British Parachute Association skydivethemag.com February 2012

skyDIVE

the mag

INSIDE: BRITS WIN GOLD IN DUBAI, NEWS FROM THE BPA AGM 2012, SKYDIVING IN THE NOUGHTIES, WORLD WINGSUIT RECORD, TUNNEL TO FREEFALL, KEEPING FOCUSED IN FORMATION, PROGRESSION ZONE, PLUS, ALL THE LATEST NEWS, REVIEWS AND EVENTS

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* The FFU does not book your flights, when you book with us, we will advise of the flight cost and our ATOL protected travel agent will call you to make the flight reservation.

It's all change here at *the Mag*. Having gained Adam as my new assistant last issue, it's also time to welcome Rich heading up the design side of things. Rich has actually been working on *the Mag* for a couple of issues now, but this is a great time to introduce him as he has been the one leading the new redesign – hope you like it! We decided not to change it too much from the tried-and-trusted old model, but just freshen things up and work on keeping a consistent 'look' throughout.

As always it was great to catch up with old friends and meet new ones at the AGM, this year in Bolton. Our feedback box was a pleasure to read at the end of the day – loads of positive comments and a few good ideas, some of which are already in the pipeline. If you missed us, or want to comment on some of the recent changes we've been making, then feedback is always welcome to editor@skydivethemag.com.

The big news this issue is of success in Dubai. Our girls threw together a scratch team (albeit one made up of former World Champions), did just eight jumps and two hours of tunnel, and headed for the UAE where they won gold, six points ahead of the French! We also round off our 'Skydiving through the decades' series in celebration of 50 years of the BPA, bring you news from the AGM, serve up a selection of educational articles, and continue with my latest big thing – Progression Zone.

Wishing you all a safe and happy year of jumping in 2012.

Liz Ashley

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A mini photospread treat for you this issue, with Empuria-based freeflyers* Babylon *featuring across our cover, welcome page and contents.* Babylon *staff jump together once a month for four days. These photos of their latest camp were taken by Rolf 'Kuri' Kuratle

IN THIS ISSUE

03 Welcome
to the February issue of *Skydive the Mag*

07 News Zone
Keep up-to-date with the latest skydiving news

09 BPA Zone
News and announcements from the offices of the BPA

13 AGM report
We head to Bolton for the BPA's AGM 2012

20 Skydiving 2000s
In the last in the series, we revisit skydiving in the Noughties

30 Brainlock
Advice on how to keep focused in formation

37 Make the jump
How to make the transition from wind tunnel to freefall

41 Wingsuit record
Preparing for this year's world record attempt

45 Skydive Dubai
How did the British teams fare in the Emirates?

54 Progression Zone
Forming a 4-way; *Team Gringo* share their experiences

58 Kit Zone
The lowdown on the latest gear and accessories

61 Safety Zone
Tips on travelling with your rig

63 Drop Zones
How to contact your local DZ

64 Club Zone
All the goings-on at a DZ near you

78 Events Zone
Dates for your diary

82 Time Zone / Puzzle
A glimpse into the archives

Contents

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SOME OF THE PHOTOS IN THIS MAGAZINE MAY SHOW SKYDIVERS WITHOUT HELMETS OR ALTIMETERS, OR OTHERWISE NOT OBEYING THE BPA OPERATIONS MANUAL, IN WHICH CASE THEY WERE TAKEN ABROAD. IN THE UK IT IS MANDATORY TO WEAR A HELMET AND ALTI FOR OBVIOUS SAFETY REASONS. STUDENTS WITHIN *THE MAG* ARE COMPLYING WITH BPA REGULATIONS.

SKYDIVING TRAINING AND SYSTEMS VARY IN DIFFERENT COUNTRIES. IF YOU ARE CONSIDERING TAKING A SKYDIVING COURSE OR QUALIFICATION ABROAD, WE RECOMMEND YOU FIRST ESTABLISH ITS RELEVANCE IN THE UK, THROUGH YOUR CCI.

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IF YOU TAKE OUT A MAGAZINE SUBSCRIPTION AND SUBSEQUENTLY JOIN THE BPA AS A FULL MEMBER, YOUR MAGAZINE COST IS DEDUCTED FROM YOUR BPA MEMBERSHIP FEE SO YOU DON'T PAY ANY EXTRA.

Online subscriptions are in progress but not active yet. In the meantime, email skydive@bpa.org.uk for an electronic form, which can also be downloaded from skydivethemag.com. If you prefer, you can also subscribe over the phone on +44 (0)116 278 5271.

CONTRIBUTE

Anyone can contribute to *the Mag* and we welcome news, articles and photos from everyone regardless of experience.

If you'd like to get involved, email editor@skydivethemag.com.

Deadlines you need to know for 2012 are:

Issue	Copy deadline	To reader
April	28 Feb	16 April
June	24 April	8 June
August	19 June	1 August
October	21 August	4 October
December	23 October	29 November

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By Willy Boeykens

DUBAI 253 CANCELLED

The much-anticipated Dubai 253 event has been cancelled due to lack of availability of aircraft. The P3/Dubai500 organising team said: "Due to military activity in various Arab countries and humanitarian assistance needed around the globe, the C-130s reserved for the Dubai 253-way event will not be available."

World Team, the other organisation also working towards a 500-way, have been hit by similar setbacks. They had tentatively planned a project in Qatar but this "has been postponed until some date in the future that does not conflict with Qatar's humanitarian efforts to help rebuild Libya".

Both P3/Dubai500 and World Team remain committed to organising record events in the future but for the moment we'll just have to watch this space...

dubai500.com **theworldteam.com**

Celebrating 30 years

By Nigel Rowlan

In January 2012 Chris Lynch achieved 30 years of skydiving.

He celebrated later that week at the BPA AGM where he also picked up his 14,000 jump award. Chris is one of the fathers of freefly in the UK – read more about his ground-breaking team *Free Jive* in our Noughties article this issue.

However not everyone knows that Chris was also one of the original members of Brit 4-way FS team *Sebastian XL*, winning multiple National gold medals on his belly before going 3D. His first jump was at RAPA in Germany.

Chris will be running his popular Wing Tips canopy courses again in 2012 – watch this space for dates.

80 jumps to celebrate 80th birthday

Pat Moorehead, who founded SOS (Skydivers over Sixty) in 1992, celebrated his 80th birthday in style by doing 80 jumps in six hours, 37 minutes and 41 seconds at Skydive Elsinore in California.

In doing so he set new world records for the most jumps in 24 hours by a jumper over 70 and over 80, and also set a number of California State records. The event was co-ordinated by Jay Stokes, who holds the world record for the most skydives in 24 hours, a staggering 640!

Mindchute

Well how do you respond to a phone call that starts with, "we want to open a parachute using only the power of the mind"?

"WTF?" went through my mind while my mouth went, "can you give me some more details"!

Discussion with Dave Gould came up with a method, relying entirely upon the 'geeks' coming up with a functioning trigger mechanism. A few tests in a Berkshire barn later and a team of myself, Ralph Mitchell, Steve Park and Mike Lovemore end up in Empuria with the film crew. Sure enough we were certain that the rig portion would work – but the electronics?

So we loaded the plane with everything crossed and made the first run at 6,000 feet – the unit failed to fire and Ralph deployed manually. Strangely enough the next run was made from 12,000 feet and we were looking up counting the 10-second delay out of the aircraft and there it was, a 'mind' operated parachute, and to be sure we went up and did it again!

Martin Harris, London Parachute School

In 1987...

The world population hit 5 billion people

Work started on the Chunnel

Golliwogs were banned from Enid Blyton books

Ford bought Aston Martin

Margaret Thatcher won a third term in office

Timothy Dalton became the fifth James Bond

The Order of the Garter was opened to women

Joss Stone was born

Coventry City won the FA Cup for the first time

Rick Astley released "Never Gonna Give You Up"

Sun Path opened its first facility

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RENEWAL TIME

Your BPA membership renewal form for the year from 1 April 2012 to 31 March 2013 is enclosed in this mag. To keep jumping after 1 April, please return your completed renewal form before then to the BPA Office with your subscription payment of £116.35 – a reduction of £1.25 on last year! The new subscription rate comprises a BPA element of £40.40 (an increase of three per cent on last year) and an insurance element of £56.79 (a decrease of five per cent) resulting in a decrease of one per cent in the overall subscription.

The cost of joint membership is £213.54. As joint members share one copy of the Mag, both share the same postal address on the BPA membership database, but each joint member has their own unique email address.

The renewal form may also be obtained from your centre or downloaded from the BPA website. We are still working towards an online renewal facility via the BPA website, but it's proving to be a hard nut to crack and still isn't quite ready yet.

Royal Aero Club bursaries

The Royal Aero Club Trust has announced its bursary scheme designed especially for young people for the 2012 season. If you're aged between 16 and 21 years and are a citizen of, and resident in, the UK then the Trust is offering you up to £1,000 to advance your skydiving qualifications.

Over the past 12 years the RAeCT has awarded over £50,000 in bursaries including, annually, the President's Scholarships (two bursaries each worth up to £750), the Peter Cruddas Foundation Scholarship worth up to £1,000, and the Bramson Bursary, which is one of a number of additional bursaries worth up to £500 each. This year there is also a new Breitling Bursary worth up to £750. Last year, seven young BPA members were awarded a collective £3,400!

Applications, which must arrive at the Trust by 31 March 2012, are to be submitted through a sponsoring organisation, club or association. Full details, rules and an application form are available at: **royalaeroclubtrust.org**

Archivist Andrew Hilton with old kit at the BPA Boogie, by Tony Danbury

BPA – THE FIRST FIFTY!

As part of our 50th anniversary, we are seeking to consolidate and preserve as much key historical information, chronicling the development of the BPA, as we can. Whilst still at an early stage, we have identified two Archivists, Andrew Hilton and Graham Spicer, to establish an on-going project. Both Andrew and Graham have extensive previous experience in this area.

Although the scope of the project is currently under review, there are a number of potential areas for inclusion. These include personal stories of the pioneering days of sport parachuting, DZs, including those no longer operating, photographs, badges, news stories, and an online archive of the BPA Magazine starting with the 1960s and 1970s – a readymade source of fascinating historical information.

This will be a living project, which will continue to develop, but the prime objective will be to establish a baseline archive. Andrew and Graham are keen to involve as many of the membership as possible and would be delighted to hear from anyone who would like to contribute either material or suggestions to what will be an exciting initiative.

andrew.hilton@yahoo.com
graham_spicer@tinyworld.co.uk

Articles of Association

New BPA Articles of Association, updated to be fit-for-purpose for BPA Ltd in the 21st century, were adopted by a special resolution passed at the BPA AGM. BPA Ltd is a third sector not-for-profit company limited by guarantee, run by elected representatives. The BPA Council is the Board of Directors, and operates the assistance of a small employed staff.

COUNCIL 2012

Number of eligible voters:		5024
Votes cast by post:		352
Votes cast online:		505
Total number of votes cast:		857
Turnout:		17.06%
Number of votes found to be invalid:		3
Total number of valid votes to be counted:		854
Result (15 to elect)		
Paul Applegate	524	ELECTED
Karen Bain	547	ELECTED
Adrian Bond	494	ELECTED
Kieran Brady	430	ELECTED
Marc Fletcher	507	ELECTED
Richard Head	471	ELECTED
Ian Marshall	486	ELECTED
Paul Moore	512	ELECTED
John Page	460	ELECTED
Craig Poxon	572	ELECTED
Steve Saunders	430	ELECTED
Mark Skarratts	455	ELECTED
Martin Soulsby	569	ELECTED
Weed Stoodley	547	ELECTED
James Swallow	570	ELECTED
Alex Busby Hicks	423	

OFFICERS 2012

Immediately following the AGM, the following officers were elected at the inaugural BPA Council meeting 2012.

Chair of Council
Martin Soulsby

Vice Chair of Council and Development Chair
Craig Poxon

Treasurer
Debbie Carter

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Communications Chair
Adrian Bond

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COMMITTEES 2012

Members of the following BPA Committees for 2012 are:

Communications: Paul Applegate, Adrian Bond (Chair), Kieran Brady, Marc Fletcher, Craig Poxon. Co-opted, ex officio (non-voting): Liz Ashley (Editor, Skydive the Mag)

Competitions (including Discipline Reps): Karen Bain (Classics Rep), Richard Head (FS Rep), Ian Marshall (Vice Chair), Paul Moore (CP Rep), Steve Saunders (Chair), Mark Skarratts (CF Rep), Weed Stoodley (Artistics & VFS Rep); Co-opted, ex officio (non-voting): Kate Charters (Judges Co-ordinator), Mike Lovemore (Speed Skydiving Rep).

Development: Paul Applegate, Adrian Bond, Kieran Brady, Marc Fletcher, John Page, Craig Poxon (Chair), James Swallow. Co-opted, ex officio (non-voting): Debbie Carter (Treasurer)

See bpa.org.uk/about-us/council-and-committees

Patron

Martin Soulsby was delighted to announce at the AGM that HRH The Prince of Wales has agreed to renew his patronage of the BPA for a further five years.

New Ratings

AFFBI
Ewan Cowie
Darren Rose
Zuz Tillner

AFFI
Kim Mason

CSBI
Samuel Bonsall
John Gibson
Daniel Morgan
Nigel Peacock
Steven Watkin

CSI
Duncan Cockburn
Paul Hardy

TBI
Edward Bowyer
Andrei Paven

TI
Roy Bannerman
David Du Plessis
Niel Flanagan
Dominic Hines
Chris Sharman
Stuart Thornton
Cameron Williams

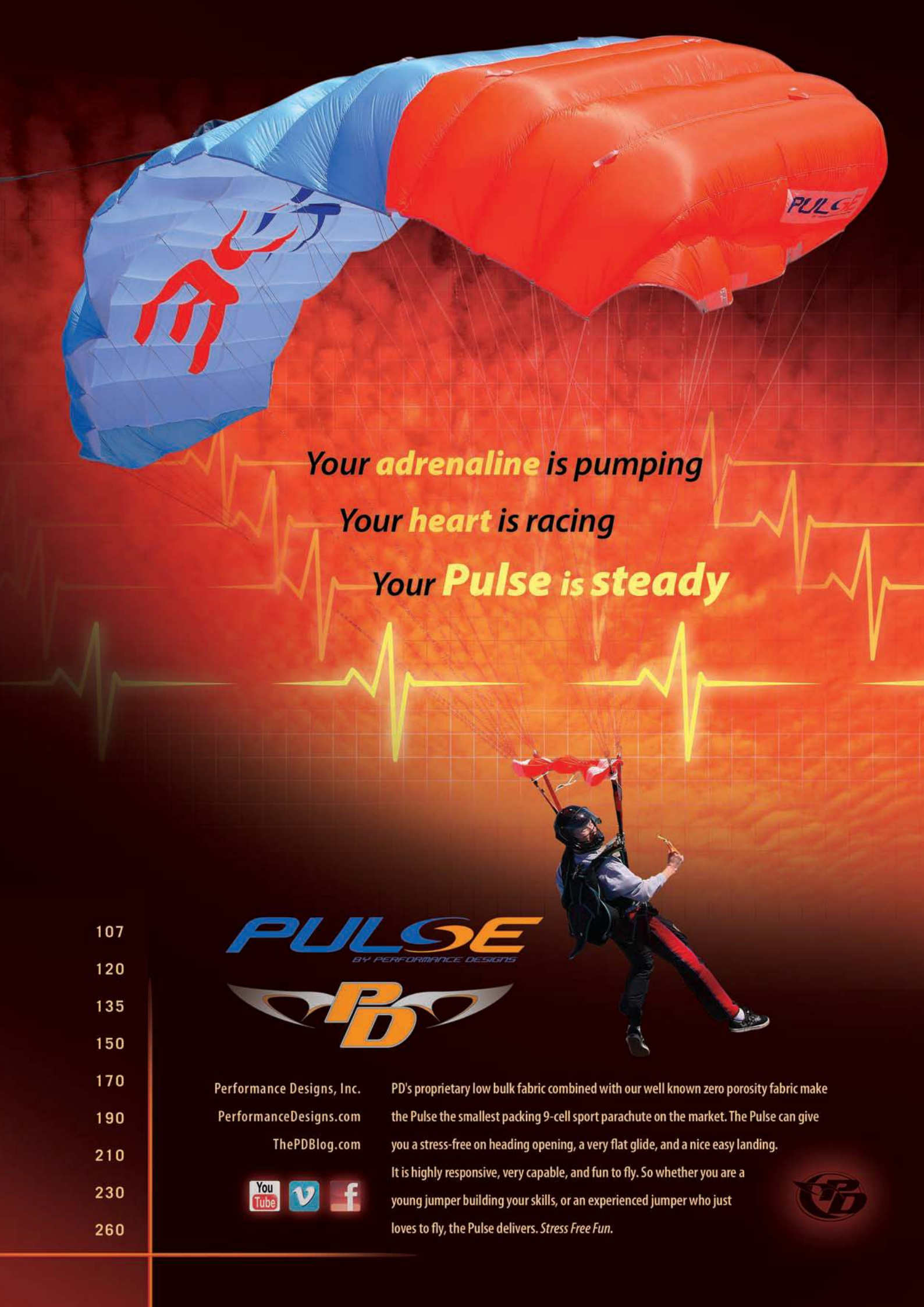
Advanced Packer
Stuart Storey (S)
Nick Spiller (S)

Basic Rigger
Simon Nath
Charles Lawson
Darren Stuart

Parachute Rigger
Mark Bayada
Karen Saunders
Andy Shaw

Advanced Rigger
Andy Hughes

Rigger Examiner
George Panagopoulos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BPA AGM 2012

A FEW HUNDRED SKYDIVERS, A SUITABLY HUGE VENUE, EDUCATION AND ENTERTAINMENT GALORE, AND A WELL STOCKED BAR – WHAT BETTER WAY TO SPEND A JANUARY WEEKEND?

PICTURES DAVID BURTON

The AGM was held at the Reebok Stadium, Bolton this year, home of Bolton Wanderers football club and inspiration for many bad puns by the Chairman. The venue was huge, with the whole event being mostly held in one large space, as opposed to previous years when we've had separate rooms for the stands. It worked well for the most part, with people able to dip in and out of the stands whilst still not missing any of the stuff happening on the main stage.

Martin Soulsby kicked off (groan) with a review of 2011 and we applauded the highlights of the year, including competition successes and new records. Mikey Carpenter had again edited together a video of some of the best bits, which is available online if you weren't at the AGM or just weren't out of bed early enough!

The BPA made a special presentation to Helmut Cloth of Airtec, inventor of the Cypres. Helmut was awarded the Jim Crocker sword for his outstanding contribution to the sport, revolutionising the world of AADs and saving hundreds of lives since 1991. The presentations continued with Instructor of the Year, New Skydiver of the Year, new Judges' Certificates and then all the winners of the Grand Prix and UKSL meets of 2011.

The afternoon was filled with a selection of seminars, using both the main AGM space and also some 'seminar rooms'. These were originally supposed to be in some of the football boxes but, unfortunately for us, Bolton ended up playing at home on the day of the AGM. This meant that the seminars were relocated and some of the afternoon sessions were hard to hear. Headline sessions included Sarah Cannon on sport-specific fitness, Al Macartney on Jump 4 Heroes and Bryn Chaffe on 'Living The Dream', also known as working in the sport. Many seminars were recorded and broadcast live, as well as being available to download online. The Vimeo links are on the BPA website. ➔

1 The Reebok Stadium, Bolton

2 Martin Soulsby presenting his Chairman's Review of 2011

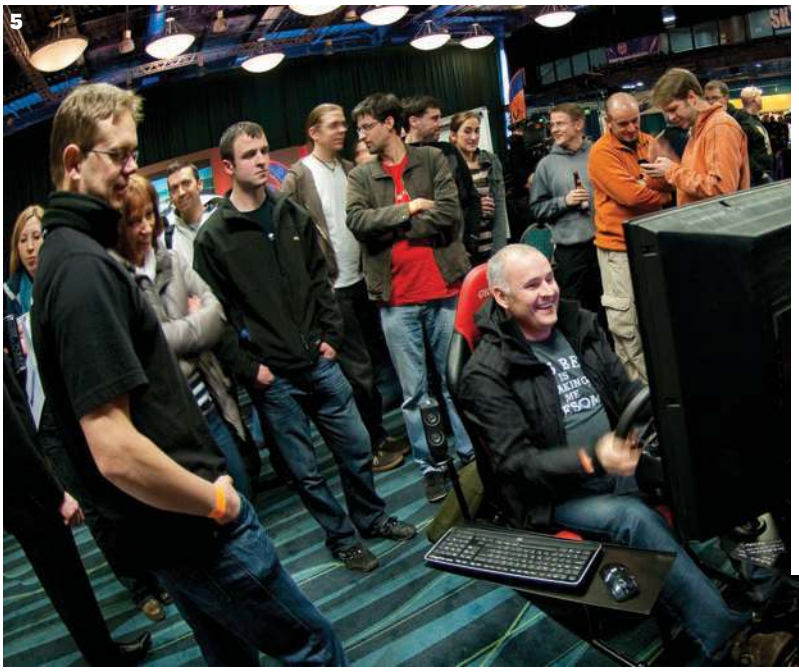
3 Overall, membership increased slightly from 2010 to 2011

4 Lovely food at the evening meal

The Film Fest rounded off the afternoon and Martin Soulsby's sparkly blue jacket got its annual outing. Keeping with the football theme, it was a hat-trick for Gerard Casale with his film 'Little Sibson'. Links to all five finalists' films are again on the BPA website.

