

4-Way Training Plan

Introduction

There are not many things that are more rewarding in skydiving than being in one or more training seasons of a four way team. The experience of learning the techniques and advancing our skills together is almost spiritual. Assembling a group of people that will achieve that level of excitement and enjoyment is not always easy to do. Anyone joining a 4-way team has its own sets of expectations and limitations. The trick is to find people that: 1) Would get along well being in a 4-way team; 2) Share similar expectations – someone seeking to be a world champion vs. the weekend warrior will have very different training and budget requirements; 3) Tolerate minor individual limitations. If you are reading this is because I believe you meet the requirements above, now it's up to you to decide if that's true based on your own set of expectations and limitations.

The expected time and budget commitment is to have 2 training days per month. For an even smaller budget, coaching may be waived in the early phases of training and added later on “ad-hoc” if the team decides so. We may also look for a video person that wants to learn the intricacies of filming 4-way and willing to pay for its own slot until a certain performance criteria is achieved (i.e.: No video busts in the last 20 jumps for paid slot). A training day could fall in a Saturday or Sunday, depending on team members' schedule. It will most likely involve 6 jumps in one day, which will give plenty of time for members to pack their own parachute if they desire. We could also decide, especially during the random training phase, to replace one training day for one hour of tunnel training for cost reduction. Tunnel sessions could take place during weekends or weekday evenings.

The place of training is still to be determined. Jump ticket price is an important factor, but also important factors are the conditions for training. We need to have a decent creeping area (and good creepers), and a team room where we can watch and debrief our jumps with serenity.

Goals

Primary goal

“Assembly a group of people that enjoy jumping together, advancing individual and team skills”

Practical goals

“Advance team and individual 4-way skills for competing on local competitions (SoCal Skydiving League) and Nationals at the end of the year in progressive categories culminating in achieving average 10.0 in the Nationals Advanced level.”

Phases

Level Adjusting

This is a very short phase with simple dives with the main goal of adjusting levels. Everybody should jump with regular RW suits without using any floating resources (sleeves, larger t-shirts, etc). Everybody should be in a comfortable fall rate, adding weight if necessary to level with the faster member. Remember that the faster we fall, the faster we can move. Spinal stretching exercises also help adding more range to the fall rate. At this stage we will also discuss each individual position and which member would be better for that position (rear center, front center, point, tail).

In this phase we can limit the exit to P (sidebody).

Random

Random work is the base for any skydiving team. The goal for this phase is to learn all the 16 shapes from the random IPC pool and get introduced to most of the 4-way foundations: the continuity plan, key discipline,

movement precision (flash – turn – stop movement – grip), dive engineering, angles, etc. Without a solid basis of random work it is pointless to start learning any block formation.

It is in this phase that we can potentially extract the most from tunnel sessions. While there are only a few blocks that are practical to turn in the tunnel, all randoms can be practiced in the tunnel for a fraction of the cost it would take to learn them in the air.

Once our P exit is solid, we can try some other exits in this phase such as H, B and E. If we dominate these 4 exits, we can easily and quickly transition to virtually any other in the random pool.

Blocks (A and AA)

Blocks are divided in 3 major categories: repeaters, mirror images and non-repeaters. The nationals and NSL advanced category do not include non-repeaters, which is a very good thing. The only thing special about non-repeaters is that after executing that block, two members of the team will have switched their slots, so if the jump was a 5 pointer, suddenly those two poor guys or gals will have to memorize 10 points... which could easily lead to time expensive brainlocks.

We will start learning all blocks included in the A/Intermediate pool and then advance to the AA/Advanced pool. Normally, we will learn two blocks per jump, and repeat that jump, so in one day of training we can go through 6 blocks (there are 22 total blocks, but only 8 in the A cat. and 8 more in the AA cat.).

Memory Drill

Because we want to concentrate on learning the randoms and blocks, we will train with 3 point randoms and 4 point blocks. At some point, we should do one or two memory drills, starting with 4 pointers and memory allowing, going up to 10 or 11 pointers. After we fry our brains with 10 point jumps, a 4-5 pointer will look like child's play.

Nationals

It is probably not very realistic to expect a medal in our first training season in the National's AA, but even if we were, there are still a few things that should be discussed. The first thing is if everybody wishes to compete on the Nationals (October 12-27 at Skydive Spaceland, Texas). Usually the 4-way competition lasts 2 or 3 days, but it may fall during weekdays, so we need to make vacation and travel plans. Last year, the first place got 16.9 avg., and the 3rd place had 13.3 avg.

Competitions

Competition	Date	Location	Pool	Category	Goal
SCSL meet 1	April 25	Elsinore	Randoms	Rookie	Avg ≥ 8
SCSL meet 2	May 23	Perris	Blocks 2,4,6-9,19,21	Intermediate	Avg ≥ 7
SCSL meet 3	July 11	Elsinore	Blocks 1,11,13,14,15,18,20,22	Advanced	Avg ≥ 8
SCSL meet 4	August 29	Perris		Advanced	Avg ≥ 9
Nationals	October 11 to Oct. 15	Texas		AA	Avg ≥ 10

Training Framework

Week prior

Ideally, during the week prior to the training, the member responsible for technique research will prepare some material relative to the goal and training plan for the weekend. For example, if we are going to train blocks 2, 6, 4, 7, 8 and 9, it would be nice if we could take a look on the techniques prior to the training day. The material could be in the form of an article, a video of another team performing the blocks of the weekend and so on. We could even try to set up a weekday after work to talk about it over beers. It's very constructive for the team social dynamics.

Training day mechanics

Every team has its own training day routine, but as a guideline, the day should start with an early stretching routine and a brief discussion of the day's goals and training plan. Then the team proceeds to each jump routine. After the last jump debrief, the day should officially end with a brief discussion of how the team advanced toward the goals set previously and each individual's impressions.

