

## Josh's Freely Coaching

Improving Freely Skills (static and dynamic) systematically with Josh's coaching program.

This is how it works:

### Basic Module

Attendance is obligatory to attend the Advanced Module

#### „Basic Coaching“:

- Preliminary talk to determine your theoretical knowledge
- Briefed 1:1 jump with video recording
- Detailed debriefing of the jump
- Determination of personal goals
- Documentation of goals and jumps in a personal program logbook

### Advanced Module

After successful attendance of the Basic Module jumpers can choose between two different Advanced Modules:

#### A „Individual Coaching“:

- 2-3 participants per day.
- Individual support and reinforcement of training goals.
- Briefing & Debriefing of the 1:1 jumps.
- 2-5 jumps per day (depending on weather, conditions, participation and number of attendees).
- Documentation of progress in the personal program logbook.

#### B „Flying in a group“:

- Max. 5 participants per day.
- Structured group jumps depending on skill level.
- Collective briefing and debriefing to
  - Encourage learning in a group environment
  - Engage personal connections between jumpers to jump outside the program.
- 2-5 jumps per day (depending on weather, conditions, participation and number of attendees).



- Documentation of progress in the personal program logbook.

### Booking:

- Binding registration via Josh, GoJump-Manifest or per E-Mail [info@gojump.de](mailto:info@gojump.de) (paid by invoice).
- Necessary data for registration: full name, course date and desired module
- Allocation of the slots after receipt of the registration.

### Important information:

- Payment is done by Jetons (worth 50,--€) that can be purchased in manifest
- Participation fee:

Basic Module	1 Jeton per jump
Advanced Modules	1 Jeton per day

- The student pays additionally to the price listed above their own jump ticket (plus rental if needed) and the ticket for the coach for the by GoJump GmbH stated price for
- If the jumper happens to have a jump account with GoJump GmbH and collects stamps for the SkyRewards program they can collect one stamp for the ticket used by the Coach.
- If multiple participants share the jump ticket for the coach, the stamp goes to the jumper whose account is charged for the jump ticket.