

POST FLIGHT ANALYSIS

Objective: To enable a pilot to gain an insight into their style of flying with a view to improvement.

How do we use our flights?

We critique ourselves by using an analytic approach to our flights on any given day. Where possible we should compare our flight with others made on the **same** day, and we should always try to use at least 2 trace's from the same task. Effort should also be made to obtain a good spread of skill. Ask the club hotshots for their traces, as well as pilots of similar level. This way we can see how our flights compare to others, highlighting areas for improvement as well as our strengths. Where possible debrief as a group to share ideas and experiences.

If you have flown a flight on your own, use the national ladder to find a similar flight in your task area and compare the flights as best as possible.

What should we be looking for?

A trace can reveal a huge amount about how a pilot tackles a flight if we use good flight analysis software such as 'Seeyou'. There are any number of things to focus on, here we are looking at 4 main areas:

Statistics – what do the numbers say?

- Average thermal strength
- Average glide L/D
- Average glide lengths
- Thermal tries

The trace

- Deviations
- Decisiveness / glide speed to next thermal
- Centering / mixed thermals
- Use of height bands

Tactical

- Pre start positioning
- Turn point execution
- Airspace positioning
- Leg trends
- Final glide – glide or climb?

Psychology

- Gear changing
- Low points
- Turn point planning
- patterns

Example flight 1: blatant skill spread to demonstrate above bullet points

Pilot 1 - Ex World Champion

Pilot 2 - Nationals pilot

Pilot3 - First Nationals.

Example flight 2: closer spread with more subtle points – range of classes

2 x standard class gliders

1 x 18 meter glider

1 x 15 meter glider

NOTES

Questions:

- What do you think each gliders span is? What difference has this made to the flights flown?
- What do you think the conditions were like?