Jump routine

1. Creepers
 - Memorization – go through one or two pages just to learn the sequence
 - Jump engineering – define angles and movements
 - Keys and grip discipline – who is responsible for keying and where to look next (eyes)
 - Memorization – go through a few pages just to memorize the whole sequence, angles, keys and eyes.
 - Rhythm – go through a few more pages realistically paced
2. Mockup
 - Define exit order
 - Define individual position on the door
 - Go through a couple of exits until everybody is comfortable and synchronized
3. Jump
4. Debrief
 - State the goal of the jump
 - Watch the video 2-3 times in silence
 - Each member should state things that he/she liked about self and the team and then state focus on something to self-improve in the next jump, without being interrupted.

Detailed Schedule

To be determined. Dates are shown just as an example. The general idea is to do two training days per month.

Possible Dates:

March

7 #1 - Level work
14, 15
21, 22
28 (random phase)

April

4, 5
11, 12
18, 19 (random phase - tunnel)
25 SCSL Rookie (random)

May

2, 3
9, 10 (Blocks A)
16, 17
23 SCSL Intermediate (Blocks A)
30, 1

June

6, 7 (Blocks A)
13, 14
20, 21 (Blocks A)
27, 28

July

4, 5

11 SCSL Intermediate (Blocks A)

18, 19

25, 26 (Blocks AA)

August

1, 2

8, 9 (Blocks AA)

15, 16

22, 23

29 SCSL Advanced (Blocks AA)

September

5, 6

12, 13 (Memory Drill)

19, 20

26, 27 (Blocks AA)

October

3, 4

11-14 USPA Nationals (Blocks AA)

Costs

Scenario 1: No ticket discount, paying coach + video

Scenario 2: No ticket discount, paying video

Scenario 3: No ticket discount, video pays his own slot

Scenario 4: Ticket discount, paying coach + video

Scenario 5: Ticket discount, paying video

Scenario 6: Ticket discount, video pays his own slot

Scenario 7: ½ hour tunnel time

Scenario 8: 1 hour tunnel time with coach

Miscellaneous

Sponsorship

Jump ticket

Jumpsuits

Helmets

Container

Canopy

Altimeter

AAD

Financial Help

Travel

Delegation of Responsibilities

- Manifest (_____) – responsible for collecting tickets (if necessary) and making sure the team is manifested throughout the day. Also responsible for the team's schedule, making sure everybody is aware of the team calendar, including the camera person.
- Research (_____) – since we will not use a coach, someone should be responsible for disseminating the techniques that will be used during training. This someone will also be responsible for keeping tabs on statistics (point average, block speed, hill readiness, etc)
- Team captain (_____) – responsible for talking with judges and defend team interests in meeting competitions.
- Team negotiator (_____) – responsible for negotiating with DZ owners/managers the best jump ticket prices and facilities such as team room, creepers and etc. Also responsible for everything money (i.e.: making sure video man or coach (if any) is paid).

Team Name

Logo Suggestions

Jumpsuit Colors

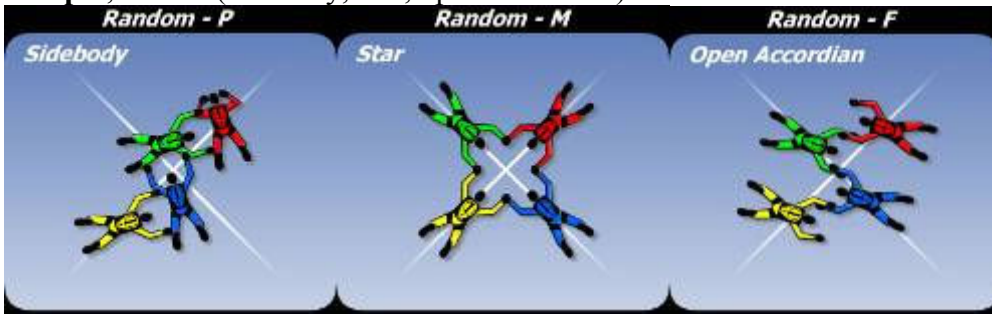
Training Sheets and Reports

T #	Date	Type	Location	Jumps/Min.	Accumulated
1	March 7	Air – Randoms	Skydive San Diego	3 jumps	3 jumps
2	March 28	Air – Randoms	Skydive San Diego	6 jumps	9 jumps
3	April 18	Air – Randoms	Skydive San Diego	4 jumps	13 jumps
SCSL#1	April 25	Competition – Rookies	Elsinore	6 jumps	19 jumps
SCSL #2	May 23	Competition – A	Perris	6 jumps	25 jumps
4	June 6	Air – Blocks A	Skydive San Diego	5 jumps	30 jumps
5	July 10	Air – Blocks AA	Skydive San Diego	4	34
SCSL #3	July 11	Competition – AA	Elsinore	6	40
6	July 18	Air – Blocks AA	Skydive San Diego	6	46
7	July 25	Air – Blocks AA	Skydive San Diego	6	52
8	August 8	Air – Blocks AA	Skydive San Diego	6	58
9	August 15	Air – Blocks AA	Skydive San Diego	6	64
10	September 12	Memory Drills	Skydive San Diego	6	70
11	September 26	Speed Drills	Skydive San Diego	6	76
Natl's	October	Competition – Inter	Texas	10	86

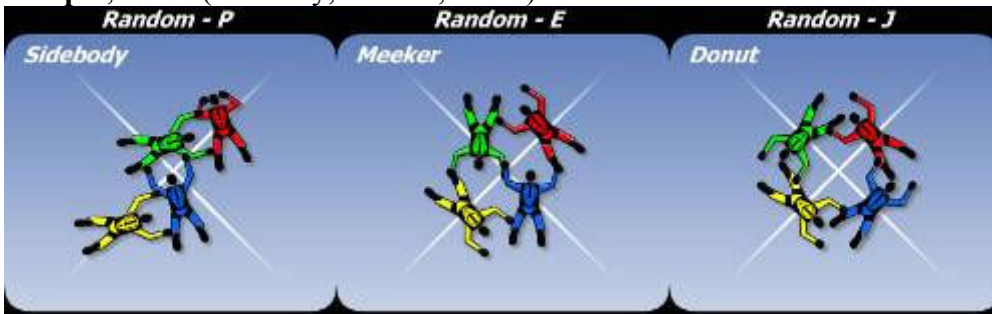
Training Sheet - #1

03/07/2009 - Define slots and adjust levels

Jump 1, P-M-F (sidebody, star, open accordion)



