

CSPA Mentorship Program Guide – Train to Train, Train to Compete, Train to Win.

Objective:

Mentoring individuals who are interested in directed training, perhaps leading towards competition.

Program Structure

1. Participant Eligibility

a. Mentees (any of the following):

- i. individuals who are currently working on a specific competitive discipline, such as Formation Skydiving (FS), Vertical Formation Skydiving (VFS), Canopy Formation (CF), Canopy Piloting (CP), Wingsuit (Performance or Acrobatic), Classic Accuracy, or Artistic Events.
- ii. individuals who are interested in competing or currently competing, and/or
- iii. individuals seeking further knowledge pertaining to competitive skydiving skill development.

b. Mentors (any of the following):

- i. Current CSPA Coach certification preferred although not required,
- ii. Minimum of two (2) years of experience in skydiving,
- iii. Verification that the mentor is a subject matter specialist. This may include, but is not limited to discipline specific jump numbers, participation in skill development course, tunnel time, DZO referrals), and/or
- iv. Current and/or past National competitor preferred although not required.

2. Program Duration

- a. Recommended program duration: three (3) months.
- b. Option to shorten or extend based on a mutual agreement between mentor and mentee.

3. Matching Process

- a. Pairing based on experience and/or certification privileges of the mentor and mentee,
- b. Mentee knowledge and/or skill development goals,
- c. Possible consideration of geographical location,
- d. Consideration of compatibility, and/or
- e. Specified mentee requests will be considered.

Program Components

1. Initial Meeting

- Introduction and goal-setting session.
- Discuss mentee's current skill level and aspirations.
- Outline expectations and responsibilities of both mentor and mentee.

2. Skill Development Sessions (where applicable)

- Bi-weekly meetings (in person or virtual) or as mutually scheduled.
- Progress review, knowledge development, and addressing any challenges.
- Discussions focusing on specific skills and techniques.
- Review of practical task(s) and set progression goals.
- Scheduled jump sessions focusing on specific skills and techniques.
- Video debriefs and performance analysis.
- Safety drills and emergency procedure reviews.

3. Progress Tracking

- Use a logbook or digital tracking tool to monitor mentee's progress.
- Set milestones and celebrate achievements.

4. Networking and Community Building

- Participation in seminars and workshops.
- Encouraging participation in future development camps and courses.
- Encouraging participation in local, provincial, national, and/or international competitions.
- Collaborate with others to expand and share knowledge and experiences.

Roles and Responsibilities

Mentor Responsibilities

- Provide guidance, support, and feedback.
- Share knowledge and industry standard practices.
- Ensure safety and adherence to CSPA practices and standards, including compliance with all CSPA PIMs, such as Standards of Integrity
- Motivate and inspire the mentee.

Mentee Responsibilities

- Actively participate and engage in the program.
- Be open to feedback and demonstrate willingness to learn.
- Maintain a log of progress.
- Communicate openly.
- Respect mentor's time and commitment.
- Ensure safety and adherence to CSPA practices and standards, including compliance with all CSPA PIMs, such as Standards of Integrity.

Evaluation and Feedback

Program Completion

- Final assessment of skills and achievements.
- Celebration of progress and completion.
- Provide feedback for program evaluation.