2011 was the BPA's 50th anniversary year, and the celebration theme was present throughout the day. 50 Golden Tickets were inserted into magazines last April, entitling the bearer to a year's free BPA membership. Eight went unclaimed, so these were raffled off on AGM Day. Al Macartney of Jump 4 Heroes sold 500 raffle tickets for four of the free memberships, raising £1,000 for Help For Heroes. The remaining four were won by tombola at the evening formal dinner. Over 300 skydivers donned dinner jackets, posh frocks or James Bond fancy dress to be treated to the nicest evening meal in the ten years that I've been going to AGMs! In celebration of the BPA's 50th anniversary the top table included many special guests such as former Chairmen, a real treat to have so many pillars of the sport in one room.

The awards for best Bond, best Bond babe and best Bond baddie were in alcoholic form, with each winning a pitcher of cocktails for their table. The winners were decided by audience vote, all led by our very own Bond – Adrian Bond, BPA Council member and Chairman of the Communications Committee. Thanks to Adrian, Buzz and the BPA Office for their hard work in organising another successful AGM.


5

7

6

5 Rob Gray tries to win tunnel time by doing the fastest lap on Bodyflight's race simulator

6 Having everything in close proximity was a winning combination

7 Jo Hawley and Pete Sherman at the Chairman's reception

2012 AGM PRESENTATIONS

RECOGNISING THOSE AT THE TOP OF OUR SPORT, WHETHER FOR COMPETITIONS, JUDGING, INSTRUCTION OR OTHER CONTRIBUTION

PICTURES DAVID BURTON

THE JIM CROCKER TROPHY FOR OUTSTANDING CONTRIBUTION TO THE SPORT

The Jim Crocker Trophy for Outstanding Contribution to Sport Parachuting has been awarded to Helmut Cloth.

In 1986, Helmut lost a good friend in a skydiving accident and became determined to reduce the risk of the same thing happening to others.

Back then, mechanical devices that opened reserve parachutes were either barometric or clockwork units that were heavy, and sometimes unreliable. After four years of intensive research, Helmut developed and trialled a new system based on cybernetics.

The small, lightweight electronic unit known as Cypres – cybernetic parachute release system – needs no introduction. Cypres has almost no moving parts and very little user interface, which makes it highly reliable.

The units are produced by Helmut's company, Airtec, and made their first lifesave in 1991. In 2003, a smaller, lighter version was launched which is still in use today; including by Helmut himself, who remains an active skydiver.

To date, more than 148,000 Cypres units have been sold worldwide and approximately 3,000 lives have been saved.

THE TAZ CAUSER TROPHY FOR SKYDIVER OF THE YEAR 2011

The Taz Causer Skydiver of the Year Award has not been awarded for 2011.

THE INSTRUCTOR OF THE YEAR TROPHY 2011

The Instructor of the Year is chosen by the NCSO and TO and is awarded to an instructor who gained an instructor rating within the past 12 months.

The criteria used is that the instructor not only did very well on the Instructor Course, but is also the type of instructor that students would be very happy to turn to for advice.

For 2011, the Instructor of the Year was awarded to Duncan Cockburn from Target Skysports.

THE MIKE FORGE TROPHY FOR NEW SKYDIVER OF THE YEAR 2011

The 2011 Mike Forge Trophy is given to a relatively new skydiver who has progressed well and is considered to be a valuable member of their club. This year, the trophy has been awarded to Joe Newrick of the Silver Stars Parachute Club.

Joe started skydiving in April 2011 and, unbelievably, his Level 1 AFF jump was his first time in a plane. He managed to complete his AFF course by the end of June and after gaining his A Certificate, got his B Certificate within a month. Joe then went on to achieve his FS1.

Since starting Joe has been at the DZ every weekend, →

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come wind, rain or shine. In this time, he has managed to achieve over 150 jumps – the majority of these FS, mostly 4-way with some group tracking dives but has also started FF coached jumps.

During 2012 Joe aims to get his FFI, continue working on FS, and intends on joining a 4-way Rookie team to enable him to enter the British National 4-way Championships. He hopes to eventually be good enough to become a coach and help give something back to the sport. Another of his goals is to be able to start wingsuiting.

His CCI states that within his time at the club he has not met a more deserving candidate for the New Skydiver of the Year award. His nominee is one of the most helpful and polite people he has ever met. He will come to the Club on a phone call's notice to help out at the centre during the week; to do any task asked of him whether it be painting, emptying bins or installing and setting up their IT systems.

Certificates

FAI JUDGES CERTIFICATES

FAI Judges Certificates were awarded to the following judges who qualified in 2011 in the following disciplines:

Richard Del-Toro – Canopy Piloting
Bob Charters – Canopy Piloting
Dougie Peacock – Style & Accuracy

BPA NATIONAL JUDGES CERTIFICATES

BPA National Judges Certificates were awarded to the following judges who qualified in 2011 in the following disciplines:

Susie Coleman – Artistics
Susan Del-Toro – Canopy Piloting

JUMP/FREEFALL CERTIFICATES

A 14,000 Jump Certificate was awarded to Chris Lynch.

See page seven for more about Chris.

2011 Grand Prix overall medallists

ACCURACY LANDINGS

JUNIOR EVENT OVERALL ACCURACY LANDINGS CHAMPION:
Adam Smith

INTERMEDIATE EVENT OVERALL ACCURACY LANDINGS CHAMPION:
Del Hopkins

SENIOR EVENT OVERALL ACCURACY LANDINGS CHAMPION:
Pete Sizer

CANOPY FORMATION 4-WAY ROTATIONS

SENIOR EVENT OVERALL CHAMPIONS (GOLD MEDAL):
TEAM – *CFUK* Doug Preston, Gavin McLeod, Martin Robiette, Maria Russell, Colin Dickson

CANOPY FORMATION 2-WAY SEQUENTIAL EVENT

INTERMEDIATE EVENT OVERALL CHAMPIONS (GOLD MEDAL):
TEAM – *Rockwell PH36* Jamie Flynn, Kate Medd, Colin Dickson

SENIOR 2-WAY EVENT OVERALL CHAMPIONS (GOLD MEDAL):
TEAM – *Aerodyne PH36* Jamie Flynn, Mark Skarratts, Pete Lindstrand

➔

2011 UKSL overall medallists

FORMATION SKYDIVING (4-WAY) – 'ROOKIE CLASS'

BRONZE MEDALLIST WINNERS:
TEAM – ***FIASCO*** Pamela Hawes, Sarah Law, Danny French, Susan Lewellen, Sarah Neale

SILVER MEDALLIST WINNERS:
TEAM – ***4mula*** Kris Wojciechowski, David Rodgers, Simon Ashley, Marcus Wallen, Jon Trevor, Mike Coleman

OVERALL CHAMPIONS – GOLD MEDAL:
TEAM – ***RAFSPA Hurricane*** Steve Lawrence, Alex Burnet, Simon Owen, Danielle Baker, Sharron Floyd, Simon Donnelly

FORMATION SKYDIVING (4-WAY) – 'A CLASS'

BRONZE MEDALLIST WINNERS:
TEAM – ***RAFSPA Phoenix*** Gary Davidson, Andrew Parry, Jon Bradley, Harriet McAuliffe, Sharron Floyd

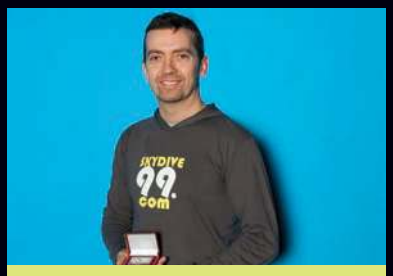
SILVER MEDALLIST WINNERS:
TEAM - ***High Altitude Heroes*** Roy Little, Cara Finn, Jamie Pockett, Karen Pockett, Dorian Harwood, Joel Gluth, George Impey

OVERALL CHAMPIONS – GOLD MEDAL:
TEAM – ***Raykipo*** Mike Roberts, Katy Saxby, Liz Moor, Andres Von Walter, Sarah Neale

FORMATION SKYDIVING (4-WAY) – 'AA CLASS'

BRONZE MEDALLIST WINNERS:
TEAM – ***Kryos Airkix*** Audrey Rowe, Paul Rowe, Craig Poxon, Antonio Vlachopoulos, Pete Spedding, Mick Tyler

SILVER MEDALLIST WINNERS:
TEAM – ***Gr4vity*** Chris Lewis, Jasvir Singh, Giedre Domzaite, Daniel Guest, Jonathan Ashe



OVERALL CHAMPIONS – GOLD MEDAL:
TEAM – ***Eclipse*** Jonny Flowers, Jenny Buckle, Martin Cressey, Ben Lawford, Simon Chittick

FORMATION SKYDIVING (4-WAY) – 'AAA CLASS'

BRONZE MEDALLIST WINNERS:
TEAM – ***Army Nemesis*** Anna Hicks, Simon Guest, Kim Mason, Claire Scott, Marcus Speed, Dane Kenny, Spencer Hogg

SILVER MEDALLIST WINNERS:
TEAM – ***Kaizen*** Liz Cathelain, Francois Cathelain, Jo Hawley, Dave Curtin, Rai Ahmed

OVERALL CHAMPIONS – GOLD MEDAL:
TEAM – ***Sonicnutz*** Dave Honeybone, Helen Arnold, Simon Cathrine, Dave Butterell, Rob Frost, Darren Atter

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- OPEN EUROPEAN CHAMPIONSHIP - FS, AE (27. 8. - 2. 9.)
- EURO BIGWAY GIRLS (14. - 17. 6.)
- FREEFLY COURSES
- CANOPY PILOTING COURSES
- WORLD TEAMS TRAINING CAMPS - AE, FS (July-August)

Photo by Rolf ‚Kuri' Kuratle, Babylon

Photo by Matteo Arteni

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Women's 4-Way

THE STORY OF THE UK'S MOST SUCCESSFUL DISCIPLINE OF THE L AST TEN YEARS, AS WRITTEN BY ITS MOST SUCCESSFUL COMPETITOR

WORDS CLAIRE 'SPARKY' SCOTT

1

2

The Noughties saw the Women's 4-way event at international competitions grow in both popularity and standard and, despite there often being an argument for discontinuing the event, it grew from strength to strength. Five nations battled it out for the top three positions; Russia, Norway, USA, France and the UK, with the latter three countries dominating the top spot for the next 10 years.

VMax kicked off the run of medals for the UK and, you could say, helped inspire the British female teams that followed. During the four years *VMax* were together, there were five girls on the team; me, Sarah Laughton, Liz Matthews, Kate Stephens, Sacha Chilton, Brian Vacher and, later, Andy Ford on camera. Spurred on from our success at the first Women's World Cup in Australia in 1999, we set our sights on the World Meet in 2001 in Granada, Spain. Tunnels were now an essential tool for any serious team, and we continued to train in Deland with Solly Williams, using the Orlando tunnel alongside the US, Norway and Sweden, who were also all in contention for the medals.

2001 wasn't to be our year. We funnelled block eight on Round 1 from the Casa (I'll never forget it!), losing four points to the other three teams and despite matching, and sometimes outscoring, on the remaining rounds, we finished fourth; two points behind Sweden and six points from the US team *Synchronicity* in first.

3

We knew we had choked after Round 1, and it was a valuable lesson that we took to the World Cup in Empuria in 2002 where we won convincingly, beating Norway with a 14.7 average. The momentum stayed with us and we won a very tight contest again with Norway at the World Meet in Gap in 2003. It was a challenging meet out of the Porter and, despite trailing Norway for the first five rounds, we won by three points with a 16.5 average.

VMax decided to take a well-earned break after five years together and *Mistral* flew the flag for the UK in Croatia in 2004, which was also a World Meet (to bring skydiving in line with the Olympics). The US team *Synchronicity* were back in control winning with a 16.9 average. *Mistral*, a relatively inexperienced team, did a very respectable 10.78 average at their first international competition.

In 2005, *Airkix* was formed (me, Julia Foxwell, Amanda Kemp, Emma Hammersley and Andy Wright) with the goal to win the World Meet in 2006. There was a mixture of experience on the team and we had some catching up to do behind the US, France and Russia. Some thought our objective to be a pipe dream, however, our coach Dan BC formulated a plan and we became experts at Stop Drills. Also our training now wasn't just restricted to US training camps near to a wind tunnel. The introduction of tunnels to the UK helped to level the playing field, and so we trained in the tunnel every

2000s The Noughties

VNE

The same core members dominated British 8-way FS throughout the Noughties, morphing from *Junction 9* to *VNE*. They earned the well-deserved unofficial title of "best amateur team" at the various World Meets that they attended, and won the Nationals year after year after year. In the latter half of the Noughties, as *VNE* disbanded, many of the same members won Nationals as part of new team *Connextions*. Team members have come and gone, and come back again, many of them winning multiple Nationals golds over the years, most recently as *MicroClim8*, but none more so than Pooky. As a member of all four teams, he has won gold at every 8-way Nationals since 1999 – a total of 13 consecutive golds, not to mention a 4-way gold in 2005 as part of *Spank* as well. **Picture by Simon Ward.**

week, courtesy of Airkix who had just opened in Milton Keynes. The hard work paid off and we won gold in Gera, Germany in 2006 with a 19 average much to the French's surprise and disappointment. On the domestic front, 2006 was also the first year that a female team won the British 4-Way Nationals in AAA. Prior to this we were battling it out for second or third behind *XL* and then lastly *Spank* in 2005.

Up until 2006, there was always just one female team training to compete for the UK. This all changed in 2007 after I was invited to join *Bodyflight Storm* (Hannah Betts, Sarah Cannon and Swoop on camera), the talented female team who won AA in 2006. *Airkix* at that time wasn't continuing and so I jumped at the chance as I still felt eluded by that 20 average! *Airkix* then reformed as *Team Elan* with Tarn Hollis, and so at last there was a competition for the coveted spot of competing for the UK! On paper you would say that the more experienced *Elan* should have won, however, again Dan's plan, coupled with our hard work, saw the underdogs through with a 16-point margin.

> **"for me the Noughties was a period of great progression"**

The World Meet was held in Maubeuge, France, which meant an unwelcome return of the Porter and its right hand tiny door! We chose to mirror everything (as did *VMax* back in 2003) so that we kept the same exit slots, which was like learning to write with your left hand after years of being right handed! We made 600 jumps that year in Perris, sometimes 25-30 in a day. This year it was the US team that we had to beat and, despite not having a great meet, knowing what we were capable of, we clinched the gold with 1 point to spare and a 20 average.

In 2009, three female teams competed for the World Meet space, *Storm* (a brand new line up with just Sarah Cannon as an original member), *Kaizen* who had moved up from AA, and a scratch team *Pussy Galore* (me, Amanda Kemp, Liz Matthews and Tarn Hollis). It was the scratch team that won, which really showed how far female British skydiving had advanced across the decade. In the early Noughties there were just a handful of skydivers that were capable of world-class performances in the female category. By the end, we were spoilt for choice! I stepped down from what was originally just supposed to be a fun team to have a baby, and Sarah Cannon took my place. The team was renamed as *Bodyflight* (too many connotations with the name *Pussy Galore*!) and went on to come second at the World Meet in Russia. It was a fast draw and they did an awesome 21.6 average behind France's record breaking 23.6 which again is a testament to how far Women's 4-way has progressed. Thinking back to 1999 in Australia, *VMax* won with an 11.4 average!

I know that the argument of whether there should be a female category still comes up from time to time, and you could dedicate a whole article to the pros and cons. Despite this, you still can't deny that the category has helped to develop some great 4-way and 8-way jumpers worldwide such as Eliana Rodriguez. ➔

1 **Storm** ***win gold at the 2008 World Meet***

2 **Airkix** ***in Gera, World Meet 2006***

3 ***Gold for*** **Airkix** ***in Gera***

4 ***Gold for*** **VMax** ***in 2003***

5 **Airkix** ***launch block 1, by Andy Wright***

6 **Storm** ***D launch, by Swoop***

7 **VMax,** ***by Simon Ward***

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NOUGHTIES BIG-WAY RECORDS WERE DOMINATED BY THE GIRLS TOO. THE '90S RECORD WAS BROKEN FOUR TIMES, GROWING FROM 38 TO 68 AND GENERA TING HUGE POSITIVE PR FOR THE SPORT IN THE PROCESS

WORDS LESLEY GALE, CHIEF CHICK

Brit Chicks

1 2004 record 60-way, by Simon Ward

2 2002 Brit Chicks, by Simon Ward

The Noughties saw the birth of a new super-group, the *Brit Chicks*, who set four British Records within the decade. Conceived by Lesley Gale and Kate Stephens in 2001, *Brit Chicks* is an altruistic organisation that combines the talents of UK female skydivers for mutual good. Their goals were to increase retention of female skydivers and improve skills, through mentoring, coaching and providing role models.

2002 – 50-WAY UK RECORD

This year saw the first *Brit Chicks* record event. Coaching roadshows (self-funded) at venues around the country led up to the record-breaking event at Langar. Lesley, Kate, *VMax*, and other top level female skydivers offered free coaching to all, everyone had a super-qualified plane captain to ask for personal advice. This event set a 40-way and a 50-way British Female Record, smashing the previous high of 38.

A third of the load had less than 500 jumps, and this was the largest formation for two-thirds of the participants. In addition the *Brit Chicks* raised £4,200 for injured skydivers and gained excellent press, radio and TV coverage for our sport. This pioneered a new approach to record events, as *Brit Chicks* was open to everyone. It remains the only non-invitational record event in the world.

2004 – 60-WAY UK RECORD

The stakes were higher, this time a 60-way was needed. With practice, team-building and building up gradually, the new record was set successfully, in a design imitating the World Record 357-way formation. Kate Cooper came over from the US to add her considerable talents to the mix, donating her services – wow! Once again, this was the largest formation for two-thirds of the load, some had been on no larger than a 9-way! ➔

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2007 – BRITISH RED CROSS 68-WAY RECORD

The British Red Cross got involved, taking the project to a new level of publicity and professionalism. Over 100 matching red Symbiosis jumpsuits were manufactured for the participants, and the goal was to build a freefalling red cross. Bad weather hampered the event in May, so there was no record. However, a 52-way Red Cross formation was successfully achieved, which still gained positive media coverage.

This paved the way for a 68-way Red Cross British Female Record, achieved when the group reconvened in September 2007. Over £42,000 was raised for the British Red Cross, through the *Brit Chicks* website, and by various individual initiatives.

BRIT CHICKS RESULTS

When *Brit Chicks* began, in 2002, the approximate proportion of female BPA members was 12 per cent. Comparing this figure to the 48 per cent enrolling on a first jump course, it was clear we were losing many women from the sport; hence the *Brit Chicks*' goal to improve retention. Ten years later the figure is now around 16 per cent, an increase of roughly a third – impressive! More than that, the percentage of women active in the sport has hugely increased by a simple 'eyeball' test. Events such as the FS Nationals, big-ways and boogies have a much higher participation of women than the previous decade, this is quite clear by looking around! This increase can partly be put down to *Brit Chicks*, and partly the outstanding success of our female 4-way FS teams, like *VMax, Airkix* and *Storm* (who shared their knowledge through Brit Chicks so it was very complementary).

In addition, a huge increase in the proportion of Brits at Women's World Records has been achieved, with the last two being 10 per cent British (compared to two per cent previously).

THE FUTURE

Brit Chicks has adapted to meet new needs and challenges, also organising canopy courses, world record participation and tunnel skills coaching. It's still a going concern, aiming to continue its support for low-time jumpers. The next British Chicks Record is planned for 2013, hopefully leading to a new Women's World Record, in 2014. ➔

***3** Brit Chicks 2007, by Gary Wainwright*

***4** 68-way female record, by Tony Danbury*

***5** Exit, by Andy Wright*

***6** Red cross for the Red Cross, by Tony Danbury*

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BPA Artistics over the last 10 years

WITH MULTIPLE MEDALS IN THE INTERNATIONAL ARENA AND A HUGE LEAP IN THE SIZE OF THE HEAD-DOWN RECORD, ARTISTICS HAVE BEEN BOOMING

WORDS MIKE CARPENTER, VOLARE

With such a broad expanse to cover there are quite literally thousands of different roads down which this story could lead, but for me it's very clear that over the last 10 years there have been two major contributing factors which have helped shape the face of today's BPA Artistics.

The first is accessibility, and by this I mean not only access to the knowledge that aids progression but also the means to participate and practise. The second is what I can only describe as 'The UK Freefly Family'.

If this tale starts at the beginning of the 2000s then it has to start with *Free Jive*. This was the UK 'National' Freefly team, Chris Lynch and Rob Silver, who spent their winters in Sebastian working at the Freefly Training Centre alongside some of the best freeflyers in the world; Mike Swanson, Rook Nelson and 'Alaska' Jon DeVore of World Champion Freefly team *Alchemy*. On camera for *Free Jive* was Tim Porter, one of the best Freefly cameramen/coaches to be based in Europe. After each winter spent in Florida coaching and freeflying with some of the best on the planet these guys would all return for the summer to attend various events through the UK and Europe.

The knowledge and skills gap between *Free Jive* and your 'average joe UK freeflyer' was great. This was due in part to the access *Free Jive* had to top-level knowledge and the opportunity to fly with the world's best (although obviously they had to work hard to get to this position in the first place). Across the pond back in the UK the story was reversed. If you wanted access to good quality freefly knowledge you generally had to travel abroad or try to catch one of the few events where you could find a top level coach in the UK. Members of *Free Jive* held various coaching events across the country but there was a limit to how many people could benefit from just these three guys. Add to that the UK weather, again robbing regular access and opportunity to progress and you have not many freeflyers all not really getting very far.