Jump 2, P-E-J (sidebody, meeker, donut)



Jump 3, P-B-O (sidebody, stairstep diamond, satellite)

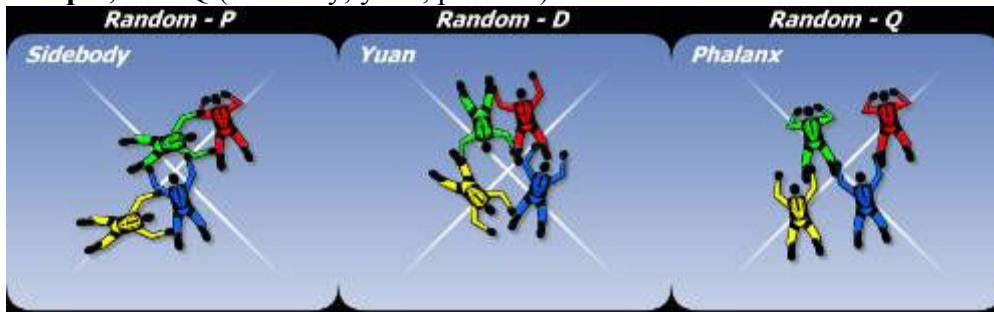


Training Sheet - #2

03/28/2009 – Precise center, cross-reference, stop THEN grip

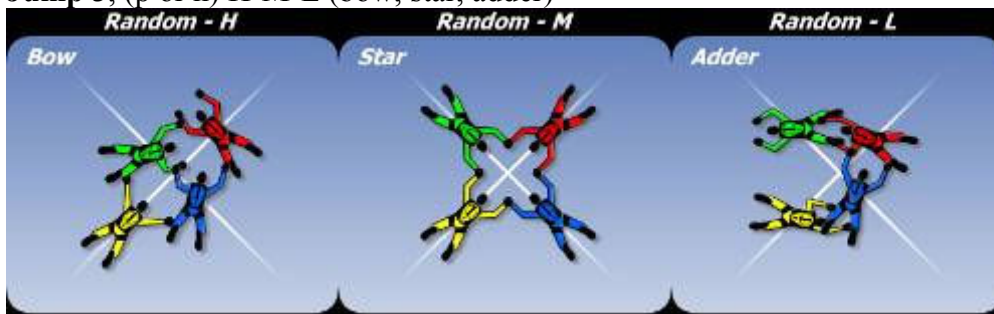
Exit: P (sidebody) – until we make the 2nd point in less than 5 secs. for 3 consecutive jumps. Next exit will be H (bow).

Jump 1, P-D-Q (sidebody, yuan, phalanx)



Jump 2, repeat

Jump 3, (p or h) H-M-L (bow, star, adder)



Jump 4, repeat

Jump 5, (p or h) B-N-O (stairstep diamond, crank, satellite)



Jump 6, repeat

P Exit

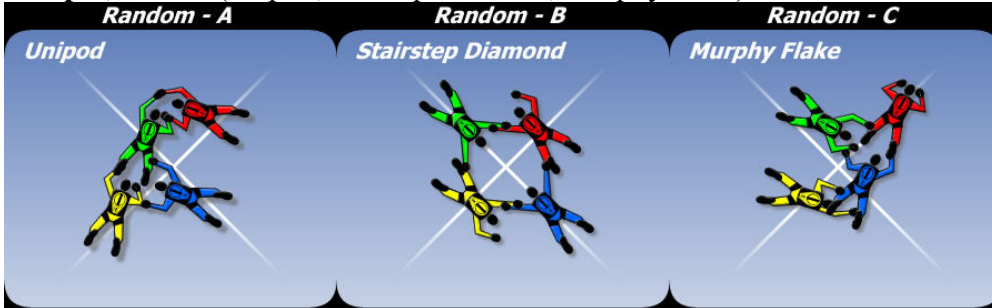


Training Sheet - #3

04/18/2009 - Cross-reference, 2nd Point in Less than 5 secs.

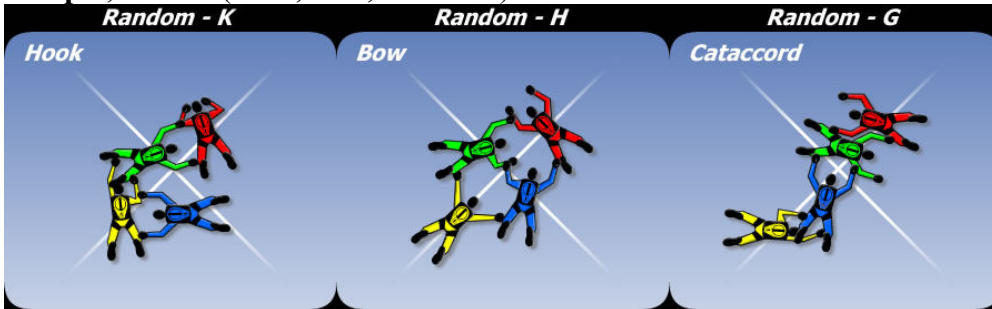
Exit: P (sidebody)

Jump 1, A-B-C (unipod, staistep diamond, murphy flake)



