

XC Performance Lectures 2012

This is a series of one hour lectures written for pilots who wish to improve their cross country performance, especially those that achieved their Silver C in 2011 and wish to progress to their first 300 and Gold Badge. The series will concentrate on flying further and faster. Participating pilots will be asked to review their performance to date, identify strengths and weaknesses, and set goals. The course will provide a methodology for continuous improvement, training exercises, strategies and tactics for in flight use, along with practical solutions to real life problems encountered on XC flights.

I also hope that there will be opportunities to fly with myself or other National level pilots in the Duo so that participants can consolidate their learning in the air. If the weather is kind, I will set tasks and exercises to be flown after each lecture.

Topics to be covered in the lectures

Preparation: Increase your chances of success

Psychology: Turning your brain into an asset!

Decision making: Developing a habit of continuous decision cycles

Focus: Ensuring appropriate focus for phase of flight

Climbing: How to improve your average climb rate

Cruising: How to optimise your flying between climbs

Speed to fly: Choosing the optimum speed to fly

Streets: How to use streeting to best effect

Final Glides: How to plan and fly final glides

Wavy, Showery, and Blue days: Stay up and exploit various conditions

Ridges and Convergence lines: When and how to use ridges

Planning the Task: Setting tasks and pre-flight planning

Task rules: Starting, turning, and finishing tasks

Dates and times

09:30 Every Saturday in April. I haven't decided what bits will be in each lecture yet, so plan to be at them all! Please email jimw@boffins.co.uk if you are interested in taking part and I will send you a personal analysis pack.