

UWR - Section Training Process

General Idea:

- The formation will be broken up into sections:
 - Inner core
 - Outside sections / outside pods or whacker lines
 - Bench team (if applicable)
- Sections will be trained first.
- Sections follow the [step-by-step build process](#).
- As the core has success, the other sections are added to the dive.
- The specifics of each section can be tailored to accommodate:
 - The experience level of the people at the event
 - Aircraft availability
 - Logistics
 - Finances
 - Weather
 - The goal of the event (e.g., complete a formation, train for a future record, try out for a future record)

Benefits of training sections first include:

- Everyone has a chance to warm up.
- It is a great icebreaker.
- It is easier for people to get to know each other and build trust.
- The jumps are lower stress and easier to manage.
- These jumps are done from a lower altitude which keep costs lower and minimize fatigue.
- It gives the inner core a chance to build and fly strong before more people are added.
- It gives the outside flyers a chance to start practicing docking right away.
- It is easier for organizers to assess how people are flying.

Training the Inner Core Section:

- The number of people in the inner core can be adjusted based on the end goal and logistics.
- Generally, the inner core consists of:
 - Base

- First pods or petals on the base
- Connector lines (if applicable)
- Training the inner core build is the priority, while training exit slots is a bonus but not the priority.

Training the Outside Sections / Pods:

- Training methods for these sections depend on the end goal and logistics.
- **Tunnel Training:**
 - When possible, start with tunnel training, then proceed to warm-up jumps.
 - Tunnel training can occur while the inner core is doing their initial jumps.
 - Tunnel training should involve various drills to:
 - Build and fly with their pods/section
 - Practice grips
 - Practice head levels
 - Learn leg positions to minimize burbles
 - Shape out their pods
 - Practice flying through burbles
- **Jump Training:**
 - If tunnel training isn't possible, proceed directly to jumping drills.
 - Pods or whacker lines can do jumps with their cross partner pods or whacker lines.
 - These jumps can be single-plane shots from normal altitude.
 - If applicable, multiple groups can be in one plane.
 - The exact plan and drills can be adjusted based on each situation.
 - Generally, 2 x 5-way pods will jump together with outside stingers on the pods.
 - These jumps serve as icebreakers, allowing people to fly with their cross partners and get to know each other.
 - Similar exit slots are preferred but not the priority for these drills.

Bringing all the sections together:

- Once the inner core is built and flying well, add the outside sections to the jumps.
- Ideally, the full formation is jumping together by some point on day two, but this can be adjusted based on progress, weather, and aircraft availability.
- When the outer sections are added to the inner core, they follow the [step by step build process](#).