***1** 2004 post Nationals Big-way, by Mike Carpenter*

***2** 2011 UK head down record 28-way, by Olly Burgin*

***3** Volare at Nationals 2010, by Olly Burgin*

2005 – the dawn of a new era in BPA Artistics. Both Bodyflight Bedford and the Airkix wind tunnels open in the UK. These wind tunnels brought two things, firstly, the opportunity to improve skill without a dependence on the weather. Secondly, they attracted world-class coaches to the UK to offer professional freefly coaching. Accessibility for good old 'average joe UK freeflyer' was multiplied by a million!

These wind tunnels gave birth to new national teams, teams that would go on to challenge *Free Jive* for the National Championships. These same teams would also go onto represent the BPA at International competitions. Team *Outbreak* and later *Volare* would go on to utilise the tunnels to take Freeflying in the UK to the next level. In 2006 *Outbreak* took sixth place at the World Championships in Gera, Germany, and followed it up the next year with silver at the World Cup in Stupino, Russia. *Volare* then took bronze at the 2008 World Championship in Maubeuge, France and finally took gold at the 2009 World Cup in Prostejov, Czech Republic. *Volare* went on to bring home a closely-fought silver at the 2010 World Championships in Russia.

Additional teams competing at this higher level meant high quality Freefly knowledge could flow back down into the UK scene. Add to that greater access to wind tunnels, and cheaper lower-budget airfares to destinations across Europe with better weather meant that BPA Artistics was on its way up. In Freestyle, Al and Pixie used a similar formula of combining wind tunnel and sky training to again take BPA Artistics to a level not seen before. ➔

AL & PIXIE

Husband and wife team Al and Pixie of *Airkix Freestyle* have taken the discipline to a whole new level in the UK. National Champions for the last four years running, they won silver at the 2010 World Championships and bronze at the 2011 World Cup and European Championships, the UK's only ever freestyle medals on the international stage. With a later-than-usual World Championships in 2012, they have an extra-long training season ahead of them – can they push for gold in Dubai?

4 **Free Jive** ***compressed accordian***

5 ***2003 post Nationals big-way exit, by Mike Carpenter***

6 ***Al and Pixie of*** **Airkix Freestyle**

7 **Free Jive** ***over Norway, 2004, by Martin Kristensen***

Unfortunately we saw the death of Skysurfing, but this was due to a global dwindling of interest. You could speculate that Skysurfing received no benefits from the wind tunnel so was not helped by the 2005 tunnel boom that saw both Freefly and Freestyle grow.

While accessibility was a major force behind the BPA Artistics advance, there was also something else going for Freeflying in the UK. One of the few benefits to a small sub-discipline of an already small sport is that you can not only get to know most people in that sport, but they can also go on to become family. Since my first year at the BPA National Championships almost 10 years ago, I have gone on to meet some of the best people I have ever known. Looking back then to now, there are a lot of the same faces, who have always been there to support, be supported, help create events and some of the best times ever. Like any family, there are of course strange uncles and weird cousins that come and go, but the main support unit remains mostly unchanged. Just as the BPA Artistic scene over the last 10 years has grown into what it is today, from 2003 where a post-Nationals 6-way head down formation was considered a 'Big-way' to this year's UK Freefly head down record formation of 28.

It's easy to perceive fellow UK freeflyers as you would your own brother and sister, something which makes me very proud to be part of today's BPA Artistics family. ●

New BPA '50 years' award

This Noughties feature wraps up the series of articles of five decades of the BPA, but in celebration of the BPA's 50th year, a new BPA certificate has been introduced. This will recognise members who have been active jumpers for 50 years or more, and yes, there are a few of them out there! Nominations are invited through CCIs, and we hope to run a feature next issue on the first recipients of the award – so if you are eligible please get in touch.

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Freefly Camp Greg Crozier Manchester	3 3Way FS Scrambles Milton Keynes	4	5 REMEMBER TO BOOK TUNNEL TIME FOR FEB HALF - TERM
6	7 FS Camp with Sparky in Milton Keynes	8 Freefly Camp with French Champ Greg Crozier Manchester	9	10	11	12
13	14	15 MUST TREAT OTHER HALF	16	17		
20	21 Check dates on website	22 Yay an extra day to fly!!	23	24 4 Way Friday in Milton Keynes		
27	28 Freefly Camp Greg Crozier Manchester	29		REMEMBER TO REGISTER WITH IBA		

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March 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Freefly Camp Greg Crozier Manchester	2	3 FS Camp with Sparky in Milton Keynes	4
5	6	7	8	9	10 Freefly Camp Adam 'Killa' Mattacola Milton Keynes	11
12 Freefly Camp Greg Crozier Manchester	13	14	15 Freefly Scrambles Manchester	16	17	18
19	20	21	22	23 FS Scrambles VI Manchester	24	25 Clocks go forward
	27	28	29	30	31	

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From Brainlock to Brainflow

YOU FORMULATED A CLEAR PLAN ON THE GROUND AND COMMITTED IT TO MEMORY, BUT AT SOME POINT IN THE AIR YOU FORGOT WHAT TO DO NEXT. THAT'S CALLED BRAINLOCK: A TEMPORARY MEMORY LOSS THAT OCCURS DURING A FORMATION SKYDIVE

WORDS JOHN DE ROSALIA

On the ground you may have been tired, distracted, anxious or overly analytical while learning the skydive and never fully committed it to memory; although you thought you had. In the air, factors such as fatigue, the stress of competition, sensory overload or the fear of making a mistake can jam us mentally causing a memory glitch. It happens to beginners and it happens to experts and can be aggravating, embarrassing and especially devastating during competition. Fortunately there are various training methods that greatly reduce the chances of it occurring, but they don't come with any guarantees.

THE PROBLEM

It's not so much the mistake that damages performance but rather our response to it that creates a mess.

This article deals with the prevention of brainlock strictly from a mental training perspective, and what to do, or more specifically what not to do, after it occurs. It is especially aimed at those who believe they 'have' brainlock, assuming that you're currently using solid FS techniques to prepare for a skydive.

In brainlock there are two levels of response: The immediate response and the delayed response on the ground.

THE IMMEDIATE RESPONSE

You're in the middle of a perfect skydive and suddenly your memory malfunctions.

The damage is instant and there's no way to fix it. There is however a way to make it worse – much worse. You can panic, berate yourself, and entertain feelings of shame and embarrassment. That will pretty much guarantee your being delayed in getting to the next point, if you even get there at all. This is no time for freefall apologies or self-centred condemnation. Right now your job is to immediately reset by focusing on the formation and taking your cues from there.

THE DELAYED RESPONSE

Brainlock is an event. It is not a disorder or a diagnosis and can't be found anywhere in the brain. Once you brainlock, it's over and done with and you might as well learn from it and move on. If you don't, there's a good chance that you'll start thinking that you 'have' brainlock instead of that you simply 'had' a brainlock. In 'having' brainlock you brand yourself with a chronic and disabling condition that will eventually become a self-fulfilling prophecy. This is not just semantics; your internal dialogue has a profound effect on your performance.

It's like a football player wondering if he's in a 'slump' because he's been performing poorly for the last few games. Once he starts thinking 'slump' he'd better challenge the validity of that notion quickly and banish it from his mind or he's in big trouble. Left unchecked, that thought will transform into a tiny belief, and he'll begin playing with the expectation of not doing well – and chances are he won't.

'Expectation' is almost always at the root of chronic brainlock. You may want a flawless performance but if you're expecting a memory glitch you'll probably get one. That's because 'expectation' is a powerful source of energy that generates an extremely dominant and controlling emotion – much more so than 'wanting' does. When what you 'want' and what you 'expect' are in competition, 'expect' eventually wins because that's what you're programming into your performance blueprint.

In chronic brainlock your mind is in conflict. Your subconscious mind – the amazing mind that you've trained and programmed so well over time to perform automatically, effortlessly and intuitively, is correctly saying: "Trust me – I know this skydive inside and out." Your conscious mind, which is now operating out of fear and negative expectation is saying: "Maybe I have brainlock and don't know this skydive as well as I think I do. I'd better be careful so I don't screw up again."

The fear of having to be careful creates a level of stress that can easily trigger memory paralysis. And so the cycle begins. ➔

1

1 Fake it til you make it: pretend you're on a top team like Airspeed, by Bill Schmitz

"In the air, factors such as fatigue, the stress of competition, sensory overload or the fear of making a mistake can jam us mentally causing a memory glitch. It happens to beginners and it happens to experts"

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Brainlock Exercises

EXPECTATION AND BELIEF ARE THE OPERATIVE SOLUTION WORDS. RIGHT NOW YOU 'BELIEVE' YOU HAVE BRAINLOCK AND 'EXPECT' BRAINLOCK TO CONTINUE. ONCE YOU CHANGE THIS BELIEF AND EXPECTATION BRAINLOCK WILL DISAPPEAR, ASSUMING YOUR PRE-JUMP PREPARATION WAS SOLID

Exercise 1: Affirmations

An affirmation said without feeling or emotion is a waste of time. With that in mind, say the following with conviction as often as possible until you believe it and 'feel' its truth. For those with courage, saying it out loud while making eye contact with yourself in a mirror will increase its effectiveness.

"I don't have brainlock because brainlock doesn't exist. It is simply a name that someone invented to describe a memory glitch. It lives only in my mind and I can eliminate it with mental training."

Aside from using the word brainlock in the above affirmation, delete it from your vocabulary and refuse to discuss it with anyone from now on except a coach or close friend who understands your new approach to this problem. The fact is the more you talk and worry about it, the more you affirm its reality and strengthen its hold over you. What's most important now is that you reconnect with the joy of skydiving and avoid any negative or limiting thoughts or conversations about it. Whenever it comes to mind, tell yourself that your memory is sharp, clear and reliable. Again, say it out loud if you can and act the part regardless of how you may be feeling in the moment. It's called 'fake it 'til you make it.' With practice you could turn out to be the best peak-performance coach you ever had.

On a day when you're jumping, make a conscious decision to approach each skydive with the enthusiasm you once had and the mental preparation it deserves. Get into the habit of consistently practising the following two mini-affirmations. When you find yourself skydiving poorly say to yourself: "That's not like me, but I'm constantly improving." When you're skydiving well say to yourself: "That's just like me and I keep getting better." Only claim ownership of your successful experiences. Everything else is, "not like you." And stop taking yourself so seriously. It's ok to take skydiving seriously, but once you start taking yourself too seriously it gets in the way of what you're trying to accomplish.

Exercise 2: Visualisation and Imagery

For training purposes here, I make a clear distinction between visualisation and imagery although generally these terms are synonymous.

▶ **Visualisation** is the visual creation of a picture in your mind. It is technical, unemotional and used here to design a perfect skydiving performance.

▶ **Imagery** is a skill that allows you to be there before you've been there. It activates all of your senses in a detailed mental experience that you've carefully designed. Well-done imagery has all the drama and excitement of an academy award-winning movie and significantly strengthens your performance blueprint and muscle memory. The more you feel this experience, the stronger its learning value. Recall any event from your distant past and you'll notice that the strength of that memory today correlates with the depth of your feelings during the event at the time – strong feelings = strong memory. Weak feelings = weak or missing memory. Better to feel something strongly for ten minutes than study it for 10 hours. In his compelling book, Above All Else, Dan Brodsky-Chenfeld shares some amazing personal experiences using visualisation and imagery and the incredible difference they have made in his life.

▶ **How it's done:** Sit quietly in a comfortable chair without being disturbed. For the first five minutes simply focus on your breath until you become completely relaxed. Then visualise a picture-perfect skydive, making sure all of the important technical details are in place. Once you've created this picture, repeat the visualisation from an inside perspective.

You're virtually in the skydive and not just seeing it out in front of you. Your arousal level is finely tuned to exactly where you want it to be. You're totally in control and thoroughly enjoying every second as you exit and move smoothly and effortlessly from point to point, flying like a pro about to win the gold. You feel confidence and self-assurance spread throughout your body, reminding you that in this moment anything is possible...

You end the imagery exercise after you've landed and reconnected with your teammates.

Exercise 3: Identity Games

Watch a video of a world-class skydiving performance. Pick one of the skydivers, preferably someone you truly admire, and pretend it's you. Really get into the fantasy. See yourself on the screen performing with incredible ease and ability. Notice how your mind is alert and your moves natural and effortless as you fly from one point to the next. Allow yourself to feel the sensation of being a champion. Watch it over and over and over.

Some adults hesitate to pretend because they consider it childish, but that's precisely what makes this exercise so effective. What we call child's play is a dynamic inborn skill that allows children to expand their limits by experimenting with new and exciting behaviours. On one hand, your identity keeps you safe and secure in the world because it defines who you are and what you can expect from yourself. On the other, it confines you to a set of self-imposed boundaries and limitations and with that the tendency to become stagnant and complacent. Often we find ourselves in a rut, but instead of moving out of it, we move in and furnish it. The sad part is how easily we settle for mediocre rather than reach for outstanding.

So for five minutes a day, pretend you're an outstanding skydiver. If you're already one, then set your sights even higher and emulate someone who has qualities or abilities you'd like to strengthen in yourself. Again, "fake it 'til you make it." See and feel yourself executing a beautiful skydive and I guarantee you'll notice improvement, not only in your confidence, but in your technical abilities as well.

A number of years ago while writing the book *Mental Training for Skydiving and Life*, I had the opportunity to experiment with a variation of this exercise. I had been invited to make a 4-way jump with three very talented skydivers. As a fun-jumper with somewhat limited skills, I respectfully declined the invitation not wanting to ruin their skydive and embarrass myself in the process. Not accepting my excuse, they insisted I jump with them and I reluctantly agreed.

On the way to altitude, I decided that the only chance I had for a decent performance was to pretend to be someone else because 'who I was' clearly wasn't good enough. So I closed my eyes and imagined I was my skydiving guru - let's call him Pete. I asked myself: "What would Pete be thinking now? How would Pete be feeling now? What would Pete be saying to himself now?" Just like a child in fantasy, I gradually became Pete. 10 minutes later it was Pete who exited the plane with a big grin on his face and made a quality skydive. Now you might be thinking I was surprised at my improved abilities, but in fact I wasn't. Once I became Pete I had no doubt that my performance, or should I say his, would be good. The moment I hit the air my thinking stopped and I moved through the skydive with ease.

Since then I've used this technique in various situations with great success. It's become a fun game when I find myself feeling out of my league in a situation. And in the end, I always come back to myself and notice an improved version.

Exercise 4: Smile Magic

SMILE. When you feel stressed, tense, angry or upset, just smile and hold it for as long as you can, even if you have to force it. If you find yourself wanting to laugh, go for it. The simple act of smiling instantly reduces or completely eliminates stress, anxiety, and tension. The pleasant, relaxed feelings associated with a smile are so deeply imprinted in our muscle memory that our emotional state spontaneously changes as we do it.

Try it. Smile. Come on, just for a second – nobody's watching. It's easy to do, very effective, and available anytime, anywhere, under any circumstances. It's also contagious and can do wonders for those around you. It's especially useful just prior to exit. In fact, the combination of conscious breathing and smiling can do wonders for any skydiving performance. The proof is in the doing.

→

2 *MicroClim8 on their way to yet another Nationals gold, by James Stevenson*

3 *Storm incorporated mental training into their preparation on the way to World Championship gold in 2008, by Alan Thompson*

4 *The first step to getting on the podium is to visualise you're already there: Satori winning AAA gold in 2011, by Mick Thornley*

SOME FINAL THOUGHTS

Be patient with yourself as you practise these exercises. While occasionally success happens overnight, for most of us it occurs in real-time with mistakes in between. Above all, the elimination of repetitive brainlock depends on seeing it for what it actually is. While it masquerades as real, it is nothing but an illusion – a magic trick of the mind. It looks and feels genuine enough but it's only smoke and mirrors creating an unwanted effect. Its existence depends on your believing it and remembering it. Once you forget about it, it starves and vanishes.

These exercises require an investment of quality time on your part. They're not magic, but they are powerful tools that once learned will make a difference in your skydiving and your life. At this point some of you will say, "I'll believe it when I see it," but I'd like to suggest something infinitely more powerful. "I'll see it when I believe it."

Suspend your critical judgment and do this program believing that it works. You have nothing to lose. Spend some time believing you're a quality skydiver and you'll significantly increase your chances of becoming one. The deeper the belief, the more you'll see it materialising in your life. The key is in the believing. ●

John DeRosalia is an internationally recognised Peak Performance Consultant in addition to being a psychotherapist, hypnotherapist, author and motivational speaker. He is the author of, Mental Training for Skydiving and Life and the founder of SkyMind School of Peak Performance. He has been the mental training coach for numerous world-class athletes and teams and currently resides in upstate New York.

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How to make the jump...

THERE IS SURELY NO DOUBT IN ANYONE'S MIND BY NOW THAT THE WIND TUNNEL IS A USEFUL TOOL FOR LEARNING HOW TO FLY YOUR BODY IN FREEFALL. HOWEVER, MOST OF US ARE ALSO AWARE THAT THE TRANSITION FROM PERFORMING THOSE SKILLS IN THE TUNNEL TO TAKING YOUR ACT INTO FREEFALL CAN BE AN INTERESTING RIDE

WORDS PETE ALLUM

The purpose of this article is to share with you some of the lessons that we've learnt from coaching teams and individuals over the years; lessons that have helped make the most efficient use of the tunnel for the objective of turning out better skydivers.

AFF AND BEYOND

When I made my first jump in 1979 had someone explained to me that it would be possible to learn how to fly my body before actually stepping into freefall, I would have grabbed the chance. In fact when I taught my daughter her AFF course, I made absolutely sure that she could fall stable, do dummy pulls, move forward, backward and perform basic turns before her Level 1.

However, there's a big difference between readying someone for their Level 1 AFF and giving them the first-time tunnel flight/experience that is normally sold at wind tunnels. For instance, the Level 1 AFF student should be more concerned with a good arch, symmetrical position and stable dummy pulls than the use of the legs in turns or more advanced flying techniques. Quite often the tunnel rat will not be a skydiver and although she may be able to fly rings around most AFF instructors in the tunnel, she might not necessarily know what is critical to the first-time jumper. If you ask at the tunnel prior to flying you may be able to hook-up with a tunnel rat who is also a skydiver.

There are some tunnels that have a simulated rig that the flyer can check out for the change in balance, the positioning of the pilot-chute and other handles.

If you plan to make use of the tunnel prior to your AFF, you would be wise to talk to your instructor and ask what would be the best things to work on. ➔

***1** Exits are one of the many things that can't be practised in the tunnel. Here team* **Sex Panther** *attempt a photon launch at the Netheravon UKSL 2011, by Sam Bemment*

ONE-ON-ONE AND FS1

One major objective of teaching one-on-one is that the student should understand the body flight dynamics necessary to perform controlled manoeuvres: up, down, forward, back, turns and sideways. There really is no better tool to teach these basics in a controlled environment than the wind tunnel; the student receives immediate feedback and is able to correct errors and build good habits from the beginning. A good coach will start with the fundamentals and steadily increase the level of difficulty.

However, being able to perform these skills in freefall also requires you to exit the aircraft stable from various positions and approach from some distance, as well as safely separate at the correct altitude, track and open. Also, the tunnel has one major limiting factor: you can't get very far from and lose contact with the people that you are flying with!

For those team flyers that are investing massive amounts of money in their jump training, the tunnel offers a useful environment in which to brush up on the basics, as it is easy to pick up bad habits that can limit your performance in 4- and 8-way.

4-WAY TEAMS

There is not one top-level 4-way team in the world that does not train in a tunnel. The tunnel allows teams the level of repetition that is practised in other sports but up until now has not been available due to the extremely short duration of a training jump.

Similar to setting up a training plan for any other sport, it is critical to nail down the fundamentals first. A team wanting to buy a chunk of tunnel time should ensure that each individual has solid body-flight skills. It is often worth investing a part of your team-time to refresh those basics. With a new team you can also repeat those skills in a 4-way environment in the air or tunnel before moving on to the randoms.

Because of the various categories now open to new 4-way teams, we are able to learn the intricacies of the event in logical order from simple to complex, starting with the randoms in the Rookie event and then steadily working through the blocks in A, AA and AAA.

Given the addictive nature of flying in a room with your friends, it is easy to bite off more than you can chew when booking tunnel time. Discuss with your coach, or someone who has been through the process before, how much tunnel time is suitable for your budget/time factor/relationships. Over a weekend, or two day period, it is feasible to comfortably fly for two team-hours and with the increase in stamina, extend that to three, otherwise evening sessions of 30 minutes once a week, once a month or whatever your limitations, priorities or desire allows!

There are many ways to maximise your time in the tunnel with your team. The first is coaching; without some guidance you can easily learn bad habits that will

2 Proximity can be harder without tunnel walls, by Rolf 'Kuri' Kuratle

3 Big-ways at Kaleidoscope in DeLand, by Willy Boeykens

4 Pete Allum and Steve Hamilton (left), by Bodyflight Bedford

5 Adam Pencharz flying 4-way camera, by James Stevenson

haunt you as the speed and difficulty of the dives increase.

Two-on-two is also a great way to learn the ropes. Having an experienced 4-way flyer as your piece-partner and cross-partner will show you how the job is done and give you a visual and tactile reference for flying together as a team.