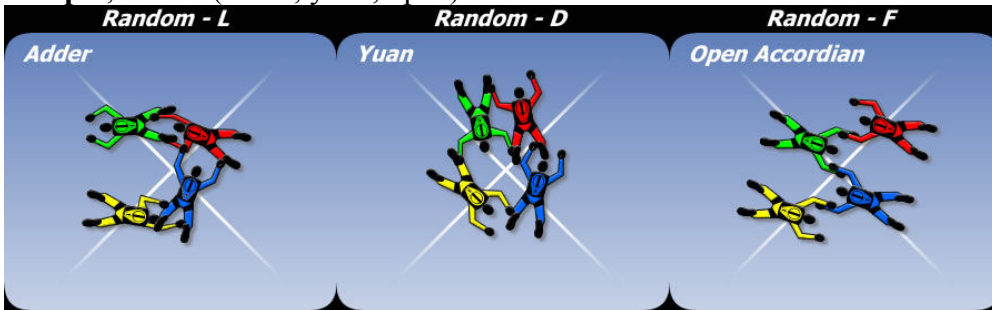
Jump 2, repeat

Jump 3, K-H-G (hook, bow, cattaaccord)



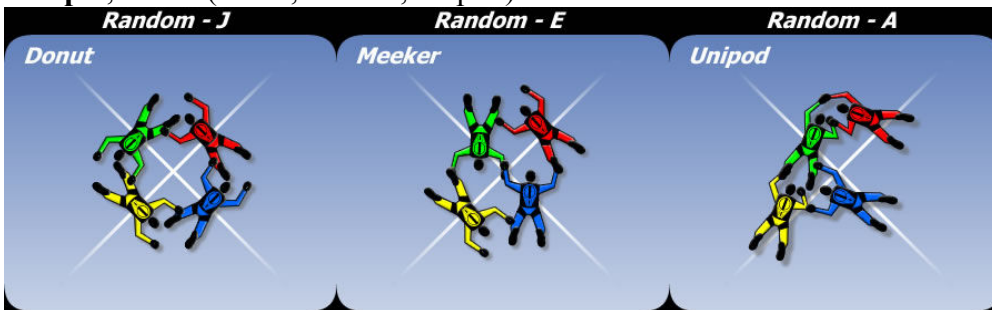
Jump 4, repeat

Jump 5, L-D-F (adder, yuan, open)



Jump 6, repeat

Jump 7, J-E-A (donut, meeker, unipod)



Jump 8, repeat

Training Sheet - #3 (tunnel)

04/24/2009- *Adjust Body Position; Eliminate Noise*

We will divide the tunnel training in two half an hour sessions. The first half will be dedicated to adjusting individual body position while training flight skills using 2-ways. We will be using a modified program used by Arizona Airspeed and Optimum CTR tunnel camps. The second half we will be all 4 in the tunnel and the main goal will be to eliminate noise (pumping syndrome, rollercoaster effect, etc) from our formations. For that we will slow everything down and use stop drills.

BBF (1st half)

- 2-way partners will be centers and outsiders.
- 1 one minute session and 7 two minutes sessions. Special attention to body position (mantis) at all times. The goal is not to perform the movements, which we all know how to do it in our own ways, but to perform the movements using the mantis position.
- Sessions:

<ul style="list-style-type: none">• (1 min) Relaxation, Body Awareness & Range of Motion<ul style="list-style-type: none">▪ Breathe▪ Adjust body position▪ Move different parts of the body but CP stay still (arms out, back, legs narrow, wide, pumping knees)• (1 min) Reacting to Fall Rate Changes<ul style="list-style-type: none">▪ Face to face▪ Side to side▪ No contact compressed accordion
<ul style="list-style-type: none">▪ From this point on, enter tunnel walking and gracefully transition to belly if you can• (2 min) Translation – Side slide<ul style="list-style-type: none">▪ Face to face: side slide from one side to another▪ Repeat, but use lower body only▪ Repeat, but use upper body only▪ Repeat, but push air as hard as you can
<ul style="list-style-type: none">• (2 min) Translation – Back and Forth<ul style="list-style-type: none">▪ Side by side: extend/contract arms and legs▪ Repeat, but use aggressive body pitch. Be neutral before starting a new movement.
<ul style="list-style-type: none">• (2 min) Rotating Around Your Center Point – 90° Turns<ul style="list-style-type: none">▪ All no contact. Be neutral before starting movement.▪ Half-star to Phalanx, L & R (3x each)▪ Star-Sidebody-Star, L & R (3x each)▪ Accordion-Half Star-Accordion, L & R, (3x each)▪ Sidebody-Cat-Sidebody, L & R, No head switch (1x each)▪ Sidebody-Cat-Sidebody, L & R, Head switch (1x each)▪ Loop with more power if there's still time▪ From this point on, leave tunnel walking
<ul style="list-style-type: none">• (2 min) Rotating Around Your Center Point – 180° Turns<ul style="list-style-type: none">▪ Half-star-Bipole-Half-star, L & R (2x each)▪ Star-Sidebody-Sidebody-Star (2x each)▪ Open-Phalanx-Open (2x each hand)▪ Open-Phalanx-Open, outside turn (2x each hand)▪ Star-Cat-Star, no HS (2x each)▪ Star-Cat-Star, HS (2x each)

