



Mike Pennock

Camera Coaching FS-4 and FS

Mike Pennock
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Videomen of the Dutch National FS-8 team – M8trix

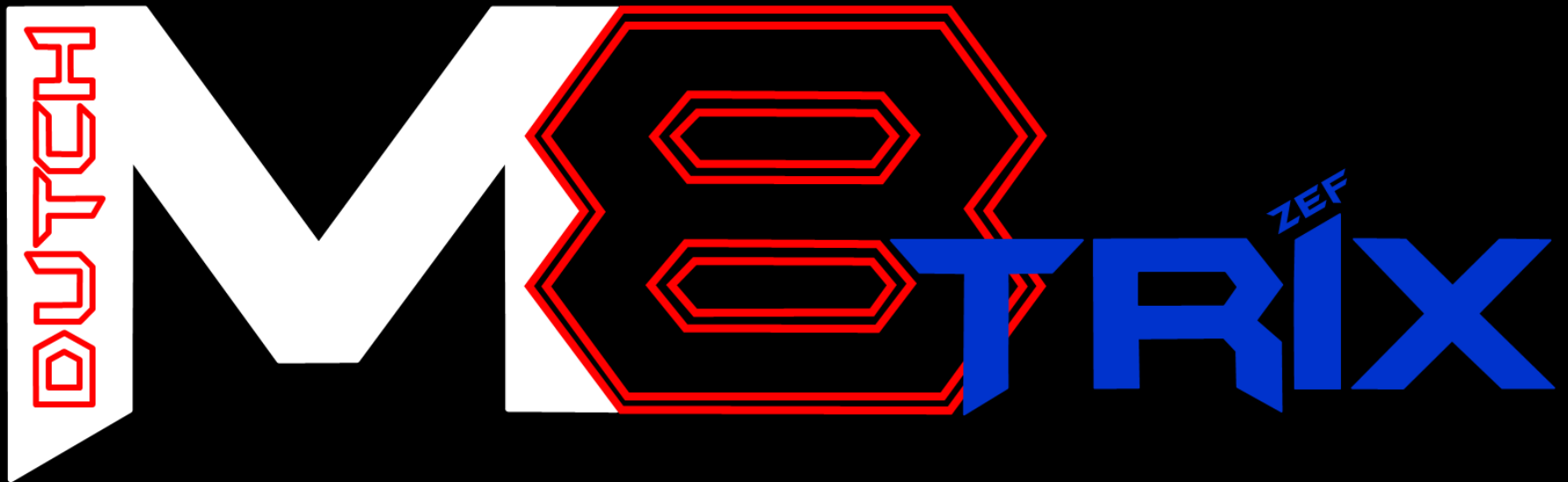


Facts

- **1982 (dec)** ; 1^e jump and basic training at the Marines (Altenstad Germany)
- **2015 (jan)** ; **Over 2500 jumps**
- **1984** ; A, B, C, D Licence, Jumping permit and assistant Instructor
- **1991** ; Participant 53-way Texel, Dutch Record (Windmill)
; *Instructor 91-20*
- **1994** ; *Founder of Tomscat Trophy and Dutch League*
- **2001** ; *Founder of the European Skydive League and ESL Director*
- **1994** ; Dutch Champion 8-way Formation(Camera)
- **1997** ; Dutch Champion 8-way Formation(Camera)
- **2001** ; Dutch Champion 4-way Formation(Camera) (Nationaal Team)
- **2002** ; Dutch Champion 4-way Formation(Camera) (Nationaal Team)
- **2003** ; Dutch Champion 4-way Formation(Camera) (Nationaal Team)
- **2004** ; Dutch Champion 4-way Formation(Camera) (Nationaal Team)
Participant WC in Croatie FS-4 (12^e out of 38 countries)
- **2005 - 2010** ; Several different 4-way teams with Silver and Bronze at the nationals
- **2011** ; Dutch Champion 8-way Formation(Camera) (Nationaal Team)
- **2011** ; *Participant at the US Nationals with Dutch National FS-8 team*
- **2012** ; Dutch Champion 8-way Formation(Camera) (Nationaal Team)
Participant WC in Dubai FS-8 (6^e out of 18 countries)
- **2013** ; *Founder of Tomscat Trophy and Dutch League*
- **2014** ; Skills Kamp Camera coaching at Texel
; ESL director at Teuge

Head of Delegation WC in Prostejeov FS-8 and FS-4

**The Dutch National
8-way Formation Skydiving Team**



Team Photos and Biography



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Foto: Giacomo Uboldo

DUTCH M8TRIX Camera



Mike Pennock

Camera
51 years
2500 Jumps

Relevant notices:

- World Meets: 2004, 2012, 2014 ⁽³⁾
- Nationals FS-8: 2011 ⁽⁴⁾
- Nationals FS-4: 2001, 2002, 2003, 2004 2007, 2008, 2011 ⁽⁷⁾
- Several best camera man elections
- Founder and Organizer Tomscat Trophy
- Founder and Organizer Dutch League
- Founder, organiser an dDirector and ESL
- Skills Kamp camera coaching

Sponsors

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Paracentrum Texel



Koninklijke Vereniging voor de
Luchtvaart

Some pictures and video's

- Dutch National FS-4 team

- FS-4 impressions

- Exit 1
- Exit 2
- Tracking 3
- Exit 4
- Snel 5
- Landing 6

- FS-8 impressions

- 8 man



Results at the WC 2012 in Dubai

- Ronde 1: <http://www.youtube.com/watch?v=VM2kp0-YI3I>
- Ronde 2: (Missing, requested from uploader)
- Ronde 3: <http://www.youtube.com/watch?v=A-SZruMkKc8>
- Ronde 4: <http://www.youtube.com/watch?v=z4nk5PeU2ys>
- Ronde 5: <http://www.youtube.com/watch?v=-SXvusGr5Qw>
- Ronde 6: http://www.youtube.com/watch?v=9gUdJ_goxXE
- Ronde 7: http://www.youtube.com/watch?v=GC7bwf_qJtU
- **Ronde 8:** <http://www.youtube.com/watch?v=KUziAD7hInY>
- Ronde 9:
<http://www.youtube.com/watch?v=H54mSVAJXwY>
- Ronde 10: ... To bad;)

- [Artikel op de NSL Website](#)

How do I approach coaching

- **Do important things first**
 - Discuss the goals and plan little and achievable steps to get there
- **Be Pro-Active**
 - Take your own responsibility to keep your promises to the team.
- **Start with the end goal in mind**
 - The final goal, determines the planning and steps to get there
- **First understand your team mates before you can be heard**
 - Create understanding and acceptance for each other
- **Think in terms of Win-Win**
 - There is no I in team
- **Work with synergy**
 - Make use of each others strength

And

- **Keep yourself on edge and fit**
 - Safety first on exit and separation.
- **You have to be able to rely on each other**
 - **Team** stands for

Together Each-on Achives **More**

The result ; **6^e on the WC in 2012 in Dubai**



The result ; **5^e on the WC in 2014 in Prostejov**



How did we do it



Set your goal together

Connect and trust each other

Keep your end of the bargain

Take your own responsibility

And don't forget to enjoy what you are doing..