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