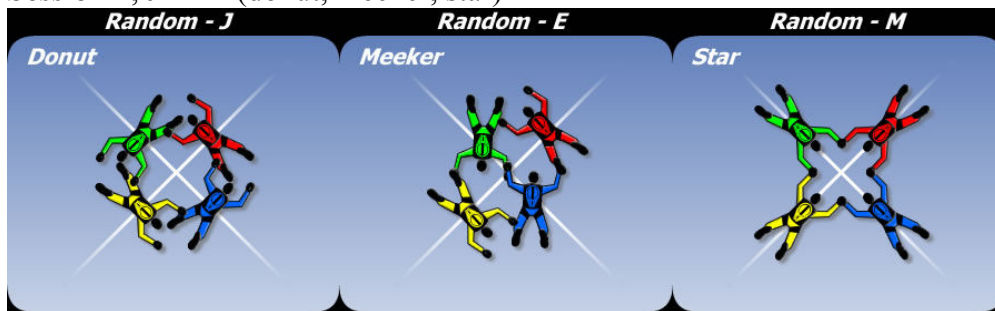
<ul style="list-style-type: none"> ▪ Loop with more power if there's still time
<ul style="list-style-type: none"> • (2 min) Superpositioning – Moving your CP While You Rotate <ul style="list-style-type: none"> ▪ Open-180-Stairstep-Back to Open, sideslide to other hand, repeat (1x each) ▪ Open-360-Open and back, inside turn (1x each) ▪ Repeat, outside turn (1x each) ▪ Star to side by side (only one moves) to star, L & R (1x each) ▪ Spin around (only one moves) (1x each, remove booties) Half-star – 360 – bipole (outside turn) 90 to Compress 180 to Cat 90 to Compress 90 to Bipole Biple – 360 – Half-star
<ul style="list-style-type: none"> • (2 min) Taking Grips and Flashing <ul style="list-style-type: none"> ▪ Discipline is flash >> move >> stop >> grip ▪ Present and take, internal flash (IF), Star-Star, don't move CP (5x) ▪ Present and take, Jesus flash (JF), Star-Star (5x) ▪ Star-Open-Open-Open-Open-Star (alternate presenter-taker), IF ▪ Star-Straight Cat (SCat) outside grip-Star, JF (2x each) ▪ Star-SCat-Star, inside grip, IF (2x each) ▪ Star-Cheated Cat (CCat) out/in grip-Star, JF (2x each, one each side) • (1 min) Stability Drills <ul style="list-style-type: none"> ▪ Side push - horizontal, pushee must keep CP (2x each side) ▪ Side push – vertical (2x each side) ▪ Side by side – vertical transition to the other side and then back (2x each) ▪ SCat – vertical transition to SCat and then back (1x each) ▪ Knee flying if there's still time

4-Way (2nd half)

Stop Drills

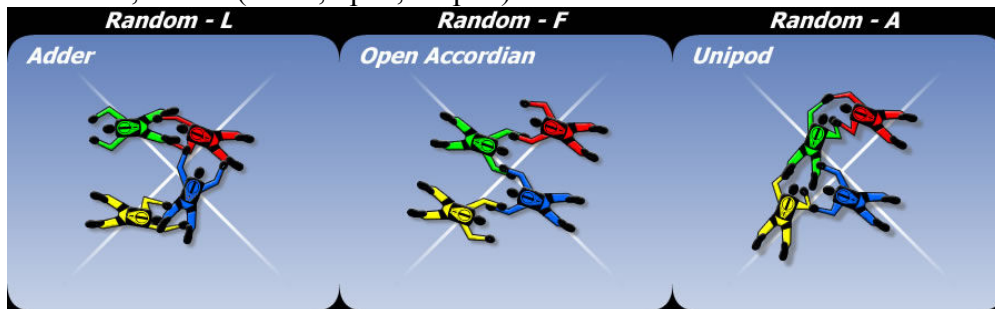
- From any figure, the sequence for the next figure is:
 - Key person flashes
 - Everybody let go of grips together
 - Move to new position... DON'T grip
 - When key person sees everybody is stable and in position (NO CONTACT) (s)he grips
 - When key person grips, everybody grip together
- The ideal is that before gripping the current figure, you have the next figure already in mind
- The visualization can be done in the creeper, the difference is that key person will only grip when (s)he hears a sign from everybody
- We will have 15 sessions of 2 minutes.
- The drill for each session will contain 3 random formations.
- We will repeat the draw twice.
- Our last session we will have a draw with 2 blocks, just for fun
- That means we will have 14 stop drill sessions, and because we are repeating, 7 will be unique. With 3 formations per draw, we will go through all 16 randoms and will have the opportunity to repeat 5 more.

Session 1, J-E-M (donut, meeker, star)



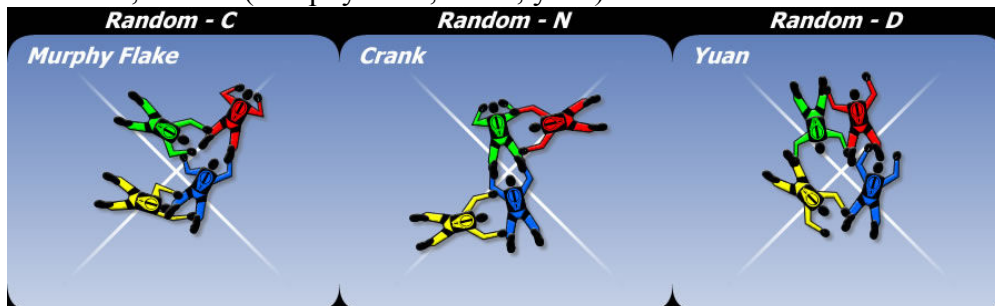
Session 2, repeat

Session 3, L-F-A (adder, open, unipod)



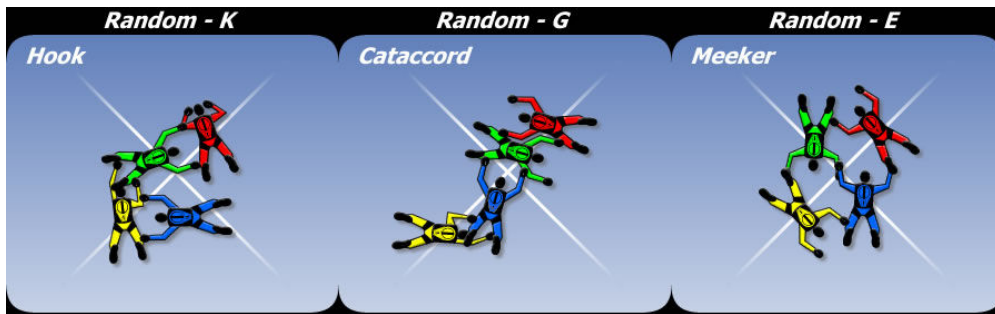
Session 4, repeat

Session 5, C-N-D (Murphy flake, crank, yuan)