No-contact flying is a great tool for learning the correct set-ups for randoms, first points and even blocks.

NOW FOR THE IMPORTANT BIT: TAKING YOUR 4-WAY ACT INTO FREEFALL!

Many things are easier to do in the tunnel than in freefall: for example, the weight of a rig means more mass to start and stop when making moves. The lack of flexibility that a rig creates will also reduce the effectiveness of your inputs with legs and arms. Wearing a rig will change your centre of gravity, so not only does the rig obstruct your view behind you but it will also put your head lower. The result is that you have a smaller range of motion, you have more weight to move and you can see less!

Many teams are wearing their rigs in the tunnel. Some tunnels offer false rigs but nothing is as effective as using your own. If you choose to do this, the rig covers must be checked by the tunnel staff before using them – it doesn't bear thinking about the result of an accidental deployment in the tunnel.

Flying with a rig on in the tunnel is considerably more work than without so you may want to build up steadily rather than committing to a full hour with rigs straight away. It's not 100 per cent necessary to train with rigs but be careful that your inputs and speed of movement is at a level that you can repeat in freefall. We have seen many teams with a 15-plus average in the tunnel struggle to accept that they are unable to fly at a 10 or 12 in freefall.

Tunnels have walls: a common mistake on the transition is to forget that you actually have to look at each other when in freefall to maintain communication and distance, especially on block moves.

When flying in the tunnel make sure that you are not crawling around on the net, fly at least 1.5-2m above the mesh to give you a more freefall-like experience and the ability to share the vertical blocks rather than forcing the 'over' pair to do all the work.

Remember that the tunnel is a training tool and simulator; it is not necessary to fly at 100 per cent speed and competition style on every session. Start slow, get the moves right first, then repeat, then repeat again and again and then steadily increase the intensity as you move closer to your event.

CAMERA FLYERS

Over the past few years I've been approached by a couple of team camera-flyers that have asked me for specific exercises that they can do to improve their skills. My first response is to always tell them to jump as much as possible, as the exit is THE most critical element of their job. The next step is to have excellent core skills, as it's very easy to get lazy when observing others. Most core skills can be worked in freefall as well as in the tunnel but the one drill that lends itself to the tunnel is learning to fly close or inside a group's turbulent air. Due to the hazardous nature of flying above someone whilst with rigs on, this is a drill that can be practised relatively safely within the walls of a tunnel and with a very experienced tunnel coach.

BIG-WAY SKYDIVERS

The skills needed for flying well during a big-way event are the same as any other; a good body position and the understanding of the dynamics of body-flight. These skills will help you as much as the ability to exit the aircraft and dive to approach. When you get to the formation you then need to bring your 'A game' with you.

There are various drills that will improve your ability to take knocks when flying in your slot or maintaining the various challenging fall-rates or body positions whilst a formation goes through its ups and downs.

STAYING CURRENT

If you've been laid off jumping for a while, whether through injury or finances, the tunnel can offer you a halfway step or motivator to get back into freefall. Getting a few minutes under your belt, a reminder of the basics and the fun that can be had in the air, will then allow you to focus on survival skills when you get back into freefall and under canopy.

This article is aimed at novices and FS jumpers; I'm sure that there is a similar set of transition steps for the freeflyer but as I am still very much a student of that discipline, I'll leave someone else to write those words!

If you have some time left over after all that serious stuff, take some time to learn how to 'bootie fly' and 'back fly'; it's a mellow introduction to freeflying as well as useful if you find yourself on your back after an exit or a block move – oh yes and it's fun too! ●

Pete Allum and Steve Hamilton (uktunnelcamp.com) spend part of each year coaching teams and individuals in the tunnel before moving out to the DZ and working with national and world ranked teams in the open air.

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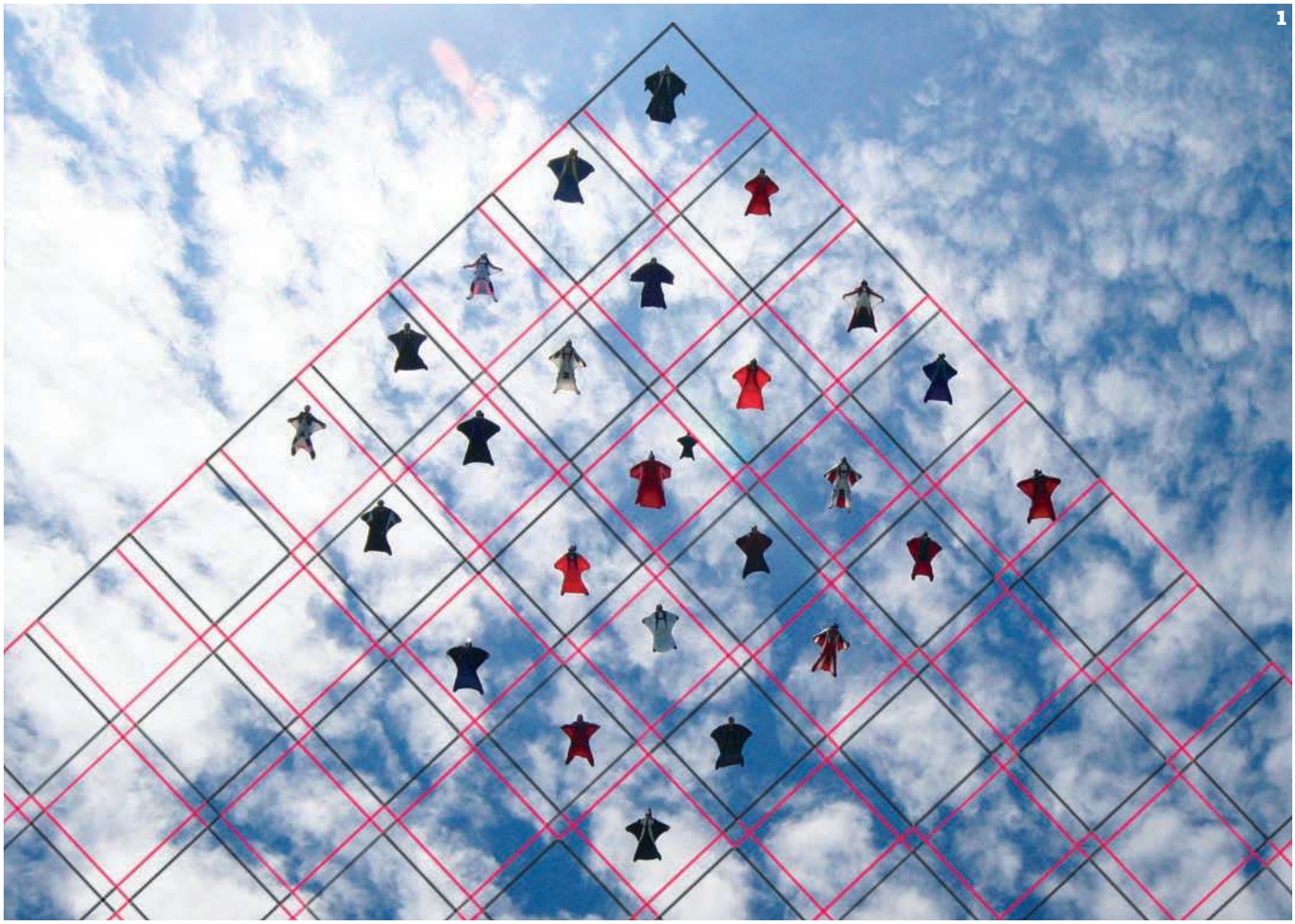


Just Add Brits!

THIS YEAR ON SEPTEMBER 19TH IN PERRIS, CALIFORNIA, WINGSUIT FLYERS FROM ALL OVER THE WORLD WILL BE COMING TOGETHER IN AN ATTEMPT TO SET A NEW WINGSUIT WORLD RECORD

WORDS ELANA CAIN

The previous record of 68 wingsuit pilots in formation was set in 2009 and was one of my most memorable skydiving experiences to date: safe, fun and oh so well organised! There were only eight British skydivers on this record but with the continuing growth of this new discipline in the UK, that number is sure to be exceeded this year.

As with most big-ways, the need for multiple aircraft and larger facilities means that this event is being held in the US, which can raise issues for non-American jumpers. So how does a Brit wingsuiter get on this event? Ideally you would attend one or two of the training camps which are being run, mainly in the US, throughout the year and, having performed to the required standard, would be issued an invitation – simple eh? However, travelling to the other side of the pond is not an option for everyone, so country reps have been appointed to organise events and/or make recommendations to the organisers for suitable participants.

Mark Harris from Sibson drop zone is the representative for the UK as well as being an original member of the world record leadership team. It was Mark's renowned videography skills that captured the images of the 2009 formation used for judging. Flying on his back under the very centre of the formation, he took the photograph which then had 'the grid' superimposed upon it, ensuring each flyer was within the allotted airspace. He is planning on organising at least two world record training/qualifying events in the UK this year. Along with Taya Weiss, 'the brains' behind the record, the following skills requirements have been posted on www.wingsuitworldrecord.com, the official site of the 2012 Wingsuit World Record. ➔

1 Qualifying Camp at Skydive Chicago 2009. 25-way diamond with judging grid superimposed, by Mark Harris

2 Jeff Nebelkopf, Taya Weiss and Mark Harris from the world record leadership team

Got the skills?

▶ Do you have the required experience level:

Skydiving experience: Minimum 500 skydives

Wingsuit experience: Minimum 100 wingsuit skydives

Currency: Minimum 40 wingsuit jumps in the six months prior to the event (from April-September)

Formation experience:

- Fly in a slot-specific 25-way or larger formation where you hold your assigned slot for the entire skydive.
- Attend at least one multi-plane formation camp approved by the record leadership team. Camps and events that can lead to an invitation will be listed on the website.

▶ Exit (you should be able to answer "yes" to all of these questions)

- Can you anticipate where the formation will be immediately after exit?
- Are you able to quickly recover and get back on line of flight from a poor exit?
- Can you dive exit quickly and efficiently in a group while remaining stable?
- Are you comfortable climbing out the door of a side-door aircraft in a group for a floater exit and remaining outside the door while waiting for a count?
- Can you float up to the formation after an exit like the one described above?

▶ Approach (you should be able to answer "yes" to all of these questions)

- Are you consistent in approaching the formation calmly, smoothly and predictably using the 'red zone' theory? (The 'red zone' is the area close to the jumper's sector as they approach the formation. In the Red Zone, the jumper should be almost level in their approach, minimizing movement to avoid collisions.
- Do you have good peripheral awareness at all times? Can you use this awareness to avoid collisions?
- Can you flare out of a dive without 'popping up' above your slot?
- Can you 'sheep dog' when approaching your sector and the formation as a whole? ('Sheep dogging' refers to the process of following jumpers ahead of you in the formation on approach so that everyone gets into their slot in an orderly way, similar to airline boarding by row number that allows those sitting in the back to board first.)

▶ Flying in the Formation (Same deal. Can you answer "Yes"?)

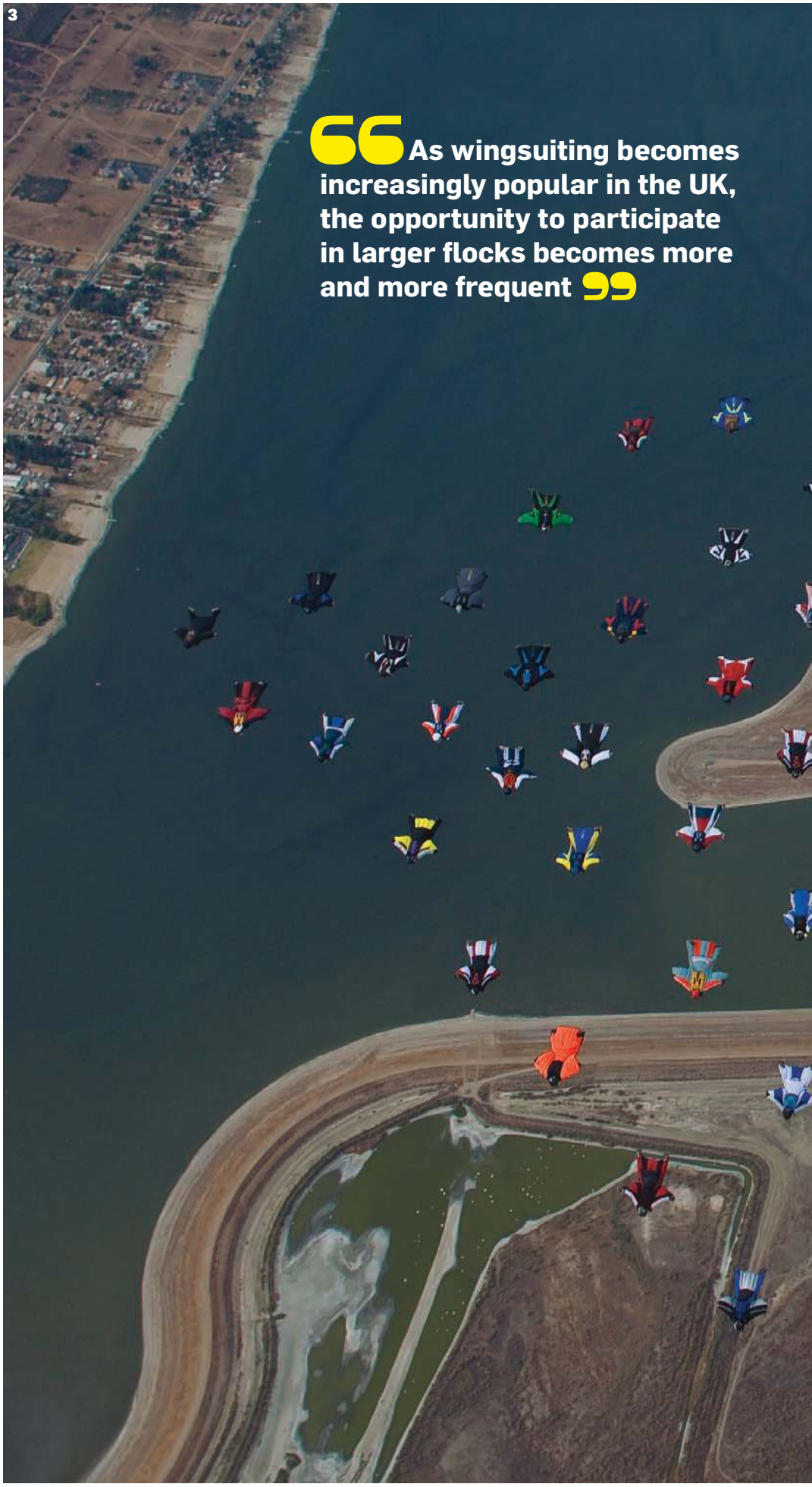
- Are you reliable and predictable in your flying skills?
- Can you safely recover from going low?
- Can you fly in a slot and work with sightlines? (Use more than one reference point in the formation to keep position, including reference points not in direct proximity.)
- Will you dampen out fall rate changes or waves through the formation by flying steady?

▶ Breakoff ("Yes?")

- Can you track away from the formation while remaining on level?
- Can you break off in timed stages with your sector?

▶ Canopy Skills ("Yes?")

- Do you gain control of your canopy quickly after opening?
- Are you comfortable flying a landing pattern with many other canopies in the air?
- Are you able and willing to land in a crosswind or downwind direction if necessary to maintain the pattern? (You do not need to demonstrate this for qualifying, but may want to work on these canopy skills, carefully, at your home drop zone.)



If you do not already possess the above skills and experience, there is still plenty of time to acquire them. As wingsuiting becomes increasingly popular in the UK, the opportunity to participate in larger flocks becomes more and more frequent. New UK events are being organised all the time and the first ever UK wingsuiting performance and artistic competition will be held at Netheravon during the May bank holiday.

This truly international event is another important step toward promoting wingsuiting as a recognised international discipline and will be an invaluable tool to be used by the FAI Wingsuit Working Group in their quest to make wingsuiting a recognised skydiving discipline, adding no-contact wingsuit formations as a record category as well as being a gateway to the acceptance of other wingsuit competition formats. ●

Log on to wingsuitworldrecord.com for full details.

***3** 68-way over Lake Elsinore 2009, by Craig O'Brien*

***4** The master plan 2009*

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GB wins female gold

PROVING THE THEORY THAT TRAINING IS OVER-RATED AND THE WAY TO THE PRIZE MONEY IS TO JUST TURN UP AND BE AWESOME, THE BRIT GIRLS BROUGHT BACK THE BLING

WORDS SARAH CANNON, *GB TEAM BLUE*

Having talked about attending the now famous international Dubai event for months, Claire 'Sparky' Scott, Liz 'Nutty' Matthews, Julia Foxwell, Dave Head and I made up a hybrid *Storm-Satori-Bodyflight* 'scratch' team – as much as you can call four previous World Champions a scratch team! There were some discussions around which slots to take, as we had three outside centres and an inside centre with that particular lineup, but a quick round of paper, scissors, stone sorted us into the slots we took to the meet.

We were on a super-budget training scheme, completing just a couple of hours of tunnel plus a whopping eight jumps together in the UK. Only one was with Dave on camera and, obviously, those without any video evidence were the best 4-way jumps ever! We then headed out to Dubai a few days early to try and condense a couple of seasons' worth of training into three days. We would like to give a massive thank you to everyone at Chatteris, who got us in the air in their shiny Twin Otter as as much as possible with their amazing midweek jump ticket rate of £13, and Bodyflight Bedford who allowed us to take advantage of some cheap rate overnight tunnel time. ➔

1 **GB Blue** ***and Sparky Junior***

2 **GB Red** ***over Dubai Marina, by Sam Bemment***

TRAINING

We arrived in Dubai late on 26th November and to our horror discovered that there was no bar in our hotel, nor was there any alcohol served in the restaurant! Other than the lack of a bar, the hotel was beautiful, and well located for the Palm DZ. However, on the first day of training we were banished to the Desert DZ as only CP and Accuracy jumpers were allowed to practise at the Palm DZ. So after quite an epic drive in a scary minibus we found ourselves out in the sand dunes with the camels. We squeezed in another 14 jumps over three days and then, on the day before the competition began, we were finally allowed to take our practice jump over the Palm. The 4-way teams were landing on one of the palm fronds out to sea, which made for pretty spectacular views in freefall and under canopy. It was great to get the first 'wow' jump out of the way before the competition started for real.

Dubai is truly the land of plenty; standing out on the palm beach after our practice jump we mentioned how great it would be to get a boat back to the main DZ rather than waiting for a bus. Then, lo and behold, the next day after Round 1 a speed boat, complete with cold drinks, was waiting to whisk us back!

FS COMPETITION

25 countries arrived in Dubai to compete in 4-way and of the seven countries originally registered to attend, only three showed up to compete in the female category. That, plus the prize money getting doubled a few days earlier, meant that once the competition got going the general excitement levels were running pretty high. It was funny how us girls changed our attitude from thinking it would be nice to maybe come third and take home a bit of dosh, to how it would be much better to give the French a good thrashing and win. Of course, being from Dan BC's stable of keeping a calm, controlled, 'don't care' attitude, we all kept this mostly to ourselves.

A particularly dodgy exit on Round 3 allowed the French girls back into equal first with us, at which point it became clear that most countries were rooting for us to win – including the Russian girls' team *Illusions*, who frequently told us they wanted us in first place!

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"We were treated like royalty the whole time we were there. A fantastic experience and almost unbelievable value for money"

Sam Bemment, UK Open team

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The competition was the most relaxed any of us had ever attended, with a maximum of two rounds a day with frequent stops for air displays, Arabic dancing or impromptu swimming in the swoop-pond. The 4-way competitors were given a full day off before the final round despite having perfect weather for jumping, which was unusual but allowed us some more time on the beach. Our exits certainly didn't improve much, however Dave's extraordinary camera skills and our general attitude and competition experience carried us through and we went on to gain a six point lead, winning with a respectable 18.4 average. The French came in second with a 17.6 and the Russians were third with 15.4.

In the Open 4-way the UK open team had a brilliant time, taking full advantage of the whole experience. The battle for the medal positions was on between the French, USA and Belgium. The two USA teams were consistently in third and fourth place, with France and the Belgian team *Hayabusa* battling it out for first. France gained a lead after Round 7, and stayed in front to the end finishing with a whopping 25 average. *Hayabusa* came in second and the USA second team third.

***3** By Shannon Seyb, NZ Aerosports*

***4** Brit girls dirtdiving, by Dave Head*

***5** Sarah Cannon, by Dave Head*

***6** GB Red: Chris Judd, Nicky Young, Francis Reardon and Melissa Dando, by Sam Bemment*

***7** GB Blue receiving their trophy*

***8** GB Blue on the boat with Bruno Brokken*

***9** Chris Judd, by Sam Bemment*

***10** By Sam Bemment*

With 25 countries in attendance bringing with them a huge variety of experience and skill levels, the competition is a must for anyone who wants to give it a go. It isn't an expensive competition to enter and your hotel and food are included in the registration fee. Flights to Dubai are pretty reasonable and the whole experience is incredible, so I hope to see a bigger UK delegation in attendance in all of the disciplines next time – just remember to buy your own booze on your way through duty free!

