

Aerobatic Coaching

The Physical and Mental Aspects of
Becoming Great

How to Win a Contest

- ▶ Develop outstanding flying skills
 - Fun & easy part of the equation
- ▶ Execute flawlessly
 - Difficult part of the equation
 - No universal approach to how to do this
 - Tailor training to each individual or personality style

Coaching & Critiquing

▶ Critiquing

- Notifies the pilot of as many errors as possible
- Presents large amounts of communication to pilot
- Helps the “critic” with judging skills



▶ Coaching

- Targeted effort to support your goals
- Deals with consistent technique issues
- Consistent Errors vs. Occasional Mistakes
 - Learn to move past mistakes
 - Fix consistent errors

Stakeholder Analysis

- ▶ What do you get out of it?
 - Better flying skills and prep skills
 - Shorter time to meet goal
 - Better box positioning & presentation
 - Better practice strategy
- ▶ What does the coach get out of it?
 - Payment
 - Fulfillment from helping you to set & achieve goals
 - Coaching skills growth and refinement

Set Goals

- ▶ The best plan usually wins
- ▶ Set goals that
 - Get to the heart of the matter
 - You fly for enjoyment
 - It is the journey that is most important
 - Are potentially accomplishable
 - Set goal  Accomplish  Set next goal
 - Set a series of goals to support overall goal

Coaching Process

- ▶ Get coaching at appropriate time & frequency
 - Best time is well before a contest
 - You will want to make structural changes to your flying
- ▶ Coach takes time to understand your flying
 - Selects the most important consistent issues
 - Competitor – affecting overall scoring
 - Air show performer – affecting safety & show quality
 - Focus on the selected items
 - Engage in correcting these important items
 - Focus long enough to start to develop good habits
 - Select next most effective items & repeat

Key to Skill Building

- ▶ Fundamentals are everything
- ▶ Fly each part at a time
 - Parts of a Hammerhead
 - Depart level line; $\frac{1}{4}$ loop; attach to vertical line; maintain 'square' on vertical line; kick rudder to initiate pivot; fly 'straight' through pivot; rudder to stop pivot; attach to vertical down line; maintain 'square' on vertical down line; depart vertical down line; $\frac{1}{4}$ loop; attach to level line
- ▶ Be present in the moment

Learn how to learn

- ▶ Root cause analysis to fundamental issues
 - Reduce to fundamentals that create issue
 - Avoid complex solutions to symptoms
- ▶ Do what the coach suggests (if it is safe)
 - Become competent at what they are suggesting
 - Once competent, decide if that is working for you
- ▶ Walkthrough and visualization techniques
- ▶ Practice journal
 - What works for you over time, and what does not
 - Start when flying preparations begin

Mental Sport

- ▶ Most issues are in your head
- ▶ Learn to be the same person in the competition box as the one in the practice box
 - Very few people can do this
 - Fly for yourself
 - fly your flight
 - Put mistakes behind you
- ▶ Recognize high-workload
 - Learn to “dial it back” to regain focus & composure
- ▶ Know your unknown
 - Preparation makes it feel like you designed the sequence

Mental Toughness

- ▶ Confidence, focus & composure
 - These are practiced traits
 - Proper preparation obviates need to be tough
- ▶ Necessary skill is “be present in the moment”
 - Very Zen, but it is true
 - You are where you are
 - Put past behind you where it belongs
 - Future is available to you
 - But not as important as “now” is

At the Contest

- ▶ Fly every contest like a practice
 - You practice for a reason
- ▶ Follow process for you to be you
 - The same person every flight
 - Prep time to get into the airplane
 - Take the time that you require
- ▶ Team approach with “camp-mates” & friends
 - Watch walkthrough of unknown & free
 - Sounding board for unknown altitudes & strategies

Trying Too Hard

- ▶ When you give extra effort at contest
 - Inconsistent
 - Appearance
 - Hurried, frenzied or rushed
 - Can seem to be “behind the airplane”

What Makes a Coach Good?

- ▶ Communicates the right way for you
 - For you to understand the meaning
- ▶ Communicated with you at the right time
 - For you to be able to act on it
- ▶ Significant results
 - End of every camp you see change
 - Contest enjoyment and scores
 - Supports your style of flying
- ▶ Individual growth
 - You gain practice skills for the whole package
 - Self-critique
 - Mental preparation

Value Proposition

- ▶ More that 1–2 hours of practice time saved
 - This is practice time over the rest of your life
- ▶ More enjoyment
 - Better prepared to accomplish goals
 - Fun to be a “Badass”
 - More recognition
 - Peers
 - Judges
- ▶ Connection with “Team” feel
 - Others can propel you towards success

Airplane Operating Costs

▶ Example cost approximations

Pitts S1C

Variable Costs

Gas: 10gph*\$4.60 = \$46/hr

Oil: 1.5qph*\$4 = \$6/hr

Annual: \$1,500/150hpy = \$10/hr

Additional Maintenance: = \$5/hr

Engine: \$18,000/1,000TBO = \$18/hr

Variable Cost Total = \$85/hr

Airplane Lifetime

Airframe: \$20,000/4000hr = \$20/hr

Variable Cost with Airframe = \$105/hr

Fixed Costs

Insurance: \$1,200/150hpy = \$8/hr

Hangar: \$1,200/150hpy = \$8/hr

Total Hourly Costs = \$121/hr

* hpy - Hours per year flown

Edge 540

Variable Costs

Gas: 23gph*4.60 = \$106/hr

Oil: 1.5qph*4 = \$6/hr

Annual: \$5,000/150hpy = \$33/hr

Additional Maintenance: = \$20/hr

Engine: \$28,000/1,000TBO = \$28/hr

Variable Cost Total = \$193/hr

Airplane Lifetime

Airframe: \$380,000/2,000hr = \$190/hr

Variable Cost with Airframe = \$383/hr

Fixed Costs

Insurance: \$5,200/150hpy = \$35/hr

Hangar: \$1,200/150hpy = \$8/hr

Total Hourly Costs = \$426/hr

Multiple Coaches

- ▶ Coaching from different coaches
 - Take what works for you & develop eclectic style
 - Don't coach yourself into confusion
 - Constantly changing flying will become inconsistent

- ▶ Some coaches to choose from

Bill Stein

Sergei Boriak

Elana Klimovich

Nickolay Timofeev

Alan Geringer

Keoki Gray

John Morrisy

Sergai Rakhmanin

Quotes

- ▶ What you want to hear
 - “On rails...”
 - ...is a machine...”
 - “Clean and consistent...”
- ▶ Stuff I love to say
 - It’s not where you stop, it’s how you stop
 - Set yourself free and be a badass

Reference Material

- ▶ Sports coaching books
- ▶ Self-help style books
 - Golf books
 - Flow
- ▶ Psych books
 - NLP
 - Biz coaching
- ▶ Meditation
 - Jack Kornfield
- ▶ IAC rulebook
 - Chapter 8
- ▶ Novels & movies
 - Hypnotizing Maria