

Cross Country Workshop

Pat Dower

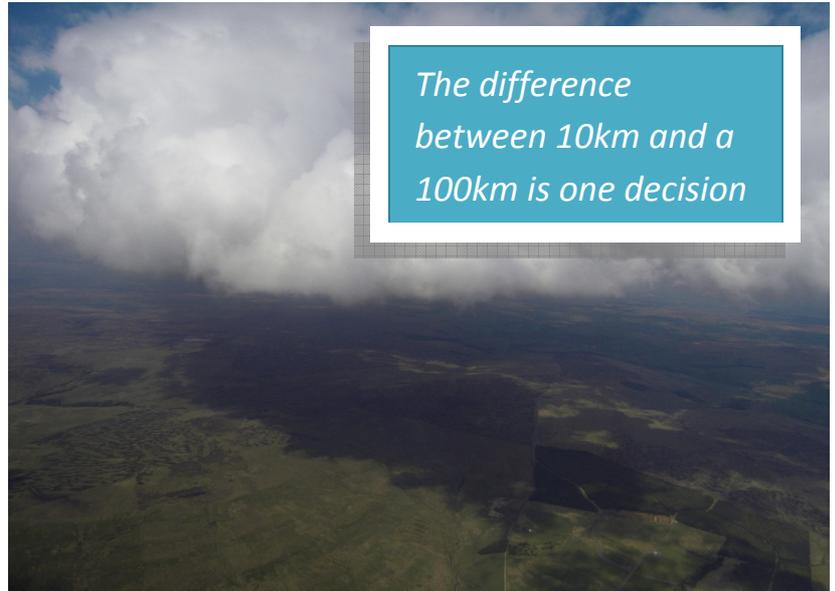
Ingleton Community Centre - 18 Feb 2012

9.15 - 4.30

This cross country workshop will draw on Pat's deep understanding, developed over 20 years of XC flying. It will analyse and develop the main aspects of XC flying on PG and HG in the UK.

Pat pulls ideas from the knowledge from the very best UK XC pilots including Richard Carter, Richard Westgate, Adrian Thomas, Mike Cavanagh, Gordon Rigg, Bruce Goldsmith, John Pendry, to name a few.

The workshop is highly interactive and is designed to help pilots digest the contents and be able to put it into practice.



*The difference
between 10km and a
100km is one decision*

Programme for the day:

9.15 - Arrival and Refreshments

9.30 – Welcome, introduction, overview and goals for the day.

Pilots will have the opportunity to identify any areas they are particularly keen to know more about.

9.45 – Thermals and XC Speed.

Recap of key features of thermals and thermalling methods.

Whether you are top of the stack every time you fly or consider yourself to be very average in thermals the decisions you make with thermals can have a big effect on your XC distance.

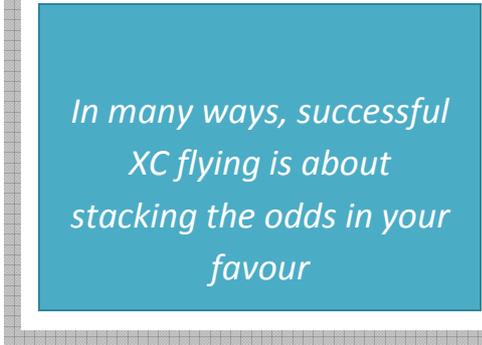
Thermal selection, when to stick, when to twist.

*There are fundamental
techniques which every
XC pilot should be
putting into practice*

11.00 - Break

11.15 - Getting away from the hill.

How to maximise your chances of success. Judging the point of no return. The importance of a backup plan. Tips for practicing and improving you skills at getting away.



*In many ways, successful
XC flying is about
stacking the odds in your
favour*

12.00 - Decisions in flight.

Finding your next thermals. Removing the stress from decision making. Playing the % game. 360 degree decisions. Techniques for improving glide.

Changing gear during XC.

12.45 – 1.30 lunch

1.30 - Choosing the days and the sites

This is not an exhaustive guide, but will show you how the top pilots think and make their choices. There are a number of practical tips to help you set your priorities and avoid some of the common mistakes.

2.15 - Physical preparation and equipment

Small details make big differences.

3.00 – Break

3.10 - Mental preparation

A huge subject often overlooked in sport. Applies to flying as much as any other sport. We will look briefly at some of the techniques to help you develop the right attitude and how to respond when things start to go wrong.

3.45 – Revisiting goals. Questions and answers. Next steps in development in developing as a pilot.

4.30 – Finish

*(Please note that the cost for the day/pilot is £30 payable by the 10th Feb latest. Payment will go directly to Pat but please also inform me by email: edcle1@tiscali.co.uk as I need to know the numbers.) If you **email me first** I will provide Pat's details for payment.*