Sarah will be back in Dubai in December representing the UK at the 2012 World Championships as part of team *Bodyflight Aerodyne* (Sarah Cannon, Victoria Bradley, Rebecca Bradley, Sian Stokes, Alan Thompson) ➔

Canopy Piloting

TRICKY WINDS YET STILL SOME STRONG PERFORMANCES IN THIS SPECTACULAR EVENT

WORDS ALASTAIR MACARTNEY

1 By JC Colclasure, PDFT

2 Alastair Macartney, by Bruno Brokken

3 Nick Batsch, by Shannon Seyb, NZ Aerosports

4 Stu Meacock, by Bruno Brokken

With a state-of-the-art pond, blue skies and a field of International competitors bigger than some World Championships, this was the place to be if you were anyone in Canopy Piloting. The British team consisted of Ed Paxton and Stu Meacock; Martin 'Danger Pants' Reynolds from *Bad Lieutenants* and *Dirty Y-Fronts*; and Wez Westley, Sean Sutcliffe, Deane Smith and Alastair Macartney from *HEAT* and *Jump4Heroes*.

Despite the competition being held at sea level, it was obvious from the training runs that strong performances were going to be presented, particularly in the distance event. This was going to be a tight and competitive meet.

SPEED

Speed was the first event to run. Some competitors settled in for a solid score for Round 1, knowing that there were two more rounds in the event and another eight in the competition. This is a tactic often used; settling in with a comfortable first round enables a positive mindset for the rest of the competition allowing you to then tighten up on the gates and hit them harder. Despite this, quite a few competitors zeroed, but all the Brits posted scores on the board.

As seems to happen in these competitions, with the high number of competitors, conditions were changing as each round was running. Greg Windmiller, from the USA's *Golden Knights*, set the top score of 2.641 seconds while wearing his low-drag style suit.

After rounds in other events it switched back to Speed for Round 2. The wind had picked up and was a head wind. This made for tricky conditions and lots of zeros were thrown down again. Tommy Dellibac posted the fastest time of 3.030 seconds, highlighting how windy it really was.

The Speed event was called after the second round with USA's Tommy Dellibac in first, Greg Windmiller in second and Canada's Jay Moledzki taking the bronze. Our own Wez Westley put in an awesome performance on his Competition Velocity 71, smoking over 100 other competitors to place sixth in this event. Stu Meacock also demonstrated his eye for this event, coming in 19th.

DISTANCE

This was going to be a tight event with the favourites really expecting to battle it out. Again there were some changing conditions and prototype canopies from both Icarus and Performance Designs

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were causing a lot of interest amongst competitors that weren't on the factory teams.

On Round 1, Canada's Jay Moledzki threw down the gauntlet with an impressive 162.58m, some 7.5m ahead of his teammate Jonathan Tagle. Round 2 saw people hitting it harder with Tagle screaming in with 175.05, but this wasn't enough. Again, this event was called after just two rounds with Jay Moledzki taking the gold by just 0.2 points, Jonathan Tagle in second and Marat Leiras, now of the UAE, winning the bronze.

Round 2 was also full of incidents. Despite the great looking course, the sand was unbelievably hard and compacted. 14 competitors reported for medical treatment, including two that had ambulance rides to the hospital (where they were extremely well looked after). That was over 10 per cent of competitors injured in just one round. This included our own; Alastair Macartney who landed extremely heavily, damaging his sacrum and effectively having to withdraw from the competition; Deane Smith, who aggravated an already injured hip; and Stu Meacock who damaged his coccyx. Perhaps it's time for a rule change.

ACCURACY

This spectator-friendly event was the only one that managed to run all three rounds. There were a number of competitors that, much to the spectator's delight, didn't make it out of the water, others that bounced off it and some that sailed through the end of the course.

Curt Bartholomew led the pack from the start, flying with clear talent and precision. He took the gold, followed by Nick Batsch and then Ian Bobo with the bronze, presenting a podium entirely made up of USA athletes. Martin Reynolds put on a strong performance finishing 19th with Deane Smith in 21st.

FREESTYLE

Not an official IPC event, Freestyle certainly is entertaining for the spectators. With 'basic' compulsories set up for Round 1 it was fairly tame but things livened up after that and the Baywatch style lifeguards were on standby ready to dive in and rescue competitors that opted, unintentionally, for a quick dip in the pond. Gold went to Curt Bartholomew with boomerang, switchblade, cowboy, and Jay Moledzki won second place with Marat Leiras in third. Martin Reynolds laid down his signature miracle man, switch blade to great applause and came fifth overall in the Freestyle, and had he not tripped over at the end of the miracle man, would have been in the top three.

OVERALL

Strong flying and consistency throughout the competition saw Curt Bartholomew win gold by a clear margin. Nick Batsch took the silver with Jay Moledzki, less than two points behind him, winning the bronze.

Despite the injuries and long days, Dubai certainly knows how to host an excellent competition. No doubt it will be an impressive World Championships when they host it later this year. ➔

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JAMIE'S TANDEM

The Crown Prince of Dubai was privileged to accompany Jamie F owler on his 80th Tandem skydive during the 3rd Gulf Cup. Jamie was injured 24 years ago on a demo jump as par t of the Royal Marines Team. He spent eight months in a coma and the doctors wanted to switch the machine off. Despite his disabilities he continues to amaze ever yone around him. He strives to help others and ever y year he sells Poppies on behalf of The Royal British Legion. He can be seen here making the skydive wearing an RBL 'Shoulder to Shoulder' t-shir t.

***5** By JC Colclasure, PDFT*

***6** Marat Leiras, by Shannon Seyb, NZ Aerosports*

***7** By Bruno Brokken*

***8** By Bruno Brokken*

***9** Jamie and the Prince, by Skydive Dubai*

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Accuracy

IT'S TOUGH AT THE TOP. THE COMPETITION WAS FIERCELY CONTENDED BY INTERNATIONAL COMPETITORS DESPITE A VALIANT EFFORT FROM TEAM GB

WORDS ALASTAIR MACARTNEY

The Classic Accuracy Team was ably made up of Accuracy legends Jeff Chandler, Glenn Stephenson and Esther Reynolds. They were joined by CP competitors and part-time Accuracy dabblers Deane Smith and Alastair Macartney, flying their Poppy logoed Troll canopies. This discipline, which has reduced in size in the UK, is booming in the rest of the world. The standard was extremely high with some real athletes showing how it really should be done.

With the Accuracy tuffet positioned in the most prominent position of all the disciplines, the athletes could not fail to provide a show. Pass after pass of competitors flew over the glistening sea, before silhouetting against the skyscrapers and sinking onto the tuffet for a near perfect score. Although a few fell short of the extremely small arena due to the odd strong wind, the competitors in this discipline really showed who the canopy masters were.

The UK Accuracy legends provided free coaching to those of us that were up and coming. Unfortunately though, the nature of competing in two disciplines caught us out. Landing, dropping a Competition Velocity 79 on the floor and heading straight to the helicopter with a Troll 265 made for a slight lack of focus. Then, with both Deane and Alastair picking up injuries in the CP, the team unfortunately was reduced to just three people.

Esther and Jeff both put up some sterling performances but just weren't able to clinch it. Glenn, perhaps due to not drinking enough beer, battled through but just didn't throw down the strong performance that he's become internationally renowned for. ●

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1 Esther Reynolds scoring 0.02, by Smudge

2 Esther Reynolds, by Smudge

3 Jeff Chandler, by Smudge

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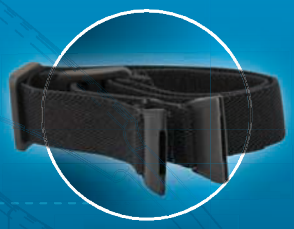

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MAR 17-18	LOAD ORGANISING WITH ESCONDIDO
MAR 31 – 1	SONICNUTZ 6-WAY
APR 14-15	ESCONDIDO : FLOCK & DOCK
APR 21-22	KAIZEN 4-WAY SKILLS CAMP
MAY 12-13	4-WAY FS WITH SONICNUTZ
MAY 19-20	INTRODUCTION TO BIGWAY WITH SIMON CATHRINE
JUNE 9-10	FS1+ LOAD ORGANISING WITH STUBERT
JUNE 16-17	ESCONDIDO : FLOCK AND DOCK
AUG 4-5	SONICNUTZ 6-WAY
SEPT 1-2	FS1+ LOAD ORGANISING WITH STUBERT
SEPT 15-16	LOAD ORGANISING WITH ESCONDIDO
OCT 13-14	FIRST-TIME FORMATIONS WITH SIMON CATHRINE
NOV 3-4	FS1+ LOAD ORGANISING WITH STUBERT

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MAR 17-18	LOAD ORGANISING WITH DAN PARKER & JAMES DAVIES
MAY 19 – 20	UK HEAD DOWN RECORD WARM-UP WEEKEND #1
JUNE 9-10	FREEFLY WITH FRAZER
JULY 28-29	UK HEAD DOWN RECORD WARM UP WEEKEND #2
AUG 22-24	UK HEAD DOWN RECORD PRE-EVENT WARM UP
SEPT 7-8	ADVANCED FREEFLY SEQUENTIAL MEET

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JUNE 14-17

COMPETITIONS

APR 14-15	FF SCRAMBLES
APR 28-29	SPRING FS SCRAMBLES
MAY 5-7	8-WAY SCRAMBLES WITH DAVE WEST
JUNE 23-24	ANNUAL 28-WAY FS COMP
JUNE 30–1	EUROPEAN 8-WAY MEET
JULY 21-22	HIBALDSTOW 4-WAY MEET
AUG 11-13	NATIONALS : 4-WAY FS & VFS
AUG 18-20	NATIONALS : 8WAY FS, ARTISTICS & SPEED
AUG 25-27	BIG WAY BANK HOLIDAY WEEKEND
OCT 6-7	AUTUMN FS SCRAMBLES
OCT 27-28	HIBBLEWEEN 8-WAY FSvFF SPEED MEET

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Skydive Spain 2012

Events

Jan	27-29	Flight Foundation 3-day Canopy Course
Feb	04	Rebujito Freefly Scrambles
	13-19	AFF 7-day Residential Course
	18-26	19 € Team Training Special
	20-24	21,50 € $kySaver Week
	28-04	BPA B-Certificate Progression + FS1 Training
Feb/Mar	02-04	Freefly Essentials (small group LO)
Mar	1-25	H&M Come To The Sun Boogie
	12-18	AFF 7-day Residential Course
	17-18	TrackDayz
	18-28	Student Progression Camp - RAPS/AFF
	23-25	Flight Foundation 3-day Canopy Course
Apr	13-15	Black Jack 14way Competition
	16-22	Satori Academy 4way Camp
	21-29	19 € Team Training Special
	23-27	21,50 € $kySaver Week
	24-30	AFF 7-day Residential Course
May	02-06	Seville Sequentials with Volare
	15-20	BPA B-Certificate Progression + FS1 Training
	19-20	TrackDayz
	19-25	Satori Academy 4way Camp
	22-28	AFF 7-day Residential Course
May/Jun	26-05	19 € Team Training Special
	28-01	21,50 € $kySaver Week
June	04-10	AFF 7-day Residential Course
	09-10	TrackDayz
	13-17	Funshine Boogie
	23	Rebujito Freefly Scrambles
July	10-16	AFF 7-day Residential Course
Sep	08	Rebujito Freefly Scrambles
	11-17	AFF 7-day Residential Course
	23-30	TrackDayz
Oct	03-07	Funshine Boogie
	13-21	19 € Team Training Special
	15-19	21,50 € $kySaver Week
	16-22	AFF 7-day Residential Course
Oct/Nov	29-04	BPA B-Certificate Progression + FS1 Training
Nov	09-11	Freefly Essentials (small group LO)
	10-18	19 € Team Training Special
	12-16	21,50 € $kySaver Week
	13-19	AFF 7-day Residential Course
	17-18	TrackDayz
Dec	08	Rebujito Freefly Scrambles
	11-17	AFF 7-day Residential Course
Dec/Jan	22-02	Christmas Boogie

Highlights

- **Student Progression Camp:** March 18-28
- **Black Jack 14way Competition:** April 13-15
- **Seville Sequentials with Volare:** May 02-06
- **$kySaver Weeks:** Feb 20-24, Apr 23-27 May/Jun 28-01, Oct 15-19, Nov 12-16

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By Tony 'Labbz' Labbadia

TEAM GRINGO

Having stumbled from AFF to FS1, these five friends found a focus for their jumping when they formed a 4-way team. From modest beginnings, they ended 2011 with a bronze medal at ESL, and had a lot of fun along the way

Our journey began one weekend in spring 2010 at Skydive Chatteris, when Tony 'Labbz' Labbadia (our legendary cameraman) suggested a trip to Empuriabrava in Spain for five days of fun jumping, and perhaps a beer or two.

Four of us, (Conor O'Brien (Point), Jason Fox (Outside Centre), Daren Murphy (Inside Centre) and Dave Wickes (Tail), had just finished our AFF and, pending the necessary leave passes from our respective partners, we immediately jumped at the idea. With permissions granted and flights and accommodation booked, we started a journey that we had no idea at the time would take us where it did.

EMPURIA

We arrived in sunny Spain in May 2010 and decided to give formation skydiving a go so we could all jump together, and as there are only so many 'horny gorillas' that you can do in a week! Tony, having done more jumps than the rest of us put together, was keen to fly the camera slot, though he struggled to understand the importance of actually turning the camera on!

Looking back now it's amazing to think how much we have progressed, as we fumbled our way round the six FS jumps we managed to get in during our five windy weather days, at the time not even knowing what a 'random' was. That said, we had some amazing fun and decided to give 4-way a go as a team when we got back to the UK, and *Team Gringo* was born!!

BACK IN THE UK

Back at Skydive Chatteris we mentioned to Mike Rust (CCI) about our plans to start a 4-way Rookie Team. We half-expected him to laugh himself into an early grave, but we couldn't have been further from the truth. In fact, both the staff and the experienced jumpers couldn't have been more supportive. They helped us with everything from initial coaching and our team slots, to the divepool and training methodology. *Team Gringo* was rolling!

Later in the year we had our next milestone when Jonathan Ashe (*Team Gr4vity*) very graciously gave up his free time to coach us. Our plan was to give UKSL a go in 2011 just for the experience and, if it all went well, to properly compete in 2012. We completed just 18 jumps in 2010, but this cemented our relationship as a team.

UKSL 2011 – ROUND 1 (NETHERS)

Our first experience of a competition was Round 1 of the UKSL at a very windy Netheravon in May 2011. Nerves were running pretty high on that first morning as we looked on at the other teams' dirt-diving and preparation for the competition ahead. Thanks go to Jonathan Ashe of *Gr4vity* for helping us out.

To add to the nerves, Tony (our cameraman) was unable to make the event so we had to secure someone from the camera pool – thanks go to Trevor Davies for instantly putting us at ease with the quality of his camerawork, and his 'unique' sense of humour.

It was a great first event for us; we managed to turn six points on our first round and completed 22 points in the event with an average 3.7, earning us a Rookie fourth place from seven teams.

By Lorraine Dixcey

EMPURIA AND PETE ALLUM
Shortly after Nethers, we made our way back to Empuriabrava in Spain for five days, only this time to train as a 4-way formation team. This is where we reached our next key milestone as a team through the brilliant Pete Allum, whom none of us were entirely aware of just how legendary he was, and in fact one of us wasn't even aware who he was and enquired if he was still jumping – we still have a laugh about that one!

Pete's calm and calculated approach to coaching and his eye for the finest detail, together with his wealth of experience from a lifetime of skydiving, made the eight jumps during our coached day a priceless one. And his positive attitude even on our funnelled training jumps was an inspiration. So, thanks Pete.

UKSL – ROUND 2 (LANGAR) AND TUNNEL TIME
In June, and with scarcely any time to reflect on Empuria, we were off to Round 2 of UKSL at Langar. As with our previous competition at Nethers, Langar was a fantastic experience and DZ, and the amount that we learned from the experienced coaches and teams on hand was invaluable. Not many sports that we know of have such a range of world-class coaches on hand to offer support and advice.

We managed 20 points in the five rounds completed, earning us fifth place from seven Rookie entries and increasing our average to 4.0. Once home, and now truly bitten by the competitive bug, we spent an evening in the tunnel at Bodyflight in Bedford, fine-tuning both our individual and team skills. We give thanks again to Jonathan Ashe for the invaluable coaching.

UKSL – ROUND 3 (HIB)
We entered UKSL Round 3 at Skydive Hibaldstow hoping for good things off the back of the tunnel-time and improvements in the previous competitions.

This was Tony's first competition with the team and as a camera 'rookie' himself, together with a history of camera and seat belt restraint 'malfunctions', the pressure was on. The part the camera slot plays in the team should not be underestimated and Tony did us proud, safely capturing the three rounds completed due to the weather. We again improved our average to 5.3 with 16 points, finishing in seventh place from eight teams.

At this point in the overall league, *Team Gringo* was in third place. One big disappointment was that we couldn't attend the Nationals, but as a tight team we decided that if we were not able to take part as a complete team, then we wouldn't compete at all.

This brought the UKSL to a close for the year, with *Team Gringo* positioned proudly in joint fifth place in the Rookie category. Looking back on the season showed us just how much we had progressed, and we were very happy with the result.

ESL – THE EVENT
Our final competitive event for 2011, and our first overseas, was the European Skydiving League Finals in Texel, Netherlands. We were encouraged to enter by Jo Hawley, another 'team buddy' and someone who has also helped us along the way, and as the deadline for entries was reached it was confirmed that *Team Gringo* was the sole UK entry.

Despite pretty dismal weather, all 10 rounds of the competition were completed, with *Team Gringo* taking Rookie third place on 66 points, and equalling the number of beers each team member consumed in celebration at the party that night. The team are still recovering from the bar tab the next morning!

We had increased our average once again to 6.6, representing a 75 per cent improvement from the start of the year. This made a fitting end to a fantastic year.

2011 was amazing for us and we've made so much improvement in the space of just 75 team jumps. We couldn't have done it without the help of the many talented and patient people, some mentioned in this article but most of whom aren't, plus of course our wives and girlfriends – so a big thanks to all of you.

As a first-year Rookie team, our advice to anyone unsure about what to do now you have your shiny new A certificate (and FS1 of course), is to give 4-way a go! You'll learn loads, have lots of fun, meet talented people, make new friends, and visit new drop zones. So what are you waiting for – go for it!

Team Gringo

SELF-HELP

If you could go back in time and talk to yourself as a newly qualified skydiver, what advice would you give yourself?

I'm thinking right now about advice I'd give myself back in 1990 when I was doing my first static line round.

"Regan, you're wondering if you should continue going to the DZ. You've done a few jumps but are terrified on the drive there and are sometimes happy when it's raining; BUT after the jump, look at how you feel! Is that sense of achievement and outstanding bliss worth the fear? Hell YES! Also, those guys that mock and tell you they don't get scared? They're lying, I've been doing it 21 years now – I still get scared."

Regan Tetlow

OPS MANUAL QUIZ

An introduction to the BPA Operations Manual forms part of the requirements for JM1. Each issue we'll ask relevant questions, and answer them in the wording of the Ops Manual.

Q1 What do you need to achieve to qualify for each certificate (A/B/C/D)?

Q2 Are you allowed to take your helmet off under canopy?

Q3 What if there are going to be two passes but the jumpmaster is exiting on the first one?

Answers over the page

PROGRESSION DATES

By Willy Boeykens

February

Thursday 9 February
B cert day
Location: **Hibaldstow**

Friday 10 February
Packing course
Location: **Hibaldstow**

Saturday 11 February
Safety Day
Location: **Hibaldstow**

Saturday 25 February
A/B cert briefs
Location: **Sibson**

Saturday 25 - Sunday 26 February
Sub FS1 Coaching Weekend
Location: **Hibaldstow**

Sunday 26 February
Packing class
Location: **Sibson**

Sunday 26 February
Free FS coaching with Tomo
Location: **Beccles**

March

Thursday 8 March
B cert day
Location: **Hibaldstow**

Friday 9 March
Packing course
Location: **Hibaldstow**

Saturday 10 March
Safety Day
Location: **Langar**

Saturday 10 - Sunday 11 March
FS1+ Weekend
Location: **Hibaldstow**

Friday 16 - Saturday 17 March
HEAT canopy course
Location: **Tilstock**

Saturday 17 March
A/B cert progression inc CH practical
Location: **Sibson**

Sunday 18 March
Packing class
Location: **Sibson**

April

Thursday 5 April
B cert day
Location: **Hibaldstow**

Friday 6 April
Packing Day
Location: **Hibaldstow**

Friday 6 - Sunday 15 April
Student Progression Week
Location: **Black Knights**

Friday 6 - Monday 9 April
Coaching Weekend
Location: **Hibaldstow**

Wednesday 11 April
Packing course
Location: **Black Knights**

Saturday 14 April
A/B cert briefs
Location: **Sibson**

Saturday 14 - Sunday 15 April
HEAT canopy course
Location: **Peterlee**

Sunday 15 April
Packing class
Location: **Sibson**

Friday 21 - Sunday 22 April
FS Roadshow
Location: **Peterlee**

Due to copy deadlines this can never be an exhaustive list, and indeed many DZs arrange their progression dates around demand or bad weather instead. Check their websites, F acebook pages or give them a call for the latest dates and info.

A1 Section 2, paragraph 2
2.1. FAI 'A' CERTIFICATE: Category 8 and at least 'CH-Grade 1',
2.2. FAI 'B' CERTIFICATE: FAI 'A' Certificate, 50 descents and at least 'CH Grade2 and JM-Grade 1',
2.3. FAI 'C' CERTIFICATE: FAI 'B' Certificate, 200 descents and at least one further 'Grade 1',
2.4. FAI 'D' CERTIFICATE: FAI 'C' Certificate, and 1000 descents.