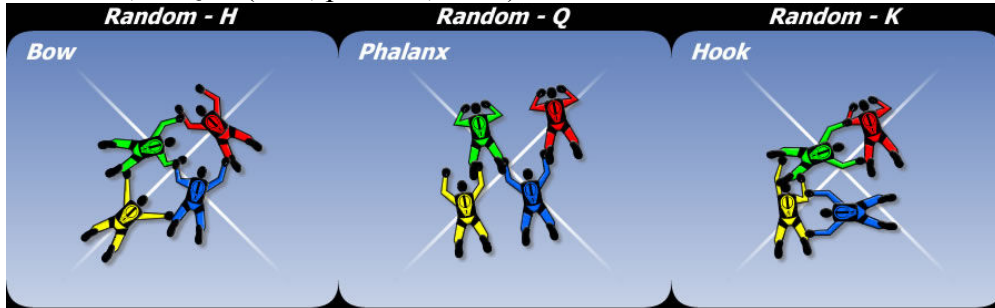
Session 6, repeat

Session 7, K-G-E (hook, cataaccord, meeker)



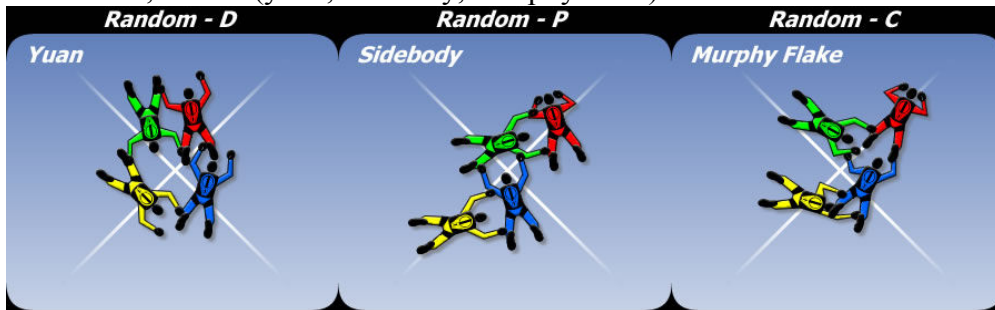
Session 8, repeat

Session 9, H-Q-K (bow, phalanx, hook)



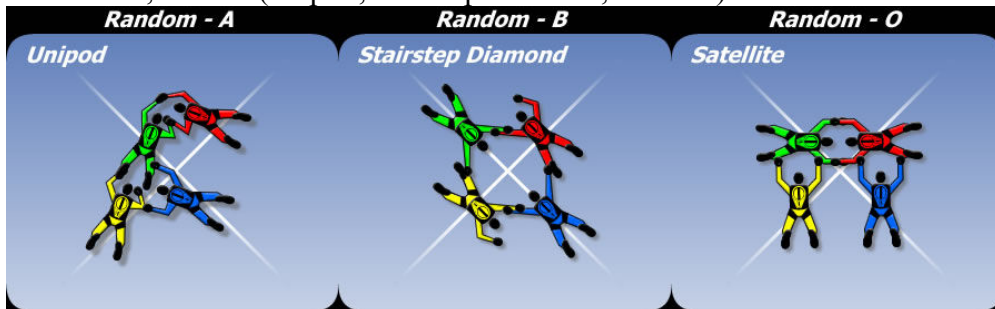
Session 10, repeat

Session 11, D-P-C (yuan, sidebody, Murphy flake)



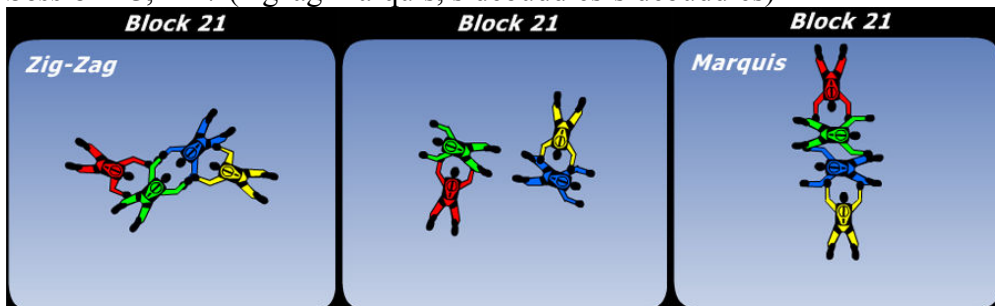
Session 12, repeat

Session 13, A-B-O (unipod, stairstep diamond, satellite)



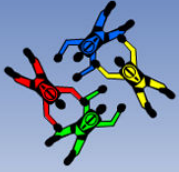
Session 14, repeat

Session 15, 21-7 (zigzag-marquis, sidebuddies-sidebuddies)



