

Flight Training Progress Record

Student Name: _____

	Read	Workbook	Instruction	Demonstrated	Level 1	Level 2	Level 3	Responsible	Proficient
1 - Orientation, Pre-Flight, Post-Flight									
1.1	Primary Flight Controls*								
1.2	Secondary Flight Controls*								
1.3	Using the Flight Instruments*								
1.4	Ground Handling*								
1.5	Preflight Inspection*								
1.6	Positive Control Check*								
1.7	Tow Rope Inspection*								
1.8	Securing the Glider								
1.9	Area Familiarization								

2 - Takeoffs									
2.1	Takeoff Checklist*								
2.2	Takeoff Procedures and Signals*								
2.3	Takeoff*								
2.4	Crosswind Takeoff*								
2.5	Takeoff Without a Wing Runner								
2.6	Downwind Takeoff								
2.7	High Altitude Takeoff								

3 - Aerotow									
3.1	Introduction to Flying the Aerotow*								
3.2	Flying the Aerotow with Stick and Rudder*								
3.3	Release from Tow*								
3.4	"Soft" Release								
3.5	Shifting Through the Wake*								
3.6	Steering Turns*								
3.7	Aerotow Signals*								
3.8	Boxing the Wake								
3.9	Slack Rope on Tow*								
3.10	Slack Rope in a Turn*								

4 - In-Flight Maneuvers									
4.1	Transferring Control of the Glider*								
4.2	Scanning for Traffic*								
4.3	Pitch/Speed Control*								
4.4	Using the Trim Control*								
4.5	Shallow / Medium Bank Turns*								
4.6	Steep Turns*								
4.7	Circling Flight*								
4.8	Crabbing During Cruising Flight*								
4.9	Airbrakes in Flight*								
4.10	Stall Recognition and Recovery in Level Flight*								
4.11	Stall Recognition and Recovery in a Turn*								
4.12	Slow Flight*								
4.13	Stall Recognition and Recovery with Airbrakes*								
4.14	Deep Stall Recognition and Recovery								
4.15	Side Slip - Correcting for Alignment Errors*								
4.16	Side Slip - Compensating for a Crosswind*								
4.17	Forward Slip*								
4.18	Selecting a Cruise Airspeed								
4.19	Precision Turns								
4.20	Chandelle								

Items marked by * required before solo.

	Read	Workbook	Instruction	Demonstrated	Level 1	Level 2	Level 3	Responsible	Proficient
4.21	Low-G Maneuvers								
4.22	Incipient Spin Recognition and Recovery								
4.23	Spin Recognition and Recovery								
4.24	Rapid Speed Changes								
4.25	High-Speed Flight								

5 - Landing Patterns									
5.1	Landing Checklist*								
5.2	Introduction to the Landing Pattern*								
5.3	Glide Slope Control Using the Airbrakes*								
5.4	Radio Use								
5.5	Crosswind Patterns*								
5.6	Unusual Patterns*								
5.7	Forward Slip with Airbrakes*								
5.8	Turning Slips*								
5.9	Side Slip in the Pattern*								
5.10	No Altimeter Pattern								
5.11	No Altimeter / Airspeed Pattern								
5.12	No Airbrake Pattern								
5.13	Full Airbrake Pattern								

6 - Landings									
6.1	Introduction to the Landing*								
6.2	Precision Landings*								
6.3	Crosswind Landings*								
6.4	Landing Over an Obstacle								
6.5	Simulated Off-Field Landing								
6.6	Downwind Landing								
6.7	High Wind Landings								
6.8	High Density Altitude Landings								

7 - Flying in Lift									
7.1	Thermaling*								
7.2	Mountain Wave								
7.3	Ridge								
7.4	Convergence/Shear								

8 - Emergency Procedures									
8.1	Introduction to Premature Aerotow Release*								
8.2	Simulated Rope Breaks*: Straight Ahead								
	180°								
	Abbreviated Pattern								
8.3	Rock Off*								
8.4	Tow Plane Power Loss During Takeoff*								
8.5	Tow Plane Power Loss at Altitude*								
8.6	Simultaneous Release Failure								
8.7	Spiral Dive Recovery*								
8.8	Unusual Attitude Recovery								
8.9	Intercept Procedures								

9 - Aeronautical Decision Making									
9.1	Situational Awareness								
9.2	Judgment								
9.3	Self-Discipline								