A2 Section 6, paragraph 3.1.5.
Helmets are to be worn throughout the entire parachute descent.

A3 Section 3, paragraph 1.2
If the nominated JM exits prior to the last pass, a second suitably qualified JM is to be nominated to take charge of subsequent passes.

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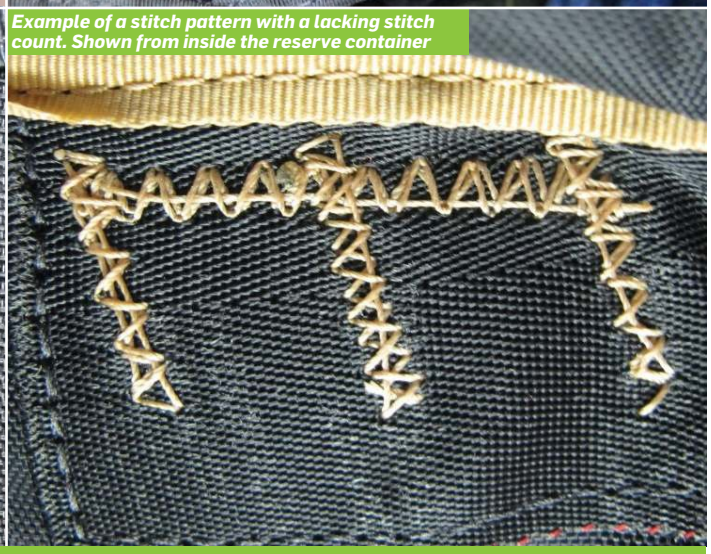
Rob Colpus

Inspecting for broken stitching

Example of stressed stitching beginning to fail. Will need to be repaired at the next repack as per the Service Bulletin

Example of a stitch pattern with correct stitch count. Shown from inside the reserve container



Example of a stitch pattern with a lacking stitch count. Shown from inside the reserve container

SIGMA NEWS

Back in the August 2011 issue of Kit Zone we reported on United Parachute Technologies' (UPT) issuing of a Service Bulletin which called for the inspection of the top diagonal harness webbing attachment point on all Vector 3 Sport and SE Student harness/container systems, after the upper double zigzag stitching that holds the diagonal harness webbing in place had failed.

Shortly after we went to print with the December issue they issued a second Service Bulletin concerning another failure of stitching – this time on their Sigma Tandem system.

This latest bulletin reports that during an inspection and repack, a rigger noticed the left side zigzag stitching that holds the diagonals to the top of the reserve container had failed and was no longer securing the container to the diagonal webbing.

The diagonal stitching on the right side of this rig remained undamaged but also showed the stitch count to be lacking. During close examination of this stitch pattern's production history, they learned that the stitch count on a number of rigs was "inadvertently reduced".

The Service Bulletin therefore calls for all Sigma Sport Tandem Systems to be inspected for broken stitching at this diagonal attachment point. This can easily be done on packed rigs by opening the reserve pin cover and riser covers, then by working a thumb up under the diagonal to expose the zigzag stitching.

UPT say that a rigger should be consulted if in doubt. The inspection should take no longer than one or two minutes.

If the diagonals are damaged and in need of repair, riggers in the field are now authorised by UPT to make this zigzag repair of the damaged area, then make an additional third pass (three total passes) in the 'E' shape stitch pattern. If no damage is found, no repair is required.

The company went on to say that as with many areas of all harness/container systems this stitch pattern should be checked periodically and especially after experiencing exceptionally hard openings.

For anyone unable to have this repair done in their area if required, UPT will do the repair free of charge. The owner is responsible for all shipping charges however!

UPT: +1 386 736 7589
mark@uptvector.com

DONE WITH PRECISION!

US canopy manufacturer Precision Aerodynamics have released a Service Bulletin which relates to their very high performance cross-braced tri-cell Xaos-27 range of main canopies. The bulletin relates only to Xaos-27s built between 1st Oct 2010 and 15th April 2011.

Background: Xaos-27 linesets are custom made for serial numbered canopies. At the request of and in response to input from competitors and other users of Xaos-27 canopies, beginning 1st October 2010, the company improved the canopy design by extending all line sets of the Xaos-27 series by 25cm over the original trim specifications.

"The result of this extension smoothes the deployment sequence, controls the recovery arc and enhances the bottom end flare at the point of landing" claim Precision.

In the beginning of this change, the 25cm extension was 'added on' in the calculation process when the linesets were manufactured. In the case of the affected canopies all of the linesets were made from a single 'set-up' rather than being done in the traditional systematic fashion. On four specific canopies, the 'B2' lines were cut shorter than specified by a dimension of approximately nine centimetres.

Xaos-27. By Steve Utter.

Several hundred jumps were made on these four canopies without incident, but in May 2011 a jumper was severely injured when his canopy collapsed during turbulent conditions at a low altitude, but the cause of the collapse has not been exactly determined. Precision has evaluated and jump-tested canopies intentionally rigged with the replicated shortened 'B2' lines without incident, but these canopies do exhibit 'sluggish' performance when compared to specified rigging.

Beginning on 15th April 2011, programming was instituted by the Company to include the additional 25cm into the production of new linesets without the need for manual calculation.

The Service Bulletin which carries a 'recommended' not a 'mandatory' status calls for canopies within the above dates to have their line trim checked against Precision's Trim Specification sheets which may be found at precision.aero/TrimSpecs/trimspecs.aspx

If measured line differentials are more than +0.5 per cent / -0.5 per cent differential across all line lengths, contact Precision Aerodynamics to arrange a factory inspection and correction at no charge.

Precision - sb111214@precision.net

Tunnel proof

German rig manufacturer Paratec are now supplying on demand what they call 'tunnel covers' for their Next harness/container systems.

The tunnel cover allows jumpers to improve their training efficiency and realism by using their sport rigs while flying inside the tunnel without fear of a deployment.

The tunnel cover is available for standard or cut-in lateral rigs, and completely covers both reserve and main containers as well as all handles.

www.paratec.de

Mounted

Those wily altitude technicians at Alti2 Inc in Florida have come up with a new hard case mount for their top of the range N3 audible/visual altimeter and freefall data processor.

The new mount features a sturdy aluminum and hardened plastic case that works for both wrist and top of hand locations. It replaces the older silicon sleeve for those who prefer to use their N3 as a visual altimeter.

It's possible to quickly change straps or mounting positions by simply loosening the screws; they tell us that it's like having two different mounts for the price of one!

matt@alti-2.com

On the Edge

Those Floridian Milliners at Sky Systems have released yet another open-faced helmet onto the market to join their already large range which includes the NVertigo and HR4.

Called the Edge this new helmet, which in shape resembles the company's HR range, features the use of a high tech microcellular Polyurethane liner built from Poron XRD – a lightweight, breathable and contouring material with very high impact resisting qualities.

Sky Systems' blurb on their new products claims that this helmet is "the most comfortable on the market," and I guess if you intend hitting your head hard then it might be a good idea to be wearing one of these!

www.skysystemsusa.com

Don't get stuck behind a caravan on the way to the BEECH !!!

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1

Ten Kit Questions

1) What is your wingloading a) on your main? b) on your reserve?

2) If you have an RSL, can you find the release shackle without having to look for it first?

3) Is it possible to reset your audible altimeter in the plane?

4) What colour is your cutaway pad?

5) What colour is your reserve and its steering toggles?

6) What model and size is your reserve?

7) How many jumps have the following components done; main canopy, main lineset, brakelines, pilot chute, risers?

8) If you have a camera helmet with a quick release, can you put your hand straight on it under pressure, and do you rehearse how this drill might differ from a standard malfunction with a normal helmet?

9) When is your AAD next due servicing and/or batteries?

10) Where is the stall point on your main – a) on toggles? b) on rear risers?

WHAT IF...?

We ask the questions... you provide the answers. The aim of this section is to get people thinking about abnormal skydives and considering how they might react. There often isn't a 'right' answer, and the situations are sometimes deliberately vague to allow for maximum discussion around the DZ. After all, isn't it better to cover every angle whilst on the ground, with input from all your local hotshots, than to have to work it out for yourself under pressure when it happens? Do not change any of your drills without first consulting a BPA instructor and/or your CCI.

What if...

- *you visit a new DZ and hire a rig. It has a round reserve?*
- *you are at a foreign boogie and notice more people have boarded the aircraft than you think it should hold?*

Got any good ones? Send them in!

TRAVELLING WITH YOUR RIG

There are many things to consider when transporting your rig in the hold of a commercial flight. It's a good idea to put it in a waterproof bag in case of heavy rain while the baggage staff load and unload it. It's also worth considering what would happen if your bag was inspected. For this reason you might want to consider putting a large piece of paper across your rig explaining that it's lifesaving equipment and perhaps include your phone number with a request to be called to be present if any further inspection is needed. Although airport staff should handle it gently, I always have nightmares about them picking it up by the reserve handle or something, leaving me needing a repack before I can jump again. So I usually thread my chest strap through the handle and around the main lift web a few times. That way I'm not permanently stopping my reserve from opening, as I can't wear the rig properly without fixing the problem. Here's another example that was sent in, showing another way of achieving the same aim... but just with potentially disastrous consequences if you forget about the cable tie!

2

1 Know your kit before you board the aircraft, by Andrew Lovemore *2 Make sure kit is safe to jump after travelling*

FOR SALE

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If you have ever dreamt of running your own drop zone in one of the most stunning locations in the world, then this is the opportunity for you. Established three years ago and currently run by a husband and wife team, this company needs to be taken to the next level. Located in one of New Zealand's most popular tourist destinations, it offers a fantastic lifestyle opportunity for anyone wishing to make a living from their passion.

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AFFILIATED DZS AVAILABLE TO BPA MEMBERS – HOW MANY HAVE YOU JUMPED AT?

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DZ: 01524 791820
T: 01772 717624
Mob: 07501 223151/2
info@bkpc.co.uk
bkpc.co.uk
Turbine Porter

2 Bridlington
Skydive GB
East Leys Farm, Grindale Road,
Bridlington, E Yorkshire YO16 4YB
T: 01262 228 033
Mob: 07522 335713
info@skydivegb.com
skydivegb.com
Cessna 206

3 Cark
North West Parachute Centre
Cark Airfield, Flookburgh,
Nr Grange-over-Sands,
Cumbria LA11 7LS
DZ: 01539 558 672
T: 01229 889 516
skydive-northwest@totalise.co.uk
skydivenorthwest.co.uk
PAC 750XL

4 Chatteris
North London Skydiving Centre
Chatteris Airfield, Nr Stonea,
March, Cambs PE15 0EA
DZ: 01354 740 810
T: 0871 664 0113
info@ukskydiving.com
ukskydiving.com
Twin Otter, Nomad

5 Cornish
Cornish Parachute Club
Perranporth Airfield,
Higher Trevellas, St Agnes,
Cornwall TR5 0XS
T: 01872 553 352
Mob: 07790 439 653
cornishparachuteclub@hotmail.co.uk
cornishparachuteclub.co.uk
Cessna 206, guest aircraft

6 Dunkeswell
Skydive UK Ltd
Dunkeswell Airfield, Dunkeswell,
Devon EX14 4LG
T: 01404 890 222
Mob: 07718 638 000
info@skydive99.com
skydive99.com
Beech 99

7 Headcorn
Skydive Headcorn
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Kent TN27 9HX
T: 01622 891 670
info@headcorn.com
headcorn.com
Cessna Caravan, Islander

8 Hibaldstow
Target Skysports
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Brigg, N Lincs DN20 9NN
DZ: 01652 648 837
T: 0113 250 5600
info@skydiving.co.uk
skydiving.co.uk
Dornier G92 twin turbine, SMG-92 single turbine, Cherokee 6

9 Hinton
Hinton Skydiving Centre
Hinton Airfield, Steane, Brackley,
Northants NN13 5NS
T: 01295 812 300
info@skydive.co.uk
skydive.co.uk
PAC 750XL

10 Jersey
Skydive Jersey Ltd
States Airport, St Peter,
Jersey JE3 7ZR
T: 01534 747 410
info@skydivejersey.net
skydivejersey.net
Airvan, guest Turbines

11 Langar
British Parachute Schools
Langar Airfield, Langar,
Nottingham NG13 9HY
T: 01949 860 878
info@skydivelangar.co.uk
skydivelangar.co.uk
2 Cessna Grand Caravans, guest aircraft

12 Netheravon
Army Parachute Association
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generalenquiries@netheravon.com
netheravon.com
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13 Paragon
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Errol Airfield, Grange, Errol,
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T: 01821 642 454
billy.gollan@btinternet.com
paragonskydiving.co.uk
Cessna 182

14 Peterlee
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The Airfield, Shotton Colliery,
Co Durham DH6 2NH
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Cessna 182, Cessna Grand Caravan

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Road, Ipsden, Oxfordshire OX10 6AS
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info@londonparachuteschool.com
londonparachuteschool.com
Islander, Cessna Grand Caravan

16 Salisbury
Skydive Southcoast Ltd
Hangar 3, Old Sarum Airfield,
Old Sarum, Salisbury SP4 6DZ
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info@skydivesouthcoast.co.uk
skydivesouthcoast.co.uk
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17 The Silver Stars
Silver Stars
29 Regt, Duke of Gloucester
Barracks, South Cerney, Cirencester
Gloucestershire GL7 5RD
DZ: 01285 868111
T: 07716 792942
info@silverstars.me.uk
silverstars.me.uk
Finist SMG

18 St Andrews
Skydive St Andrews
Osprey Road, Fife Airport,
Glenrothes KY6 2SL
T: 0845 189 5865
skydivestandrews@mail.com
skydivestandrews.co.uk
Cessna 185, Turbo Cessna 206

19 Strathallan
Skydive Strathallan
Strathallan Airfield, Nr Auchterarder,
Perthshire PH3 1LA
DZ: 01764 662 572
T: 07836 201953
kkbrady@btinternet.com
skydivestrathallan.co.uk
3 Cessna 206, guest Turbine

20 Swansea
Skydive Swansea
Swansea Airport, Fairwood,
Swansea SA2 7JU
T: 07779 019 655
info@skydiveswansea.co.uk
skydiveswansea.co.uk
Turbine Islander

21 Swindon
Skydive London
Redlands Airfield, Redlands Farm,
Wanborough, Swindon SN4 0AA
T: 01793 791 222
info@skydivelondon.co.uk
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22 Tilstock
The Parachute Centre
Tilstock Airfield, Whitchurch,
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23 UK Para Beccles
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26 Wild Geese
Wild Geese Skydive Centre
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PBN Piston Islander

RAPA
Rhine Army Parachute Association
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atgg-jspcloc@mod.uk
Cessna Caravan

Parachuting Societies

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British Collegiate Parachute Association
Sam Lee, BCPA Chairman
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mail@bcpa.org.uk
bcpa.org.uk
A community for university skydivers

POPS
Parachutists Over Phorty
Jeff Chandler, Top POP
1 Beaulieu Road, Boscombe Down,
Amesbury, Wiltshire SP4 7PD
T: 07779 580399
jeffchandler@hotmail.com
pops.org.uk

SOS
Skydivers Over Sixty
Contact: Niels Hansen
Flat 14, 21 Victoria Sq, Clifton,
Bristol BS8 4ES
nielshnsn@yahoo.co.uk

WILD GEESE

skydivewildgeese.co.uk

A good year

With 2011 gone we look forward to 2012 and possibly the end of the world; so why not take advantage of the situation, max out all your credit cards and skydive like there's no tomorrow – I know I will!

But let's take a step back and reflect on the superb year that was 2011; superb for me as I got back in the sky after a lengthy lay-off due to a few minor bumps and bruises, superb for Simon Finlay, who received the coveted accolade of Wild Geese Student Skydiver of the Year, and likewise for Mark 'Mayhem' McGarvey who received the honour of 2011 Wild Geese Skydiver of the Year. Congratulations also to Charles 'Chas' Lawson for his people's choice award... 'Bum Tandem exit of the year'!

December saw the annual gathering of those die-hards that don't need an excuse to party and a few old friends gathering to party the night away at the annual Christmas dinner. The evening was enjoyed by all despite 'Mayhem' McGarvey making a complete idiot of himself for the second year in a row.

Signing off, I'd like to wish a Happy New Year and thank; DZO Dave Penny, CCI (and MBE) Maggie Penny, and of course Judith Lees, all the instructors, cameramen and helpers at Wild Geese that keep it the safe and successful centre of excellence we have all grown to love. Blue Skies and Monster Swoops for 2012.

Rod McCrory

1 Francis follows Stephen on a 20 sec delay

2 Rod McCrory Tandem

3 Maggie presents Chas with Bum Tandem Exit of the Year

4 Maggie Penny presents Simon Finlay with Student of the Year

CARK

skydivenorthwest.co.uk

Happy 40th birthday to Cark

With 120 club regulars descending onto the White Water Hotel like disciples from Bethlehem, Cark's 39th annual Christmas dinner was upon us. With weather conditions cold and windy, many sought solace in the stable better known as the bar. Some took to the pool whilst others were pampered with oils and massages.

The evening began with champagne on arrival; many topped up from the afternoon session as we settled in for a sumptuous dinner. Fed and watered, Stu and Mike kicked off the usual speeches and awards ceremony for the centre's achievers. Congratulation to our well-deserved winners.

Helen Shaw touches down, by Stu Morris

Kie Hayes – Skydiver of the Year
Sam Haste – Student of the Year
Steph (Google) Stephens – Outstanding Achievement
Dan Gauld – Commitment to the Sport at NWPC

Following the awards, Dennis completed the evening with a fantastic cabaret as Judge Buchanan serving sentence on those unsuspecting regulars. The dance floor was as busy as the bar as we danced the night away. Breakfast was more of a quiet affair, some attended still in their eveningwear whilst others managed in their PJs.

Another year has passed; we are older, wiser and we move into 2012 and into Skydive North West's 40th year of continued operation. To all those who have helped and assisted us on our journey, we thank you. Your commitment to the centre has allowed us to grow. Year-on-year we build on experience and endeavour to achieve more, and our 40th year will be no exception. See you in February.

Stu Morris

ACHIEVEMENTS CAT 8 & CHI Marcus Muir-Smith, Preetam Kusuma, Lucie Cox, Rory Cox JUMP NUMBERS 7,000 Peter Sizer

1 Self pic taken on Christmas eve, by James Dodd

2 Judges at Headcorn, by Ruth Cooper

HEADCORN headcorn.com

Wings bar back in business

There's been a good party scene at the club with regular social events interspersed with lots of tracking dives, hybrids and general carnage! The Christmas party at the local golf club, shared with other airfield users, was a resounding success and some of the staff, and one regular, managed a jump on Christmas Day!

By the time this is printed, Jane and Del will be back from their honeymoon to Tanzania and Zanzibar. Pete is recovering well from his mishap.

We have lots of events and fun planned for the new season and have already had a good start to the New Year — it was good to see so many regulars jumping the Islander.

Well done to Polly for getting his jump pilot's ticket and keeping the enthusiasm going for hop and pops. We're looking forward to the reopening of the Wings bar in March, and also getting a new aircraft...watch this space!

Ruth Cooper

Best year yet

Well Redlands has been shut for the last two months after the most successful year in our six-year history. A big thanks has to go to Crazy and me for making it happen, well done us!

With the year-end, everyone was trying to squeeze in a few jumps. Jason Bird managed to get his 100th in and for some reason he chose to do a mankini jump in December. With the temp of -17C on exit, his face soon turned from smiles to: "Oh my gawd, what have I done!"

Dan Morgan has settled into his new home well and has continued to rely on hope and can be seen following Jess wherever she goes. Crazy has been setting himself up for a fail, and was on the naughty table at the Xmas do due to single-handedly drinking the money behind the bar, aided by his followers Griggsy, Paolo and Dan. Worse still, Crazy went home in a sulk after being told off and was in bed by 10pm – Dan thought he had gone to town so off he went credit card in hand. £500 later and a few bottles of champagne ordered, he realised he was on his own and hope had run out!

A few other trophies were given out; Ricky Capanni won the accuracy trophy for the last day – Dan came last by a long way, with me finishing a close second with a 100 per cent in the circle bettering Ricky's tally (which apparently means nothing, not that I'm bitter). Gav Tuckley won the 'most surprised after puking in the hangar' trophy but is in Afghan. The £20 bet with me and Mark Benson is still on going too, with one year without alcohol. Both of us are boring, tired and according to our partners not very good in bed any more.

SWINDON skydivelondon.co.uk

ACHIEVEMENTS FSI Pit Pony, Andrew Griggs FFI Andrew Griggs CPI Rob "did I tell you I got my CPI" Spour, Dylan Griffith-Jones, Brucie Johnson JUMP NUMBERS 50 Hazel Gibson 100 Pit Pony 200 JI, Ed Robson, Chrissy Downer 300 Jimmy Morham 400 Simon Cresdee 600 Crazy 700 Benson, Obi Wan 1,300 Matt Ridge 2,000 Dylan

1 Brucie Johnson and Simon Cresdee holding hands on exit, by Jonny Moulder

2 Grump Dan Morgan in the plane, by Rob Spour

Let's hope Redlands has as good a year in 2012 as we did in 2011. We have a great family and I for one hope it continues to be as much fun. Speaking of fun, our annual Xmas party in February is on again; we wonder who will get lost and behave badly this year, Mark and Claire!

