

**BOB CROFT  
NAVY DIVER, SUBMARINER  
FATHER OF  
AMERICAN FREEDIVING**

*Foreword  
by Terry Maas*



**IDELSON-GNOCCHI**



## The Navy Diver Way

Bob Croft, a man who embraced adventure head-on, and accepted risk as a way of life. From helping save a submarine from sinking in Russian waters at the height of the Cold War, to volunteering as a research subject for U.S. Navy scientists, Bob is a source of vicarious pleasure for arm chair adventurers around the world.

Not satisfied with "just being a lab rat," Bob took the findings of one experiment a step further. In an exploit that would rewrite the rules of human performance, he plunged below the theoretical limits of human survival, and launched the international sport of competitive apnea diving.

*Bob Croft Prepares To Dive*  
*Photographer: Lynn Pelham*  
*Collection: Time & Life Pictures*

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From early childhood, Bob Croft's dream was to serve aboard a U.S. Navy Submarine. Enlisting at age 17, he began a career as a submariner that would take him from WW II era boats to experimental submersibles.

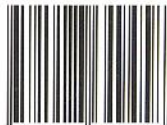
Bob Croft literally rewrote the book on deep breath-hold diving.

At the time of his first record attempt, the U.S. Navy diving manual clearly stated that breath-hold diving below 120 feet could prove fatal. Despite this warning, Bob decided to test the limits of human freediving potential.

On February 8, 1967, holding a heavy lead weight in his hand, he hurtled beyond a depth of 200 feet, and into history.

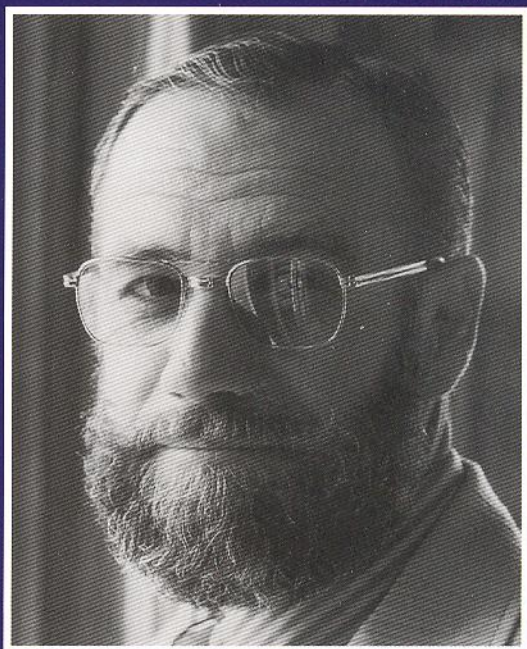


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#### **SUBMARINER**

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#### **RESEARCH DIVER**

When the Navy needed volunteers to test new and unproven diving devices such as underwater contact lenses, or submit to demanding physical research on oxygen deprivation, Croft was always eager to volunteer. This "can do" attitude toward risk sometimes took its toll, but eventually lead him and his research team to new discoveries on the limits of human performance.

#### **FREEDIVING PIONEER**

This book is the compilation of a lifetime of adventures sought and found by an individual who thoroughly enjoyed living at or beyond the edge.

[www.BobCroftDiver.com](http://www.BobCroftDiver.com)  
Take the Plunge Into  
History and Adventure

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