
SKILLS COACHING ROADSHOW STRUCTURE

The purpose of this form is to provide some background information on a British Skydiving coaching Roadshow, to explain what is expected of you as a coach and to provide a structure of the type of information you are expected to provide.

Background

The purpose of British Skydiving Coaching roadshows is to spread technical skills and competition know-how to the membership. This is done via jumps and ground coaching and presentations. The ground-based coaching and presentations can be more important if not more than actually jumping. The discipline Reps will have asked the Parachute Training Organisation (PTOs) to request a British Skydiving Coaching Roadshow and the PTO will have responded with a specific date and discipline they would like to host.

Remember you are representing British Skydiving and your discipline, so please act professionally at all times when dealing with members and the PTO. But also make the Coaching Roadshow as informative and fun as possible.

Before the Roadshow

Feel free to advertise the roadshow on your FB page and make sure it is in the British Skydiving diary and an event on the British Skydiving FB page (the discipline reps should have done some of this) At least 2 weeks before a coaching roadshow, make contact with the PTO and introduce yourselves. Explain you would like:

- The PTO to put up a form with information so individuals can pre-register and to collect the any relevant information you will need e.g. experience in your discipline, jump numbers etc., including a means of contact for you in case anyone has questions.
- Agree a start time for the Saturday for everyone to meet up, ideally 1 hour before the PTO starts jumping.
- Agree the process of manifesting, most PTOs find it easier if just 1 person from the coaches deals with all manifesting but ask the PTO what they want also will you as a coach be able to double manifest?
- The cost of the coached jumps – some PTOs have special deals on coached jumps it would be good for you to know, or they may offer a number of camera slots etc.
- Approximately what time you expect to finish on Sunday
- A recommendation of accommodation if you need it, remember British Skydiving provides a subsistence allowance, the PTO does not have to provide food or accommodation, though some might.

When you arrive on the Saturday

Or the Friday night before, make sure you introduce yourselves to the CI, PTO, DZ control and manifester. Ask the CI if there are a level of jumper, he would rather not sit in on your ground briefings- we have had the case of a level 2 AFF student trying a slow fall position on his level 3. Also ask if there is a room you can use for your meetings.

Get all your docs and kit checked, also make sure you get a full DZ brief, including aircraft SOPs, spotting and remember to brief them if there is anything special you will want for your discipline – CF or CP different spot etc. Remember it is very likely you will find yourself jumpmaster so be prepared.

Suggested structure of a Coaching Roadshow

This is just a generic guide to the type of topics you should think about covering; it is not an exhaustive list. The number of topics you can cover will be very weather dependent; as if you are jumping all the time the opportunity to bring everyone together will be limited.

Welcome

- At the agreed time get everyone together and introduce yourselves – Names, jump number, limited info on experience (Nationals Champion etc) and goal for weekend. Then ask each of the jumpers to do the same, while they do this take notes to help you divide them into groups if appropriate.
- Explain the format of the weekend and how you expect things to work.

Safety Briefing

- This will cover some generic stuff as well as discipline specific information i.e. break off height, equipment, landing patterns etc.
While one does this, the others can be dividing up the groups.

Assign groups and briefings

- Assign the groups to each coach then split off and start your briefing, if weather is good manifest and start jumping.
- Other topics suitable for ground presentations, if either the weather is poor or if it means you can be more efficient to talk to the whole group rather than individual briefings.

How to brief and dirt dive

- Explain the process on how to design, mechanic and brief a dive, dirt dive, seating in the plane, break off and landing patterns.

How to de-brief

- The controlled process of de-briefing a dive, watching the video and not making someone cry. Also, how to set learning points to be carried into the next dive.

Technical and Advanced technical skills

- Specific Skills for your discipline – body position for fall rate change, how to approach a gate. Remember to judge your audience, for example no point demonstrating dynamic freestyle transitions when all the jumpers are just learning sit-flying.
- How to form a Team
- Not just how to form a team, but setting goals and how to work together
- Setting training plans
- Getting coaching
- Use of tunnel if relevant

What are your competition rules?

Competition

- How to prepare for a competition
- How to act as a team

Processes to be as efficient as possible in competition- times to meet, dirt-diving etc.

Equipment

- Any specialist equipment necessary for your discipline

British Skydiving Council

If a member of the British Skydiving Council is at the PTO (and you are desperate for topics) ask them to hold a short Q &A session

Again, remember you are representing British Skydiving and your discipline, so please act professionally at all times when dealing with members and the PTO. But also, it is very important to make the Coaching Roadshow as informative and **fun** as possible.

Close of the roadshow

At the end of the coaching roadshow, pull everyone back together and ask for feedback, it can be a learning experience for you as well. Ask people to contact Comps with feedback and to feel free to post comments on Facebook.

Don't forget to say thank you to all the PTO staff, CI and DZO.

Good luck, enjoy and please remember to fill in the coaching roadshow feedback form (217).