Dylan Griffith-Jones

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Snow worries

RAPA

atgg-jspcloc@mod.uk

Staff training in Empuriabrava was cancelled due to European weather so we carried out staff training in Germany. Not the same somehow, but kinder on the liver than Spain. We managed three hours in the tunnel at Bottrop. This was a first for Bill Sharp, his first first for a while! A bit of luck with the weather, and getting John Horne over from Holland, allowed us to complete about 20 jumps, mostly 9- or 10-ways, including some attempts at a Hindu art symbol and an introduction to freeflying and camerawork for some.

We said farewell to the incremental staff: Henry, Mark, Stee, Sam, Jay, Dave, Ben and Gopro 1. We hope to see you all back at the DZ in the future, especially Gopro 1!

Big news is that RAPA continues without JSPC(L). If your funding can't stretch to a far flung 'exotic' DZ, then why not try an 'exotic' European DZ?

Seb Muntz

1 Nothing stops RAPA

2 Stevie Martin after many years as Admin Sergeant at JSPC(L)/RAPA at last plucks up the courage to do a tandem

CORNISH

cornishparachuteclub.co.uk

By Ross Houlston

We got the funk!

Happy New Year! The end-of-season party was agreed by all to be the best one yet! The weather unfortunately was unkind and didn't allow any jumping on the last day, but this gave us all plenty of time to set up the stage in the marquee for the band, finish off the prep inside and allow more time for the famous punch to settle!

A massive thanks to everyone who attended, Alison for a great spread of food, Tim and his band, *4 Tons of Funk* — you rocked all night long — Phil for all your help on the day providing heaters etc, Sally for the Doombar (two barrels next year I think) and to anyone else who helped through the day — it was very much appreciated! People travelled from far and wide; it must have been the offer of free food and beer! However, the punch took its first victim early with Vanda on her back literally after three glasses; luckily Dr 'get a job' Jackson was on hand!

So 2011 saw our first full year in our new building and another very safe year for the club. Thanks to everyone involved on the staff and to all our pilots for a sterling job. Me, Dave and Chrissy wish everyone another safe year skydiving at the centre. Let's hope for nothing but blue skies and light winds!

Ben Wood

Events planned

DUNKESWELL

skydive99.com

Despite a fairly poor end to the season weather-wise, we made use of having one of the fastest jump planes around to get up quick enough in the gaps in the clouds to keep everyone jumping.

In December we ran another FS progression weekend with coaching from members of *Gr4vity* with the focus being on 4-way. This was attended by a couple of new 4-way teams who have just been put together – so the best of luck to them in 2012.

Our new restaurant and bar was introduced to 70 drunken skydivers for the first time when we held our Christmas party. Tickets completely sold-out and there were lots of good efforts in the aviation fancy-dress theme. Once the bar was closed, the party continued into the early hours in the packing shed, with the DZ tannoy system being wired up with music at 5am; much to the delight of some of the campers who clearly left the party too early!

Work is well under way for organising events for the coming year including our renowned Twin Beech Boogie being held on the 24th-29th July; and there will be many more parties to come – in our new bar! Our full events list can be found on our Facebook page and website – there will be something for everyone.

As the season gets going again, Dunkeswell remains a great place for team-training and we have teams who are starting to plan their training schedule for 2012. If you would like a quote on some very competitive team rates call our office on 01404 890222.

Jason Farrant

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BECCLES ukparachuting.co.uk

Exciting times ahead

As a close to the end of the 2011 season here at UK Parachuting Beccles, the Christmas and annual awards party was held at the Wine Vaults, Beccles and, as always, was a well-attended and lively affair. Thanks to all the venue staff for looking after everyone so well.

Congratulations to Jennie Sedgwick who was awarded the trophy for club jumper of the year 2011. Another well-earned achievement went to Rick 'Realboy' Thompson who was presented with the 'Spanner of the Year' award. Rookie of the year went to Kathy Ayling.

Gavin Rixon and Ian Fleming, by Mike Wemyss

ACHIEVEMENTS CAT 8 Luke Mulachowski, Mike Slater, Ross Lanchbury CH2 Ran Macdonald AFFBI Zuz Tilner TBI Tibi Pevan CHIEF PILOT Ben Thorsen JUMP NUMBERS 50 Lewis Young 200 Danny French 500 John Aldiss 2,000 Steve Wickham

2012 is going to be an exciting time at Beccles! There are lots of ideas in the pipeline, starting with a coaching day on the last Sunday of every month, starting on 26th February. It will be very informal and aimed at people wanting to progress in FS, probably starting with 4-way building up to larger formations depending on experience levels on the day. Absolutely everyone is welcome — there will be something for all skill levels and it will be good fun. All you will pay for is your slot, and kit-hire if required — the coaching will be FREE. Tomo will be your coach for the day, and he'll be happy as he's made some New Year's resolutions! What are they? Well you'll have to come down to Beccles to find out! Seriously, this coaching day is not to be missed, with one of the best FS coaches around. Let's keep him jumping all day!

The club would like to welcome 4-way FS team *Fiasco* who've chosen Beccles as their home DZ where they will be primarily based for team-training in the forthcoming year. They had a fantastic 2011 and we wish them further success in 2012.

And lastly, please, please, PLEASE, I need your pics. With all those GoPros about I should have plenty of cool photos to choose from next time.

Michael Wemyss

HINTON skydive.co.uk

The first Saturday of the New Year was a lovely day for January and jumpers flocked to the DZ to get back in the sky. For the pleasure of club members a major refurbishment of the shower block is under way, but in the mean time we apologise for any inconvenience.

We'd like to welcome baby Rose into the world with a congratulations to Emma Roberts and Lee Petherick. They brought their new arrival to the Christmas party where she behaved very well – sticking to milk unlike most of the party goers! The venue, entertainment and food were great and a good time was had by all. This year the winners of the annual awards were; Nick Collins (student of the year), Carol Beaumont (new club-member of the year), Lee Bennett (club-member of the year), Paul Ledden (off-landing of the year) and Bob Miller (staff-member of the year).

With the DZ closed over Christmas, a group of regulars headed off to Winter Wonderland in Hyde Park to get some thrills and spills on the fairground rides instead. Thanks to Lou Joyce for organising.

Matt Abram will be leaving Hinton in February to go and enjoy slightly warmer weather over in France. From everyone at Hinton we would like to wish him well.

Dates for the diary: 7th-8th April are the dates for the Nish Bruce Memorial scrambles; always a good event to come and join in. On the 7th-8th July we will be closed for the Silverstone Grand Prix. We look forward to another fun and successful year of jumping in 2012!

Sarah-Jane Peart

ACHIEVEMENTS AFF GRADUATES Lilya Le Coq, John Hargreaves, Campell Fletcher, Nic Collins, Michael Poli, Gerwyn Legg, Beau West CH2 & JMI Felix Hay, Darren Hallett, Carol Beaumont WSI Harry Hill FSI Vikki Topliss CH COACH Georgina Roles JUMP NUMBERS 50 Glenn Wainwright, Nic Collins, Mohamad Hadi 1,000 Georgina Roles

LANGAR skydivelangar.co.uk

Playing it safe

ACHIEVEMENTS CAT 8 & CHI Maggie McMahon, Nadia Trykozko CH2 Nev Fox JMI Nev Fox FSI Ricardo Quail, Matthew Flint, Luke Wigman, Dan Scott JUMP NUMBERS 50 Alex Whitehead 100 Grace Gimson 300 Karen Neilsen 400 Mark Wane 500 James Pritchard 600 Ruth Jordinson 1,100 Sian Stokes 1 hour freefall Nev Fox

Well, despite the supposed recession, 2011 kept our Grand Caravans busy all year. We had a huge regeneration of mid-week jumping, so 2012 is looking good for anybody skiving off work to jump.

Historically, 87 per cent of our jumps are done by experienced fun jumpers, and in 2011 we maintained that record. If you want to get plenty of jumps in, Langar is the place to be! Talking of which, thanks are due to all the visiting jumpers who, outcasts from their closed local DZs, joined us over Christmas and New Year. Hope to see you all more often!

Plenty of stuff upcoming in 2012 – to start the year we've got a Freefly Scrambles competition over the weekend of March 17th-18th, which should be loads of fun. For the flat-flyers, there's a 6-way meet on 31st March and 1st April, and we'll have our usual mini-Boogie over the Easter weekend. Dave Lewis's initial Pinch Jump weekend of the year is on 3rd March – it's an organised event for flat groups of all abilities, scheduled for the first weekend of each month. More information at www.strollerweb.co.uk. Dave and his team will also be at the first of our two annual Boogies which runs from 5th-13th May. More details on all events are to be found on our website, www.skydivelangar.co.uk.

Langar Safety Day is on 10th March this year, with both practical and theoretical sessions throughout the day. The idea is that everybody is reminded of all that stuff that keeps us safe and in one piece – many people cut down their jumping over winter (or even stop altogether – weird!) and so can be under-prepared when the better weather arrives. Safety Day is for everybody, from the rookie student right up to those guys with thousands of jumps. We're all subject to the same risks, so get yourself here and give a day over to improving your knowledge and skills. If you're already thinking, "I don't need that", then you are exactly the person who should attend... see you on the day!

Tony Danbury

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SWANSEA

skydiveswansea.co.uk

ACHIEVEMENTS CPI Ben Jenkins FSI & FFI Mike Phillips FFI Toby
JUMP NUMBERS 100 Mike Phillips 200 Tanya (who opted to take the cameraman's view of the skydive during her 200th)

The new plane, by Sara Williams

After months of anticipation the Caravan finally arrived in December with the registration G-SYLV in memory of Sylvia Young who was Sara's mum. Sylvia helped us with the deposit for G-LEAP three years ago and without her help at the time none of this would have been possible, so Welsh skydivers will be forever in her debt!

The end-of-year bash was well-attended and held in the Morgan Hotel in Swansea (we do intend to return there this year as the venue and food was fab... date tbc). Tom was awarded the bum spot of the year award and Top Gun 2011 went to a well-deserved Paul Robinson. Overall 2011 was a memorable year for the weather being so rubbish, which caused jump figures to be down on 2010. However, it ended well with a bigger and better plane arriving ready for the year ahead and from April onwards the DZ will be open on Fridays.

We say goodbye to Ryan Mancey but welcome Tandem Instructor Paul Kendal to the team this year with Mick McPhee in charge of AFF, Kris Wojciechowski looking after FS coaching, Ricky Davies FF coach and Daniel Jones load organising.

Carl Williams

TILSTOCK

theparachutecentre.com

ACHIEVEMENTS JMI & CH2 Nicky Marr FSI Ellie Southworth JUMP NUMBERS 50 Andy Fewtrell 100 Caroline Vaughan, Roger Hughes 300 John Poole 3,000 Alex Busby 1 HOUR IN FREEFALL Andy Fewtrell

Looking back over a great 2011

As 2011 drew to a close we celebrated in true Tilly style at our Christmas party and AGM; a great night was had by all and for many it turned into a great morning and a sore next day! We looked back on the best year ever at Tilly for jump numbers, with only 11 days lost to the weather. 2011 was also a great year for safety with no experienced jumper injuries – well skydiving related anyway! The annual awards were given out by Colin and Lyn; student of the year was won by Dale Hamilton and club member of the year went to two members, Eddie Milnes and Steve Parton in recognition of all the work they have done improving the club.

We've welcomed back home one of our old friends, tandem instructor Tony Lightfoot and we also welcomed a new Tilly tandem instructor Lee Rhodes. Richard Barron will also be returning in January as an additional CSI.

Sally, one of our manifesters and a dear friend, is leaving us again. We will all miss her and we're glad that she managed to stick around for the Christmas party this year. She is off to sunnier shores, back to the beautiful Caribbean island of Utila where she has a beer stool with her name on it!

The Tilly tunnel trips have continued and we have been working on our 4-way skills, with everyone feeling the improvement! Caroline Vaughan has been busy in the tunnel competing in the scrambles. She came second in the 3-way Milton Keynes scrambles and came first in the 4-way Manchester scrambles. She also won five minutes tunnel time at each scrambles. Well done Caroline.

Ellie Southworth achieved her FS1 by completing a wonderful 4-way managing six points from 9.6k! Well done Ellie, amazing achievement! 2012 promises to be a great year for Tilstock. Buzz has lots of things planned for experienced jumper progression as mentioned in the last update, so come and visit us. We're open every Saturday from 14th January (apart from the 28th) then, from March, we are open every Friday and bank holiday Monday. We will also be open on some Thursdays, dates to be confirmed.

Ann Furmedge

AGM awards
Student of the year – **Dale Hamilton**
Club member of the year – **Eddie Milnes and Steve Parton**
Crater of the year – **Roger Hughes**
Bum Spot – **Woof**
Take up Golf – **Tony Lightfoot**

NETHERAVON

netheravon.com

ACHIEVEMENTS AFFI Kim Mason TBI Chris Sharmen, Cam Williams, Dom Hines

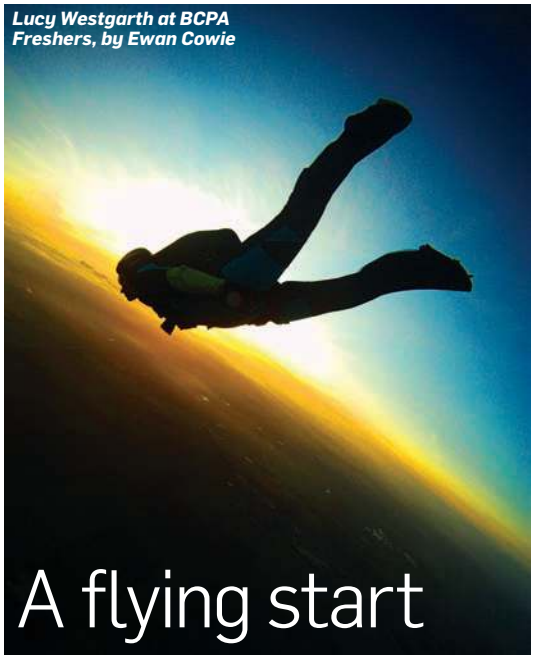
Marcus Speed's tandem, by James Lee

The New Year brings lots of change for Nethers – look out for the new manifest system, some subtle infrastructure changes, one or two staff changes and a refreshed, redesigned website coming to a computer screen/handheld device near you! Keep an eye on the website for details of what is the 50th anniversary year of the APA. Planning is well under way with a 60-way event and freefly boogie planned for the Jubilee weekend as well as wingsuiting events throughout the year.

Planning is also under way for much, much more, including safety days, progression events and a rather special posh-frocks do later in the year. Keep an eye on the website for details as they are finalised.

It was lovely to see our old friend Speedy (Marcus Speed) following his mishap with a mountain. Marcus got back in the air when he did a tandem with Geoff and friends.

Kathryn Salisbury



Lucy Westgarth at BCPA Freshers, by Ewan Cowie

A flying start

BCPA bcpa.org.uk

Just a few months into the new BCPA year and we're already off to a flying start! BCPA Freshers was held at Skydive Hibaldstow in November for the first time in a few years and was very successful with a record turnout, some great competition entries and most importantly a new 'penis-of-shots' record set (you'd have to be there to understand!). Many thanks to Stu, Noel, Karen and everyone at Hibaldstow for hosting the event.

The changes in BCPA League rules for this year have also been well received, with heaps of great entries to date, and a few interesting ones! We're looking forward to seeing how these changes continue to affect the leagues throughout the year, and of course will review the impact to ensure continuous improvement before our AGM at the BCPA Nationals at Sibson in July.

The BCPA Indoor Championships will have taken place on the 18th and 19th February at Airkix Manchester; all 16 hours of tunnel-time sold-out in less than an hour! A few technical issues aside, the new BCPA website is now up and running and we intend to make greater use of this as the year progresses. You can see the website at www.bcpa.org.uk.

If you've missed out on the past and sold-out events, worry not! There are still loads of events coming up which require no advance registration. We are taking a BCPA event back to Langar on the weekend of 9th-11th March, with the return of the infamous 'bad taste' fancy dress, some 'fun' competitions using a more interesting 3-way FS divepool (including flips and stuff!), and more discounted FS coaching! On the May bank holiday weekend (Friday 4th-Monday 7th) we are heading down to Dunkeswell for an extended weekend taking advantage of the amazing Beech 99, the fastest jumpship in the UK, going to 15,000ft every lift!

Keep an eye on the Facebook group and our website for more details of these and future events.

Sam Lee, BCPA Chairman

STRATHALLAN skydivestrathallan.co.uk

A hazy shade of winter

It's been a busy winter at Strathallan, and fortunately we've been spared *The Day After Tomorrow* levels of snow that last year brought us, allowing jumping to continue throughout November/December – although woolly jumpers were advised! We've managed to get a whole wad of students trained up and our three new DZ controllers have all been thrown straight in the deep end!

Kudos to the party organisers in setting up three excellent birthdays, Halloween, Bonfire Night, two curry nights including Christmas dinner, the AGM and a Hogmanay party all falling within about a month and a half! Not bad going at all!

The AGM was of particular note, the assembled club members voted to return most of last year's committee, with the addition of Dave Hart and Steve Hughes. The awards were presented to Ivor Smith (Student of the Year), Adele Scott (Albert Wheeler Memorial Trophy), Ralph Fielding (Tom Dickson Memorial Quaich for services to skydiving in Scotland) and Steve Hughes (Club Spirit Award). Following this was a cracking good curry and the traditional premiere of the End-of-Year Video.

Strathallan saw out the end of 2011 with some fireworks and an awkward rendition of Auld Lang Syne. Once again we've had a cracking good year; August week, the CRW course, the Country Boogie, and countless other parties, memorable jumps, laughs and personal triumphs. As always the trick behind this is the enthusiasm of the club members in pulling together and bringing their own talents to the table. Here's to more of the same and blue skies in 2012.

Jonny Danks

ACHIEVEMENTS First freefall **Graeme Beattie, Paul Hunter, Elaine Ormand** CAT 8 **Stephen Smith, Kieran Fey** FSI **Antonis Thomas, Michael Lee**

'Zorba the Greek', by Big Barra

HIBALDSTOW skydiving.co.uk

Billy

Cat Lees

ACHIEVEMENTS First freefall **Liam Goddard** CAT 8 & CHI **Megan Classe, Dodge Rodgers**

Student invasion

November opened its doors and with it, this year's fine Student intake. York University have been enjoying somewhat of a renaissance this past year, with more students than ever sticking to skydiving and progressing to freefall. Our first first-freefaller this year was Liam Goddard who braved the cold to pass his DPs and nailed his freefall on the last weekend of the 2011 season — keep it up York! The student invasion continued as Hib played host to the BCPA Freshers in November. Over 100 students arrived to try out our fine DZ. A huge weekend was had by all with lots of jumping and partying, proving that the season just does not end at Hib and we never sleep!

We closed out with the Christmas party and with it, the people's awards for the movers and shakers of 2011. Particular highlights included Cat Lees taking most-progressed student of the year, *Incognito* being voted team of the year and our newest instructor, Duncan Cockburn, stealing the show to take Skydiver of the year 2012 — a great end to the season for all.

With the DZ opening early this year and with events on almost every weekend, even in January and February, why not start the season with a bang. We hope to see everyone very soon.

Stu Ferguson

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Onwards and upwards

SIBSON skydivesibson.co.uk

Firstly a very happy new year to all our regular jumpers and here's to 2012. Last year was a record year for jump numbers but there's no hanging about so onwards and upwards for 2012 – we don't just sit about after a great season. We're putting in place more changes at the DZ to help it grow and improve the facilities. Poor Chris will be aching by the time he reads this having completed some of the jobs around the place in the bitter cold. So thanks Chris.

We will have kicked off straight after the BPA AGM weekend, so come on down as jumping in February is awesome. The view from the aircraft is the best in the colder months; ask Mark Harris to point out the River Thames next time you're at altitude. We have loads of events planned such as three progression weekends for A and B certificate; one per month from Feb-April. So get those briefings during the quieter time of the season.

Last year we had so many people progressing we were running out of FS coaches. So for 2012 Sam Lee will head up the FS coaches and has a list as long as your arm of top coaches waiting to help you get your FS1 and beyond. Looking ahead at the season we're also planning another awesome boogie week with some interesting aircraft (yes, the helicopter is back!) as well as a G-92. We will also have the usual lift capacity of two Cessna Caravans and a third if we need it, so loads of available lift space.

1 Guy and Eliza fun jumping, by Paul Dorward

2 Iain Martin, posing as usual, by Paul Dorward

ACHIEVEMENTS FSI Iain Martin

If you want a balloon, email Chris the CCI! We are also offering great team-rates if you wish to train. Email the office or give us a call to discuss the rates.

FS Scrambles: 26th-27th May
Safe Flight School with PD Team Member Brian Vacher: 29th June-1st July
British Collegiate Parachute Association (BCPA) UK Nationals: 4th-8th July
UK Parachuting Sibson BOOGIE: 20th-29th July
Speed 8 & CF Nationals: 8th- 9th Sep

If you haven't been to Sibson before then come on down. We're a friendly bunch. Bunkhouse is £5, camping is free and the Phoenix bar and grill have an awesome menu and is THE place to party!

Why not follow us on twitter, add us to your facebook or check out our website www.skydivesibson.co.uk/events to keep up to speed with all the happenings at UK Parachuting Sibson.

Congratulations to CCI Chris McCann and his partner Lesley. Chris proposed to Lesley in the Maldives, with the world's biggest diamond ring that he had custom made specially; Lesley finally being able to make an honest man of him.

