

DIAGNOSTIC SURVEY
FOR
COMPETITION PILOTS

By George B. Moffat

Used for US Team pilots
1999
1999

Practice Techniques

1. Number of cross country miles normally flown before the first big contest of the year (not counting flights of under 100 miles) _____
2. Typical length of flights in miles _____ hours _____
3. Are flights normally races against other pilots? Yes NO
4. Geographical area in which you usually train _____
5. Specific problem areas you have worked on (e.g. weak weather flying, starts, final glides, etc.

- a.
- b.
- c.

Techniques used?

Ship Preparation

If you feel that neither Dick Johnson nor Wil Scheuman could find anything to improve, give yourself a 1.

If the ship is "as is," straight out of the container give yourself a 5.

1 2 3 4 5 (circle)

1. List the improvements you plan in order of priority:

Instrumentation:

1. Does it all really work? Reliably? 1 2 3 4 5
2. What changes or upgrades are planned?

Contest Techniques

1. Do you make productive use of the time between launch and start? 1 2 3 4 5

(In this and the following questions assess yourself as compared to the three best pilots you normally fly against). 1 = major strength, 5 = weakness

- a. Techniques used?

2. Thermaling

Over all is your thermaling a strength or a weakness? (Keep in mind that some great pilots, Reichman for example, have been mediocre in thermals) 1 2 3 4 5

- a. Entering and centering ability 1 2 3 4 5
Techniques used?

- b. Utilizing other ships in thermals? 1 2 3 4 5
- c. Relative comfort in crowded thermals (a sense you will gain/lose in these conditions)? 1 2 3 4 5
- d. Ability to pass other gliders in crowded thermals? 1 2 3 4 5
- e. Ability to thermal automatically while planning next interthermal moves. 1 2 3 4 5
- f. Decisiveness in leaving thermals? 1 2 3 4 5

3. Interthermal Flying

Over all a strength or weakness (very much a strength with Reichman) 1 2 3 4 5

- a. Use of clouds 1 2 3 4 5
- b. Use of gaggles 1 2 3 4 5
- c. Use of streets 1 2 3 4 5
 - 1. Recognition and use of dry streets 1 2 3 4 5
- d. Confidence and effectiveness in ridge flying (Karl Striedieck = 1+) 1 2 3 4 5
- e. Confidence and effectiveness in mountain flying 1 2 3 4 5
- f. Effectiveness in dolphin flying (it works in reverse if not skilfully executed) 1 2 3 4 5
- g. Recognition of and effective use of operating altitude bands (Ingo Renner and DJ are outstanding) 1 2 3 4 5
- h. Other special abilities in interthermal flying. Describe:

Weather Preferences

1. Which sorts of weather make you feel most, or least, confident relative to other good pilots? Assume it's the last two days of a major contest, and you are 50 points out of first place. You would feel the most confident (1) or least confident (5) of gaining the needed points in which of the following and to what degree?
- | | | |
|---|-----------|----------|
| a. Strong (600+ fpm) thermals, cu and streeting | 1 2 3 4 5 | |
| b. Strong thermals, scattered cu | 1 2 3 4 5 | (circle) |
| c. Strong thermals, blue | 1 2 3 4 5 | |
| d. Moderate thermals with streeting | 1 2 3 4 5 | |
| e. Moderate thermals, scattered cu | 1 2 3 4 5 | |
| f. Moderate thermals, blue | 1 2 3 4 5 | |
| g. Weak (Under 150 fpm) with cu | 1 2 3 4 5 | |
| h. Weak, blue | 1 2 3 4 5 | |
| i. Extensive ridge flying opportunities | 1 2 3 4 5 | |
| j. Extensive wave flying opportunities | 1 2 3 4 5 | |
| k. Mountainous terrain (e.g. Minden) | 1 2 3 4 5 | |
| l. Hilly terrain (e.g. Elmira, Sugarbush) | 1 2 3 4 5 | |
| m. Plains (e.g. Texas or New Mexico) | 1 2 3 4 5 | |
| n. Other (specify) | 1 2 3 4 5 | |
| o. POST task | 1 2 3 4 5 | |
| p. Speed task | 1 2 3 4 5 | |

Attitude and Psychological Preparedness

1. General optimism in contests (Remember, there's those that go out to get and those who go out to get got)? 1 2 3 4 5
2. Speed with which you recover, in terms of attitude, from low saves, near misses, tight situations, etc. 1 2 3 4 5

Attitudes (cont.)

- 3. Ability to recover from a bad day. 1 2 3 4 5
- 4. Ability to feel at home flying in strange sites, strange conditions, strange countries. 1 2 3 4 5
- 5. List the three most helpful sports psychology books you have read with brief notes on why/how you found them effective.

a.

b.

c.

SPORTS PSYCHOLOGY
SELECTED READINGS

Compiled, and with notes by
Alan Reeter

Galloway, Timothy, The Inner Game of Tennis, Random House, 1974.
A classic on learning and coaching. Everyone should read this or one of the other "Inner game of" books.

Garfield, Charles, Peak Performance, Jeremy P. Tarcher, Inc., 1984.
Covers motivation analysis, goal setting, peak performance, mental rehearsal, and athletic poise. Contains step-by-step exercises, lesson plans, etc.

Herrigel, Eugen, Zen in the Art of Archery, Pantheon, 1953.
Also available on audio tape from Recorded Books, Inc. (800-638-1304)
A Journey of discovery and mastery. Patty Wagstaff, repeat National Aerobatics Champion, says she has listened to this tape hundreds of times. Don't be dissuaded by the 1950's copyright, this book could have been written yesterday.

Loehr, James E., Mental Toughness Training for Sports, The Stephen Greene Press, 1982. Available in paperback.
Covers peak performance, visualization exercises, meditations, performance slumps, training programs, and team harmony. Contains self scoring tests and example mental monitoring charts. Now out of print. Try the library.

Now out of print. See below.

Seligman, M. E. P., Learned Optimism, Alfred A. Knopf (NY), 1991.
Hardback and expensive. Try the library.
Most people believe that talent, opportunity, and motivation are the three elements of success. Research, as amply demonstrated in this book, shows that these do not, by themselves, reliably predict success. Optimism is the missing element. In athletics, optimism helps you learn faster, open your perceptual field, and recover from the inevitable misfortunes quicker. Most people do not understand the nature of optimism well enough to develop and use it. This book covers it in detail. While this book was not written specifically for sports, it is directly applicable (This is my favorite of the Sports Psych. books I have read--GBM).

Recent head of the American Psychological Association (2005)

Loehr, James E., The New Mental Toughness Training for Sports, Plume Penguin, 1994 (about \$11 in paper). This is the new, much updated version of his earlier book. Readable, specific and outstanding, especially on how to achieve peak performance.