

## Women's Initiatives Committee (WIC) 2017 AGM Report

2016 was a much quieter season for our committee. We had a remarkable turnout at our presentation at the CSPA Symposium which allowed us to interact and get feedback from skydivers and 'next steps' for our committee. These next steps will see a female mentorship database that helps pair female coaches with female skydivers at dropzones across the country, as well as more awareness to dropzones on the need to create female-friendly environments.

We funded four events/training opportunities this season, which consisted of:

1. *4-way Seminar*, run by Fuzion, Parachute Montreal
2. *4-way Skills Camp*, run by Fuzion, Parachute Montreal
3. *Acrobatic Wingsuit Seminar and Training Camp*, run by Fast Forward, Parachutisme Voltige
4. *Canadian Female Canopy Formation Record*, Parachutisme Voltige

We're still aiming to have female-only canopy courses, and we want to focus on driving the development and participation of our own skydivers, and want to further promote and encourage load organizing and coaching by Canadian female skydivers. We want to see more events being held across Canada and will work with dropzones on a different strategy to assist in promotion of our funding opportunities. In addition, we hope to work with many other groups of women that are promoting their own activities and social development of women in our sport!

Looking forward to 2017,

Michelle Matte-Stotyn

Chair, WIC

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A little more from our recipients:

### **4-way Seminar & 4-way Skills Camp**

*The aim of the training was to encourage new and experienced parachutists in developing more advanced skills in preparation for the CSPA nationals to be held in 2017. The training was delivered as a skills camp and a seminar. The training covered not only skill development but extended to selection of team mates, assignment of flying positions, goal setting, budgets, development of a training day and positive communication during training and debriefs. Two of the coaches recently completed the competitive coaching course and found the opportunity to put concepts learned rewarding.*

*The confidence and enjoyment of participants was evident throughout all of the events. Coaches introduced advanced competition level blocks, skill analysis techniques (for more advanced participants), how to lay out a training day, considerations for planning a training year and how to generally prepare for competition. Much was learned on both sides and we also saw many of the same participants enroll in the 16-way competition held by Parachute Montreal and some teams that were mentored throughout the skill camps attend GO Skydive's 4-way competition.*

*The funding of LTAD skill camps and seminars allow skydivers to access national level coaches and learn from their experience in a safe and inclusive environment. It encourages bonds between coaches and participants that last beyond the camps and allow for long-term development and mentoring of future athletes. Many of the skydivers that participated in these skills camps and seminar have continued their training in the wind tunnel, increasing the ability and confidence to participate in future competitions. In addition, all of the funds provided by CSPA were rolled back into team training.*

### **Wingsuit Seminar and Training Camp**

*Un premier séminaire, les 18 et 19 juin, invitait les nouveaux initiés et les sauteurs désirant augmenter leurs habiletés pour le vol en formation. Les participants ont eu la chance d'expérimenter différentes positions autant pour les sorties de l'avion que dans la formation en vol.*

Les 20 et 21 août, avait lieu le deuxième séminaire offrant, cette fois, des techniques pour le vol acrobatique. Depuis un petit moment, un véritable engouement existe pour cette discipline et nous en sommes très heureux. C'est donc sans prétentions que nous avons offert ce séminaire et nos quelques connaissances aux intéressés. En équipe de deux, les participants ont pratiqué des sorties très rapprochées, des appontages et une série de mouvement issu du « dive pool » acrobatique.

Au final, lors de ces deux séminaires tous et chacun ont progressé dans le respect de leur niveau. C'est bien là le point le plus important selon nous ! Les participants y trouvent leur compte, posent des questions et les coaches s'adaptent à leurs demandes et à leurs capacités. Nous avons découvert des gens très talentueux et comme nous, recherchant avant tout une pratique sécuritaire.

Autant les participants que les entraîneurs, nous retenons plusieurs choses de ses deux séminaires, mais deux très importantes. La première, un commentaire qui s'est faufilé davantage dans la bouche des participants : « Wow, c'est donc ben le fun de voler proche des autres comme ça ! » La deuxième, que j'appelle la paie des coaches, c'est que même le plus costaud des « full face » n'arrive pas à dissimuler un sourire de satisfaction fendu jusqu'aux oreilles !

### **Canadian Female Canopy Formation Record**

On August 28th, at Voltige skydive centre, a unique formation was built: the very first female Canadian CRW record. This four-way diamond decorated with a stinger represents the result of a great collective effort. At first sight, it might look like something ordinary or minor. However, with a closer look, you can see five young women who have surpassed themselves both individually and collectively. The experienced eye will see that the women composing this figure had to train hard to occupy critical positions, rarely held by women in bigger formations and thus representing a whole new challenge for each of them. That was one of the first goals of the record: provide an opportunity for women in our discipline to practice new functions and increase their skills and versatility. This was also an opportunity to give women skydivers more visibility within the discipline. Finally, was it not a beautiful excuse to attract more recruits to our sport? Now, the bar has been set, and it will take more girls to raise it! A new section has been added to the CRW chapter, and we hope to continue adding names and successes to it.