

# 6.quarter\_ TRAINING PROGRAM FOR TEAM

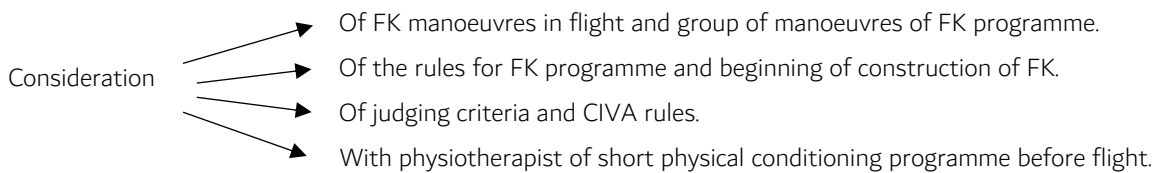
All pilots, trainer and coach, must have a good knowledge of all judging criteria, sporting code and CIVA rules.

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## 1<sup>st</sup> CAMP:

### Revision

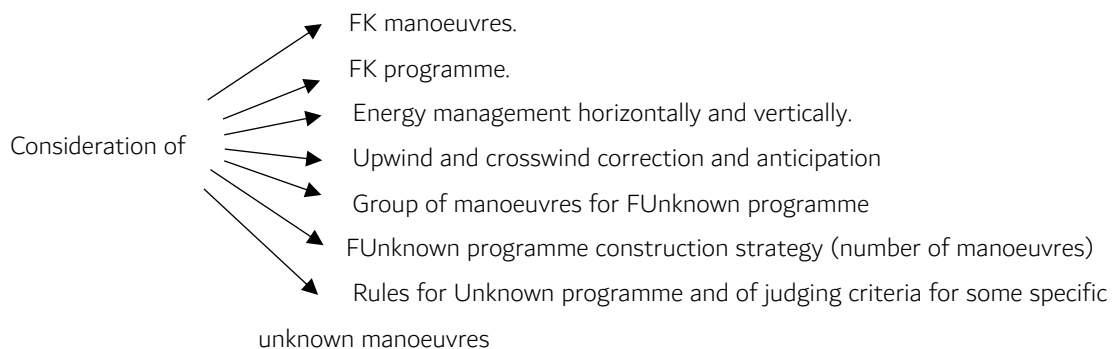
- Effect of controls: + adverse yaw, induced roll.
- Engine torque.
- Trim position and setting.
- Flight attitudes upright and upside down at different speeds, including corresponding sight pictures.
- Controls surface efficiency → based on speed.  
→ with and without power.
- Slow flight upright and inverted/sight picture.
- Stalls upright and inverted → at minimum speed: \*symmetric \*asymmetric.  
→ dynamic: \*symmetric \*asymmetric (mind the envelope)
- Flight on principal lines upright and inverted.
- Positioning for speed and height on both axes upright and inverted at different speeds and altitudes.
- Wing rocks all attitudes.
- Box orientation and aircraft position in the box (references from the plane)



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## 2<sup>nd</sup> CAMP:

Revision of positioning for speed and height on both axes upright and inverted at different speeds and exact position in the box.



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### 3<sup>rd</sup> CAMP :

Revision positioning for speed and height on both axes upright and inverted at different speeds and exact position in the box

- Revision of FK programme.
- Consideration of FUnknown programme possibilities.
- Revision of energy management.
- Consideration of upwind and crosswind correction and anticipation.
- Consideration of individual Unknown manoeuvres and group of Unknown manoeuvres.
- Discussion of strategy for choice of Team Unknown manoeuvres.

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### 4<sup>th</sup> CAMP :

Consideration and finalization of FK programme based on results from National championship

- Study of score sheets from Nationals if already flown.
- Study of FUnknown programmes & FUnknown manoeuvres for team.
- Perfecting individual manoeuvres for team FUnknown proposals.
- Integration of team manoeuvres into FUnknown sequences.
- Revision of FK.
- Revision of energy management.
- Study of manoeuvres for 4 minutes Freestyle.
- Study of optical illusion for different trajectories at different position in the box.

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### 5<sup>th</sup> CAMP :

Revision of Free program

- Study of FUnknown sequences.
- Perfecting individual manoeuvres for team FUnknown proposals.
- Integration of team manoeuvres into FUnknown sequences.
- Study of groups of manoeuvres for 4 minutes Freestyle.
- Revision optical illusion for different trajectories at different position in the box.
- Study of FUnknown sequences including team manoeuvres.
- Construction of individual 4 minutes Freestyle sequence.

FLY WELL and MAY THE BEST WIN !



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