

# Competition Training Camp 2023

*This Course is designed to help you fly your first paragliding competitions. By improving your comp flying and decision-making skills you will not only achieve better results but you'll also be able to approach the competition with more confidence, and even have more fun!*

## This course is for you if...

- This is your first or one of your first paragliding competitions.
- You want to learn all about the Kruševo flying arena before the **GIN Wide Open**
- You want to accelerate your journey, learning from not only super experienced comp pilots, but also pilots who know the arena exceptionally well. They are also very experienced at helping pilots like you take their flying to the next level.

## Course Guides:

- **Toby Colombé** – Former British Team Pilot and Tandem FAI World Record holder, Toby is an experienced task and competitions winner (including at World Cup level) with more than 20 years of guiding and teaching experience. He has flown extensively in Kruševo and loves helping pilots improve and learn. He has organised the British Open Championships and been in charge of Safety for many years. He is also the GIN Wide Open founder and organiser and will be setting tasks that are very similar to what you can expect in the GWO.
- **Yuki Sato** – Multiple podium results including PWC Winner. Yuki has been flying for more than 20 years and has many years of guiding experience. Whether she's leading you into goal at high speed or helping you survive with a low save, she's always happy to help.

## Course Programme

**Day 1 (Sunday 23 July):** Arrival Day and Evening Briefing. **Evening Briefing starts at 6pm.**

**Day 2 to 5 (Monday 24<sup>th</sup> to Thursday 27<sup>th</sup> July):** Full training days with morning briefings and evening debriefings. Final group and individual debriefings on Thursday evening.

## Course Structure

We learn best by doing. This course is very much a practical course: **the idea is to fly as much as possible.** We will be setting different kinds of task (using the same waypoints as the GWO 2023) and your guides will be flying with you. It'll be supported with talks and lectures (early morning and evening) including detailed track-log analysis to help you tweak your decision-making skills. Topics will include:

- Understanding the scoring system and how to fly accordingly.
- The importance of deeply understanding the task
- The best instrument set-up
- Getting a good start
- When to lead out? When to pimp?
- How to chase and catch up
- Why thermalling is a superpower?
- How to refine your gliding tactics
- When to speed up and when to slow down.
- How to become a low save maestro
- How to get to goal every day.
- The crucial final glide decision.
- The winning mindset.

## Course Venue

We will be staying at the Panorama Spa Hotel. It's a boutique hotel (not the same hotel as the competition HQ) for the duration of the training event. It's easily the best hotel in Kruševo, with an awesome view and a beautiful spa. It's the perfect venue for this course and the perfect spot to relax after a long day's flying.



## Getting to Kruševo

We can help with airport transfers from Skopje to Kruševo (about £50 each way, depending on numbers). Please let us know if we can help.

## Price and what's Included.

The price of this course **£875**. It includes accommodation (5 nights: Sunday afternoon check-in, Friday morning checkout), use of the latest Flymaster live trackers, full guiding and retrieve, all briefings and debriefs with guides who are always happy to help. Price is based on two people sharing per room. If you would like to upgrade to a single occupancy room please let us know (£200 supplement).

## Book your place

You need to be an XC pilot and competent to launch yourself and make safe in-air and landing decisions. Your guides will be on the radio, but this is more about learning the arena and how to fly competitions than normal XC guiding. **Places are limited. (Max 5 pilots per guide)** To book a place please email us and kindly answer the following simple questions:

1. Your motivation for doing the course.
2. Whether you have any previous competition experience (none required)
3. Your XC experience to date.

**Please wait to hear back from us before you send us payment or confirm your travel arrangements.**