

# Joint Coaching Day

24<sup>th</sup> March 2012

Hosted by the CSC and DHPC Clubs

**Lead persons:** Dave Ashcroft & Ed Cleasby.

**Support:** Rick Livingston & Kerim Jespersen

**The aims of the day are:**

- To broaden your flying horizons
- To help you assess your flying skills and plan your progression
- To help you make better decisions
- To use simple technology to record and analyse your flying
- To make you a more knowledgeable and safer pilot

<http://www.youtube.com/watch?v=UmV966PwwsQ&feature=related>

The day is intended to be as interactive as possible: please ask questions at any point.

# Introductions

## Cumbria Soaring Club

Dave Ashcroft - Chief Coach

\* Background

## Dales Hang Gliding & Paragliding Club

Ed Cleasby - Chief Coach

\* Background

• Additional material/coverage by:

• **Rick Livingston** – introducing self-assessment

• **Kerim Jespersen** – producing better video. Equipment and techniques.

Timings for the day are approx but will involve coffee breaks and a lunchtime break



# Programme (approx)

**Start - 9:30: Welcome, Introduction and programme for the day**

**RL - 9:55: Approach to self-assessment.** Identifying areas for improvement.  
Where are you now? What do you want to get from the day?

The remainder of the day will be jointly covered by DA/EC. It will focus on the following areas:

- **1. PLANNING:**

- Know your paperwork
- Know your equipment
- Know your Flying area
- Know your responsibilities

- **2. PRACTICING:**

- With your harness
- With your wing
- With your instruments
- Checking out sites

**'Producing better Video' led by Kerim Jespersion (just before lunch.).**

- **3. PREPARING:**

- Weather forecasting
- Choosing the best site
- Understanding yourself
- Making suitable plans
- Instrument and radio use

- **4. PERFORMANCE:**

- Take off
- In flight
- Landing
- Post flight analysis
- Improving performance
- First XC steps

**If it's flyable ... Damn!! Then some of the pm session may become a ground-handling clinic**

# Coaching Links page

- <http://vimeo.com/1301794> (excellent groundhandling video – 18 mins)
- <http://rasp.inn.leedsmet.ac.uk/RASPTableGM3/RASPTableGM.html> (RASP)
- <http://ywtw.de/igcsim.html> (igc Flight Replay download site)
- <http://xcplanner.appspot.com/> (Flight planning tool)
- <http://www.xcleague.com/xc/index.php> (UK XC League)
- <http://www.dhpc.org.uk/> (DHPC homepage)
- <http://www.bhpa.co.uk/> (BHPA homepage)
- <http://www.sureinsulation.co.uk/DHPC/windrose/index.htm> (Andy's Weather)
- <http://notaminfo.com/ukmap/> (UK Notam info')
- [http://www.cumbriasoaringclub.co.uk/CSC\\_Home.php](http://www.cumbriasoaringclub.co.uk/CSC_Home.php) (NOTAM/CANP system)
- <http://www.youtube.com/watch?v=UmV966PwwsQ&feature=related> (Kerim vid)
- [http://www.gethome.no/stein.sorensen/body\\_gpsdump.htm](http://www.gethome.no/stein.sorensen/body_gpsdump.htm) (GPSDump 4.67)
- [http://www.gpsvisualizer.com/map\\_input?form=googleearth](http://www.gpsvisualizer.com/map_input?form=googleearth) GPS visualiser)