Paul Dorward

Stephen Smith getting down

ACHIEVEMENTS FSI Rebecca Ormshaw, Oli Hare CSBI Nigel Peacock CSI Paul Hardy JUMP NUMBERS 50 Oli Hare 300 Lucy Eldred 600 Trev Garrett 700 Mal Smith 2,000 Dave Taylor

PETERLEE skydiveacademy.org.uk

The last couple of months have been far from a quiet run-down to the end of the year at Peterlee. Our University clubs have been actively recruiting aspiring parachutists for the centre to train and most weekends saw us training a couple of syndicates each week. Many thanks not just to the Universities for recruiting these trainees, but to our Instructors and their assistants for training them. During this time Nigel Peacock gained his CSBI rating, Paul Hardy his CSI rating and Nick Brown is through the first leg of his Instructor Examiners Rating. Given the demand, we are still in need of recruiting and qualifying more instructors.

Sadly the weather curtailed a lot of mid-week parachuting but steady progress was made on the weekends with plenty of keen students to keep us occupied. Our Christmas Function and Presentation of Annual Awards, held early this year, proved a great success with Si Flisher taking the most Persistent Student Award, Oli Hare the Most Progressed Student of the Year Award, Michelle Tilley the Landing of the Year Award and Newcastle University received the University Shield.

Our tandem instructors trained a record number of tandem students for us and, looking by our sales of Christmas vouchers, there will plenty more coming through in 2012, which will be our 25th year at Peterlee. A happy New Year to you all.

Ian Rosenvinge

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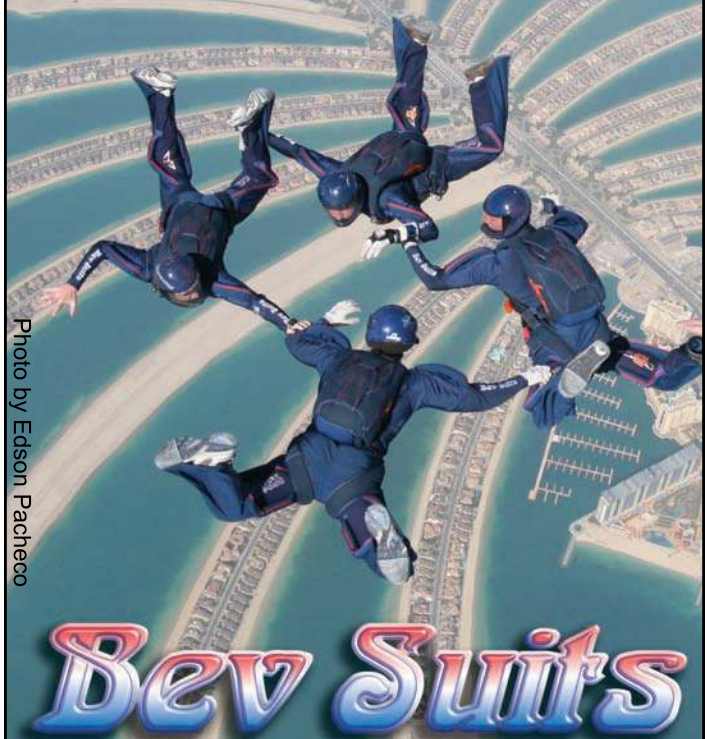

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BRIDLINGTON

skydivegb.com

2012 proved a good year for Skydive GB and, despite a few minor incidents (such as crashing the plane), the season went well! We've continued to jump over the winter period and even managed to jump on New Year's Day. It wasn't the most pleasurable of conditions but well worth being on the lift to witness Chris Occomore fall out of the plane on his 1,000th jump.

It's with open arms that we welcome the Airvan to Skydive GB which is now our resident aircraft. This means we can increase our volume of tandems and fun jumpers and is a definite improvement and, more importantly, it has a fantastic heater!

The Christmas party was amalgamated with George 'clunk click' McGuinness's surprise 65th birthday party. The night was a success, thanks to Geraldine and Mandy's planning and preparation. Awards were presented, including Best Student to Ian Davies, Skydiver of the Year to Samuel Cavendish and Worst Accuracy to Danny 'Cara-Dan' Coultrup. The pilots excelled themselves and picked up the Dipstick Award (Bill Tiplady) and Wingtip Award (Stuart Palmer).

Samuel Cavendish achieved his FS1 in January, congratulations, you are unstoppable! Congratulations to Sharon Robinson, affectionately known as Shazza Banga; who completed her first static-line jump over the skies of Bridlington. Sharon did exceptionally-well on her jump but apparently we've created a monster as she's now more interested in Brian Vacher's canopy handling books than her partner Jason; maybe Jason should try reading them too!

A massive thank you goes to all our regular staff and jumpers who make Skydive GB the place that it is. Over the past season everyone has got their hands dirty and helped out an immense amount, from demolishing caravans to building mock-ups! We are truly grateful for your support and hope you will continue to support us throughout 2012 (free labour is a bonus!). A particular thank you to Simon Rehill, our tireless tandem instructor, who never gets a mention in the mag — thanks Si. Happy New Year.

Sara Orton

ACHIEVEMENTS FS1 **Samuel Cavendish**
JUMP NUMBERS 1,000 **Chris Occomore**

BLACK KNIGHTS

bkpc.co.uk

A big thank you

As one season ends so another begins. The weather was not so kind to us towards the end of the year but 2012 is hopefully going to be full of sun and happy faces, even if the weather starts off cold!

Our end-of-year party at the Crofters was once again a big success. A big thank you to Megan for getting everyone's monies and menu choices, you did a great job, as always. We raised a total of £221.50 from the raffle on the night, so a big thanks to all who bought a raffle ticket. It was great to welcome old and new faces to our BKPC family. The beers flowed well and the dancing was never going to win Strictly Come Dancing but, what the heck, it was unique. Everyone scrubbed up lovely and it was great seeing the girls in their 'posh frocks' and the boys in 'posh attire' — some even wore a tie!

A big thank you to John who spent most of the year collecting clips of BKPC and putting together a great end of year DVD. I'm sure Phil will be 'keeping his head up' from now on! To all of those who bought a DVD, THANK YOU! We raised a further £100 towards the air ambulance. They will be on sale in the office for those who wish to purchase a copy. We can also let you know that the 'swear box' has raised another £92.73 for the North West air ambulance so be aware; we will be listening to you all next year and collecting those fines! Big congratulations to Ewan Cowie on achieving his FF2 qualification. Well done from everyone and we look forward to you coaching in 2012 here at BKPC.

We look forward to welcoming you all to the centre and just want to remind you that the instructors are available for coaching and advice on all aspects of your skydiving — so come and ask your questions.

Megan Bee

ACHIEVEMENTS First freefall **Stuart Barnes**
AFF graduate **Katrina Taylor** CAT 8 **Adam Smith**
FS1 **Stuart Selley** FF2 **Ewan Cowie** JUMP NUMBERS
50 **Stuart Selley** 200 **Carl Marsh** 400 **Pete Williams**
500 **Tony Strugnell** 1 hour freefall **Roger Hughes**

EVENTS ZONE

For more event details, visit the Events Zone at skydivethemag.com

By Willy Boeykens

March

9 March - 11 March
U BCPA Langar
Location: **Langar** · skydivelangar.co.uk

10 March
U Safety Day
Location: **Langar** · skydivelangar.co.uk

16 March - 17 March
CP HEAT Canopy Coaching Course
Location: **Tilstock** · theparachutecentre.com

17 March - 18 March
FS Escondido House of Dock with Skydive Choreography
Location: **Hibaldstow** · skydiving.co.uk

17 March - 18 March
A March Bullet Freefly Scrambles
Location: **Langar** · skydivelangar.co.uk

16 March - 18 March
FS Shamrock Showdown
Location: **Deland, Florida** · skyleague.com

22 March - 25 March
FS Dubai500 Captains 60-way camp
Location: **Empuria** · dubai500.com

26 March - 30 March
BPA BPA Instructor course (Tandem, AFF, Pre-Adv)
Location: **Langar** · bpa.org.uk

31 March - 1 April
FS 6-way FS Competition
Location: **Langar** · skydivelangar.co.uk

April

3 April - 8 April
U Skydive EXPO
Location: **Deland Florida** · skydiveexpo.com

6 April - 8 April
U Bodyflight World Challenge
Location: **Bedford** · bodyflight.co.uk

7 April - 8 April
FS Nish Bruce Memorial Scrambles
Location: **Hinton** · skydive.co.uk

7 April - 9 April
CP Safe Flight School
Location: **Hibaldstow** · skydiving.co.uk

13 April - 14 April
BPA BPA Freefly coaching roadshow with Team Kinetic
Location: **Tilstock** · bpa.org.uk

14 April - 15 April
FS Escondido House of Dock &
WS House of Flock
Location: **Hibaldstow** · skydiving.co.uk

21 April - 22 April
BPA BPA FS coaching roadshow
Location: **Peterlee** · skydiveacademy.org.uk

23 April - 27 April
BPA BPA Instructor course (Tandem, AFF, Pre-Adv)
Location: **Hibaldstow** · bpa.org.uk

May

3 May - 6 May
FS P3 Big-Way Camp
Location: **Perris, California** · p3skydiving.com

4 May - 7 May
FS Patrick Passe 32-way Sequential
Location: **Netheravon** · netheravon.com

4 May - 7 May
WS Wingsuit Competition
Location: **Netheravon** · netheravon.com

4 May - 7 May
U BCPA Dunkeswell
Location: **Dunkeswell** · bcpa.org.uk

5 May - 13 May
B/F Langar Boogie 1
Location: **Langar** · skydivelangar.co.uk

8 May - 10 May
CP Safe Flight School
Location: **Langar** · skydivelangar.co.uk

10 May - 13 May
FS P3 100-Way Camp
Location: **Perris, California** · p3skydiving.com

12 May - 13 May
FS UKSL FS 4-way
Location: **Peterlee** · skydiveacademy.org.uk

14 May - 18 May
BPA BPA Instructor course (CSBI, AFFBI, TBI & Advanced)
Location: **Strathallan** · bpa.org.uk

16 May - 20 May
FS P3 200-Way Camp
Location: **Perris, California** · p3skydiving.com

19 May - 20 May
FS Simon Cathrine's Introduction to Big-way
Location: **Hibaldstow** · skydiving.co.uk

21 May - 25 May
BPA BPA Instructor course (CSI)
Location: **Strathallan** · bpa.org.uk

25 May - 28 May
WS Wingsuit Formation Camp
Location: **Perris, California** · wingsuitworldrecord.com

26 May - 27 May
FS UK Parachuting Sibson FS Scrambles
Location: **Sibson** · skydivesibson.co.uk

30 May - 10 June
FS Aussie National Record '12
Location: **Perris, California** · p3skydiving.com

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KEY

BPA BPA EVENTS
CP CANOPY PILOTING
FS FORMATION SKYDIVING
CF CANOPY FORMATION
S&A STYLE & ACCURACY
B/F BOOGIES/FUN
A ARTISTICS
WS WINGSUIT
U UNCLASSIFIED (inc POPS)

By James Lee

June

1 June - 3 June
CP Safe Flight School
Location: **Black Knights** · bkpc.co.uk

1 June - 4 June
U BCPA Scots On Tour 2012
Location: **Cark** · bcpa.org.uk

2 June - 5 June
FS 60-way weekend & A Freefly Boogie
Location: **Netheravon** · netheravon.com

2 June - 5 June
A Go Vertical
Location: **Langar** · skydivelangar.co.uk

9 June - 10 June
FS UKSL FS 4-way
Location: **Langar** · skydivelangar.co.uk

16 June - 17 June
A Freefly coaching roadshow with Volare
Location: **Peterlee** · skydiveacademy.org.uk

16 June - 17 June
FS Escondido House of Dock &
WS House of Flock
Location: **Hibaldstow** · skydiving.co.uk

16 June - 30 June
U BCPA Tour
Location: **Elsinore** · bcpa.org.uk

19 June - 24 June
B/F Vector Festival
Location: **Prostejov, CZ** · vectorfestival.com

23 June - 24 June
FS 28-way competition
Location: **Hibaldstow** · skydiving.co.uk

28 June - July 8
U 11th World POPS Meet
Location: **Teuge, Holland** · pops-nl.com

29 June – 1 July
CP Safe Flight School
Location: **Sibson** · skydivesibson.co.uk

July

4 July - 8 July
U BCPA Nationals 2012
Location: **Sibson** · bcpa.org.uk

5 July - 8 July
FS P3 Power Play
Location: **Perris, California** · p3skydiving.com

7 July - 13 July
FS A Armed Forces Parachute Championships
Location: **Netheravon** · netheravon.com

14 July - 15 July
FS UKSL FS 4-way
Location: **Cark** · skydivenorthwest.co.uk

20 July - 29 July
B/F Sibson Boogie
Location: **Sibson** · skydivesibson.co.uk

24 July - 29 July
B/F Twin Beech Boogie
Location: **Dunkeswell** · skydive99.com

August

11 August - 13 August
FS FS 4-way & A VFS Nationals
Location: **Hibaldstow** · skydiving.co.uk

18 August - 20 August
FS FS 8-way & A Artistics Nationals FS FS 4-way & A VFS Nationals reserve
Location: **Hibaldstow** · skydiving.co.uk

25 August - 27 August
FS FS 8way & A Artistics Nationals reserve
Location: **Hibaldstow** · skydiving.co.uk

26 August - 2 September
FS FS & A Artistics European Championships
Location: **Prostejov, Czech Rep.** · fai.org

September

7 September - 9 September
FS ESL Finals
Location: **Moorsele, Belgium**

8 September - 9 September
FS 8-way speed & CF CF Nationals
Location: **Sibson** · skydivesibson.co.uk

8 September - 16 September
B/F Langar Boogie 2
Location: **Langar** · skydivelangar.co.uk

15 September - 17 September
WS Wingsuit World Record Camp
Location: **Perris, California** ·
wingsuitworldrecord.com

19 September - 23 September
WS Wingsuit World Record
Location: **Perris, California** ·
wingsuitworldrecord.com

20 September - 28 September
B/F Equinox Boogie
Location: **Toogoolawah, Australia** ·
ramblers.com.au

We welcome our new cartoonist, Baz from Langar

PHANTOM X

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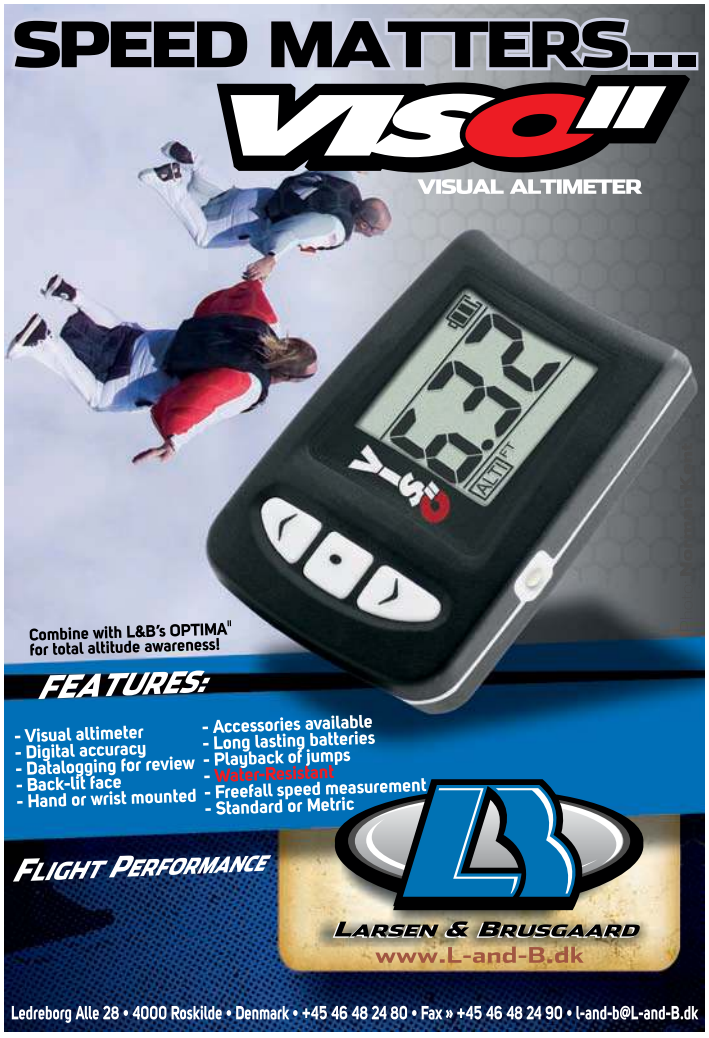

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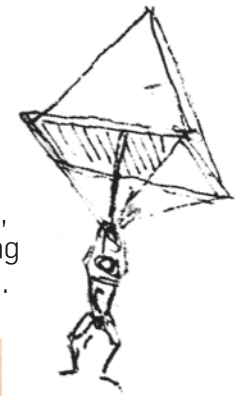
The first parachutes



How long have parachutes been around? Well aeroplanes are about a hundred years old, so perhaps about the same? But then hot air balloons were around before that, and being jumped in the UK as early as 1838, so that's got to be where it star ted, right? Not quite...

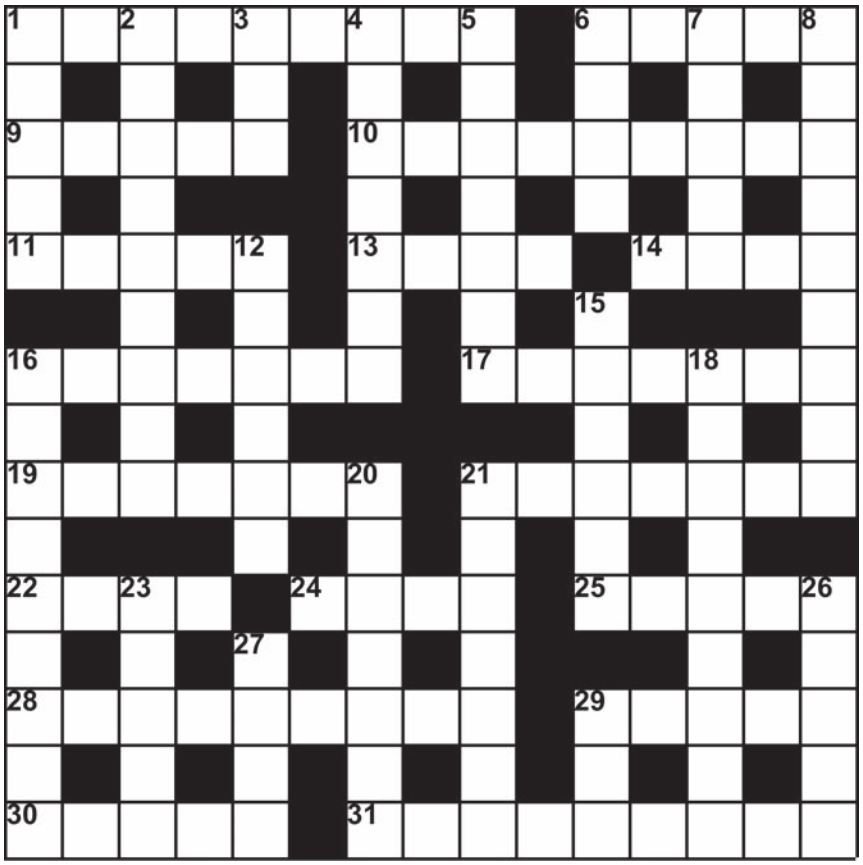
One of the earliest known parachute designs was a sketch by Leonardo da Vinci in 1485, alongside which he had written: "If a man is provided with a length of gummed linen cloth with a length of 12 yards on each side and 12 yards high, he can jump from any great height whatsoever without injury."

Fast forward to 2000 and Brit Adrian Nicholas took a step back in time by jumping da Vinci's original 1485 design. "It took one of the greatest minds who ever lived to design it," Nicholas observed, before adding modestly, "but it took 500 years to find a man with a brain small enough to actually go and fly it."

Da Vinci also gave us the famous quote: "For once you have tasted flight you will walk the earth with your eyes turned skywards, for there you have been and there you will long to return." ●

PUZZLE

Paul Boorer



Across

1. Judgements
6. Stretch out
9. Waiting time before deployment
10. Person practising skydiving (4,5)
11. Turns rapidly
13. Cinema system
14. Primary colour
16. Flying toy
17. Deployment retarders
19. Types of formations
21. Good health
22. Bend the back
24. Buttocks
25. Travel without power
28. Checked
29. Shut
30. Wind blasts
31. Skydiving outfitter

Down

1. American Geezers
2. Crash
3. Vault of heaven
4. Outmoded (3-4)
5. Fails to deploy properly
6. Journey
7. Fast falling skydiver
8. Rigs' straps
12. Cambridgeshire drop zone
15. Cypres Manufacturer
16. Flying in specific arrangement
18. Control surfaces
20. Cloud type
21. Lack of restriction
23. Spanish skydiving aircraft
26. Woody plants
27. Piece of curved glass
29. Drop zone authority (inits)

Across
1. Decisions 6. Reach 9. Delay 10. Dirt diver 11. Spins 13. Imax 14. Blue 16. Frisbee 17. Sliders 19. Randoms 21. Fitness 22. Arch 24. Arse 25. Coast 28. Inspected 29. Close 30. Gusts 31. Symbiosis

Down
1. Dudes 2. Collision 3. Sky 4. Old-time 5. Streams 6. Ride 7. Anvil 8. Harnesses 12. Sibson 15. Alrtec 16. Formating 18. Elevators 20. Status 21. Freedom 23. Casas 26. Trees 27. Lens 29. CCI

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