

Welcome to the CSC Introduction to Formation Skydiving! This fifteen jump program is designed to introduce you to some of the basic skills you will need to become a competent and experienced formation skydiver. As you work your way through this program, you will begin to develop your skills in exiting the airplane, approaching and docking on a formation, fall rate control, turns, and side-slides. No fifteen jump program can turn you into an expert formation skydiver, but when you complete this program, you will have developed a set of fundamental skills that you can hone and refine over time. We look forward to seeing you in the sky!

Level 1: Solo Exits & Docking on the Base (4 skydives)

Level 1 of the CSC Introduction to Formation Skydiving is intended to introduce you to the two basic exits used by formation skydivers, diving and floating, and to offer practice docking on another skydiver.

In Dives 1 and 2, you will exit from inside the airplane in what is known as a diving position. In Dives 3 and 4, you will exit from outside the airplane from what is known as a floating position. After the initial link-up, you will practice moving forward and docking on your instructor. Attempt to dock on your instructor's wrists.

Level 1 T.L.O.'s: exit body position, flying the hill, judging the distance to the base, and docking without disturbing the formation.

Dive 1: Diving. Student exits immediately after instructor.

Dive 2: Diving. Student exits 2 seconds after instructor.

Dive 3: Front float.

Dive 4: Rear float.

Level 2: Linked Exits & Advanced Docking (4 skydives)

Level 2 of the CSC Introduction to Formation Skydiving is intended to introduce you to the concept of linked exits, and offers additional practice in docking on another skydiver. Your instructor will challenge you to move beyond the basic docking skills you learned in Level 1. In all of the Level 2 skydives, you will exit with either one or both hands gripping your instructor.

Level 2 T.L.O.'s: grip placement on exit, flying the hill with grips, and docking smoothly on wrists, arms, and/or legs.

Dives 5 & 6: Diving exit, with grips.

Dives 7 & 8: Floating exit, with grips.

Level 3: Fall Rate (2 skydives)

Level 3 of the CSC Introduction to Formation Skydiving is designed to help you learn one of the most crucial skills a formation skydiver can have: the ability to control your fall rate. You are free to choose your preferred exit on both of these skydives: linked or solo, diving or floating.

Level 3 T.L.O.: controlled upward and downward movement.

Dives 9 & 10: Your instructor will move upwards and downwards throughout the skydive, and your goal is simply to match his or her fall rate.

Level 4: Turns and Slides (4 skydives)

Level 4 of the CSC Introduction to Formation Skydiving is designed to offer beginning instruction in the basic methods of movement during a formation skydive: turns and slides. As in level 3, you are free to choose your preferred exit on these skydives.

Level 4 T.L.O.'s: centerpoint turns and slides.

Dive 11: 90 and 180 turns.

Dives 12 & 13: Turns up to 360 degrees.

Dive 14: The side-slide.

Level 5: The 2-Way (1 skydive)

Your graduation dive! In Level 5, your instructor will design a 2-way skydive intended to reinforce what you have learned throughout this program. Have fun!