

DISCUSSION NOTES ABOUT CROSS COUNTRY COACHING

Build enthusiasm for cross country flying and the confidence to try it.

The prerequisites for beginner XC pilots are:

1. the ability to make the glider climb
2. the confidence and knowledge to safely land-out

Cross country flying is a competitive environment. Use races and goal setting to improve.

Some possible talks and exercises for the students depending on their level of experience and skill:

	GROUND SCHOOL	FLYING
Land-out!	When to land out and 3,2,1 rule. Selection and assessment of fields. Learn land-out locations. Make a map of locations. Look at locations on the ground.	Recognise 300m from the air. Land over a 2m high fence and stop inside 300m. Simulate land-outs on the airfield Make actual land-outs
Wind!	Know the Wind at all levels Wind observations	Wind observations from the air. Glider Drift
Climb!	Thermals How, why and where thermals form. Observation of thermals. Reading cumulus clouds. Hunting thermals. Theory of centring When to leave	Recognition of thermals by feel. Reading clouds and cloud shadows Centring practice. Feel the air. Make local races to improve thermalling. Fly with no vario and instruments
	Convergences How, why and where they form. How to run convergences Observing and recognising convergences.	Observing and feeling convergences Out and return races along convergences Feel the air
Run fast!	Follow energy lines Efficient thermalling Correct speeds Final Glides	Dual and lead and follow Feel the air Set and fly tasks including near the airfield.
Race!	Preparation and planning Task types Starting On course Final glide and finish. Tactical	Set and fly tasks Enterprise (distance) tasks Racing tasks AAT's Longer XC flights (300km and 500km)