

PILOT'S NAME:

SEASONS 202_ to 202_

TOPICS UNDER CONTROL *(Everything about numbers is an example only)*

AIM of RESULTS <i>(Not everything is under control)</i>	AIM for EACH TRAINING CAMP	AIM for EACH FLIGHT	WAC / EAC PHYSICAL TRAINING PROGRAMME	MENTAL TRAINING PROGRAMME	HEALTH PROGRAMME	RELATIONS with
LOCAL Contest 202_ 202_ 202_ 202_ ...	CAMP N°1	Built up a routine including mental state to activate before flight	150 days before	Initiation of simple relaxation method (Jacobson, TA Schultz)	Diet	MEDIA'S: TV spots, written press general and specialised Advertisement Local community
	CAMP N°2		100 days before		Repetition of programme being dissociated, and appreciation of the differences	
	CAMP N°3	How to enter the box (altitude and axis)	50 days before	NPL or other technique to deal with expected mental feeling (Image, five anchorage with word and movement)		Breathing
	CAMP N°4	Manoeuvres or sequences	20 days before		Preparation of the mental part of the routine before flight	Sleep
	CAMP N°5	Box management	10 days before	"Understanding" of ourselves (limits, beliefs, self image, self esteem, and so on...)		Drugs (medecine) > NO
	CAMP N°6	Altitude management	3 days before		During WAC / EAC	Alcohol > NO
	CAMP N°7	How to present the flight				Tobacco > NO
WAC or EAC 202_ 202_ 202_ 202_ ...	<i>And so on...</i>	Routine during flight (wind check, ground references, engine check, air space monitoring)			Stress management + how to take decision	DEFINITION and notification to everybody of calendars and major choices to: <ul style="list-style-type: none"> > Aerobatic community > Family > Professional > Other ...

