

DIRECTORS NOTES - BREATHE

When we started developing "BREATHE", it was clear to us that we wanted to move away from the traditional stories about adapted sports and people with disabilities. From the very beginning, we decided to approach this story from the perspective of normalization, not drama or sensationalism. People who compete in adapted sports do not seek to inspire pity or excessive admiration; they want to be treated like any other athlete, and that has been the central focus of our narrative.

What was originally a documentary about an athlete's path to the Paralympics ended up becoming a story of friendship and trust. David was about to give up swimming, but it was the arrival of Alberto, his coach, that kept him afloat. "BREATHE" is not a story of sporting success, but of the process behind each stroke, each training session and, above all, of how a relationship based on trust can change the course of a life.

Visually, we wanted to reflect the rawness and beauty of adapted sports, showing the bodies as they are, without filters or artifices. Swimming is a sport that exposes athletes, and through our camera we have sought to highlight that strength and vulnerability that coexist in the water. We believe there is beauty in difference, and "BREATHE" is also a celebration of that diversity.

Throughout the filming, we learned that the real achievement is not always the medal, but the road traveled. David is not only an athlete, he is a young man with the same concerns, desires and fears as any other person his age. For this reason, we have worked to make "BREATHE" a story that connects with audiences of all ages, but especially with young people, who will find in David and Alberto not only a reflection of effort, but also of camaraderie and perseverance.

We want this documentary to serve to break stereotypes and to show that, behind the competition, there are people. People who get up early, who travel, who fail and try again. People who simply want to feel part of something bigger.

With "BREATHE" we hope that the viewer will not only gain a better understanding of adapted sports and its complexities, but also come away with a more open and empathetic view of the world around us.