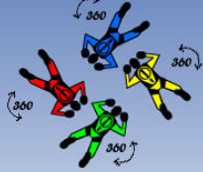
Block 7

Side Buddies



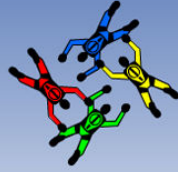
Block 7

Side Buddies



Block 7

Side Buddies

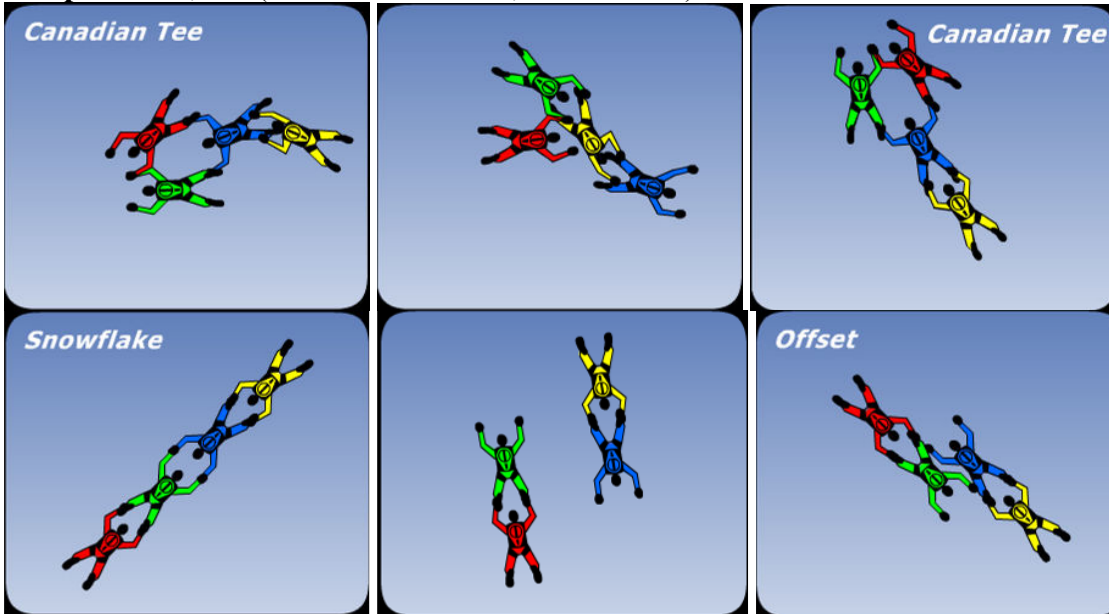


Training Sheet - #5

07/10/2009 – Short moves, good flashes

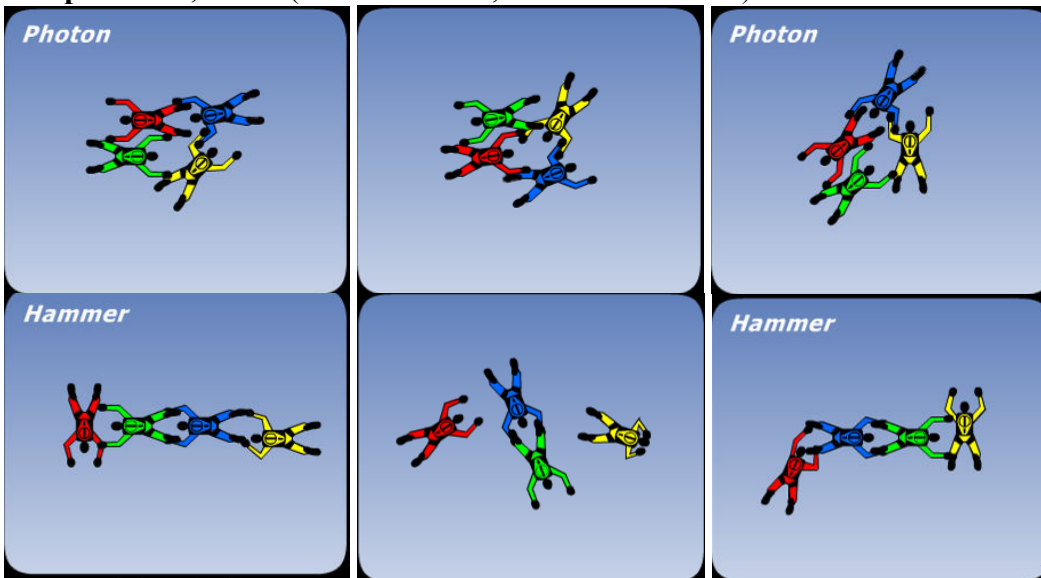
Exit: 1st point or similar

Jump 1 and 2, 8-1 (Canadian-canadian, Snow-offset)



- Front goes on top of rear
- Make sure ‘Mono-like’ intermediate picture is achieved
- OC must be aggressive after ‘Mono-like’ target

Jump 3 and 4, 11-13 (Photon-Photon, Hammer-Hammer)



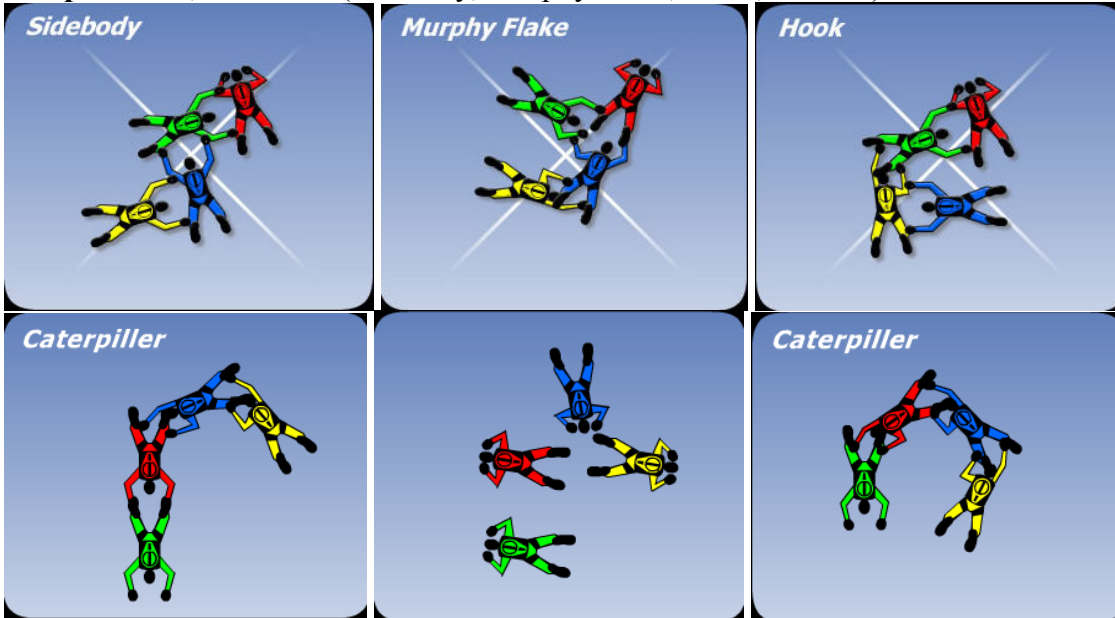
- Tail goes under point and anchors in the “2-way star” with point
- IC waits for the “2-way star” target and then performs the same task.
- When IC starts moving, Point has to focus on IC’s gripping hand and make sure that grip closes as fast as possible

