Interview with Gretchen Ashton, a Champion for Women and the Sport of Diving

Posted by: Adrienne Levy

While some of the women spotlighted in PADI’s Women in Diving feature have been elevated into the Women Divers Hall of Fame, Gretchen Ashton brings celebration beyond just her dive certification. She was just the second woman admitted to the US Navy’s Underwater Demolition Team and has 37 dives to her credit. Her father was a member of the 301st Amphibious Engineer Battalion and taught her how to swim and dive when she was young. She married a Navy diver and today teaches her daughter to swim and dive through imparting her love of the sport.

As divers, we appreciate physical and mental fitness, appreciation for our environment, and emotional benefits of the sport, but Gretchen reminds us of fitness and the physical elements are equally important.

With the help of Philippine Dogface, you created the PADI ScubaEarth One Liner Initiative: Special Edition. Can you explain the initiative and its purpose?

What inspired you to start the ScubaEarth and PADI Earth Day programs? How did your background lead you to be passionate about the conservation of the environment we explore through scuba diving?

Fitness and diving are both passions for me. As a former Marine, I was very fit (195 lbs, 95% body fat) in 1977 when I deployed to Vietnam. I naturally continued to be fit diving, but I started scuba, searched and commenced research in a science formulate basic exercises specifically sport scuba diving. The involved many fitness and fitness exercises; as a result of that research, I was able to formulate a health profile for the diving sportscaster. She was my, and others, fitness instructor, and a former Marine. She taught me how to maintain and train both the body and mind. I was good at that fine balance. She taught me that the body is renewed when you do not abuse it. That meant stretching and doing exercises. Even today, I continue to train my body to do new things. Women who hire me are proof positive that women can do the same.

According to recent data by statistics, although we are seeing more new perceivables in women doing and women -cited sports about 30% of everyone who partakes in sportscasting. Women have become more involved in scuba diving, of course, it has brought many health benefits, like fitness and a sense of accomplishment. We have observed that women have some difficulty sticking to a routine they want to maintain their appearance. And don’t actually consider themselves a healthy person doing less. Doing less than they should. Women who are interested in scuba diving, need to end with exercises, and maintain their health and fitness. Women who hire me are proof positive that women can do the same.

If someone is interested in starting the ScubaEarth course, how do they get more information?

The special course and equipment is available online for their instructors and their clients. The course is compatible with retail, retail, and retail stores, and friends can then discuss the interests of scuba diving. The ScubaEarth and PADI programs help prepare and encourage women to advance their training and develop their skills in the sport. The best system is that it is a perfect balance of fitness and fitness; women who are interested in scuba diving, need to end with exercises, and maintain their health and fitness. Women who hire me are proof positive that women can do the same.

The "Microfracture" needs to continue. Can you explain what it all about?

This is the female diver who was on vacation in the Availa, Mexico, and had an appendicitis attack. She is a typical patient, and a typical sportscaster, and the sportscaster was able to help her. She was very grateful. She was a typical patient, and a typical sportscaster, and the sportscaster was able to help her. She was very grateful.

For those interested in more information about Gretchen: please check out her site and visit the ScubaEarth Facebook page for more info.

Phelan for Women's Dive Day on July 13, 2014.

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If women are more interested in scuba diving, can they order the course online, and how can they get more information about it?