Training Sheet - #6

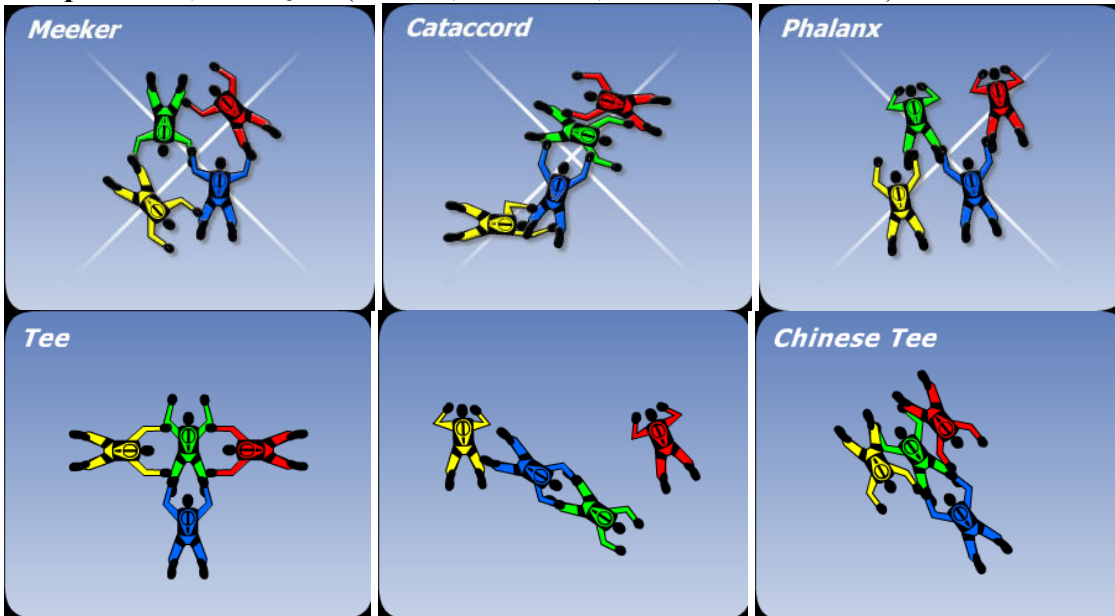
07/18/2009 - Fly the slot, good flashes

Exit: 1st point or similar

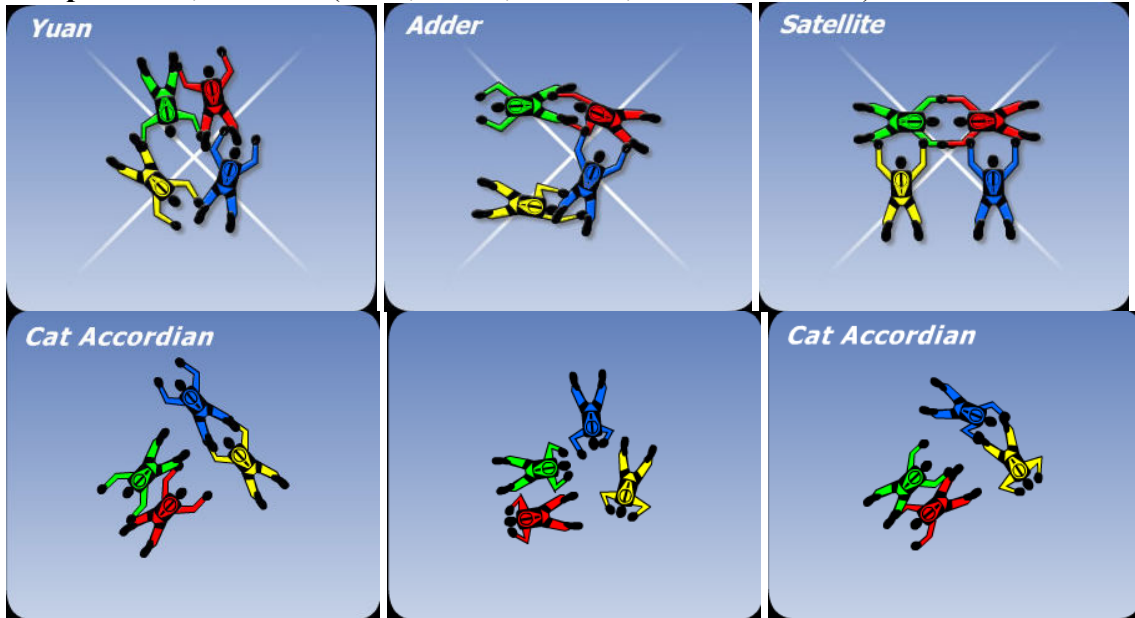
Jump 1 and 2, P-C-K-15 (Sidebody, Murphy Flake, Hook, Cat-Cat)



Jump 3 and 4, E-G-Q-22 (Meeker, Cataccord, Phalanx, T-ChineseT)



Jump 5 and 6, D-L-O-9 (Yuan, Adder, Satellite, Buddies-Buddies)



Training Sheet - #7

07/18/2009 – Fly the slot, good flashes

Exit: 1st point or similar

Jump 1 and 2, P-C-K-15 (Sidebody, Murphy Flake, Hook, Cat-Cat)