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EXPLORING
CZECH
CAVES

20 JUMPS IN A DAY!

ROSINA KASICKOVA, CZECH REPUBLIC'S SKYDIVING MEDALIST

www.beyondadventure.cz

EXTREME ATHLETE



Name: Rosina Kasickova

Height: 162cm

Weight: 49kg

Blood: czech/bulgarian

Languages: english, czech, bulgarian, german

Highest freefall speed: 380 km/h

Smallest size of parachute used: 66 ft2 (student size is 330 ft2)

Highest vertical speed flying a high performance parachute: 143 km/h

Sponsors: Czech Technical University, Icarus Canopies, Larsen&Busgard, Cypres

Website: www.extreme66.com

"I DID 20 JUMPS IN 5 HOURS AND 20 MINUTES"

ROSINA IS A FEMALE EXTREME ATHLETE IN SKYDIVING. SHE FLIES WITH ONE OF THE SMALLEST AND FASTEST HIGH PERFORMANCE PARACHUTES IN THE WORLD AND SHE PERFORMS FREESTYLE SKYDIVING. THIS SPECIAL DISCIPLINE COMBINES THE DYNAMICS OF GYMNASTICS WITH THE ELEGANCE OF DANCE IN AN AERIAL PERFORMANCE, WHILE THE FREESTYLIST SHOWS A WIDE VARIETY OF SKILLS, USING AXES IN ALL THREE DIMENSIONS.

MOREOVER, SHE IS A DOCTORAL STUDENT AT CZECH TECHNICAL UNIVERSITY IN PRAGUE AND EXPECTS TO START A CAREER AS AN AIRLINE PILOT.

- In total how many times have you thrown yourself out a plane?

If I counted well, it should be 2317.

- What height do you usually jump from?

Freefall jumps are typically from 4000m. When practising just the canopy piloting we do so called low altitude jumps from 1500m. Sometimes it also depends on weather, like for example where is the cloud base.

- How long does the freefall take?

It depends on the freefall speed, I can fly my body in many different positions, creating different profiles and speeds. The slowest freefall speed for me is about 180km/h, the fastest speed I have reached was about 380km/h. So typically a jump from 4000m is about 45-60seconds of freefall.

- How many times do you jump a week?

That really depends... weather, airport services, sometimes I am in a mood to do as many jumps as possible, another day I go slower. It is also about if I train alone or work with my students...than I have to jump as they want without regard to my mood.

I have a personal jump record, when I organized a private skydiving day just for me testing a new parachute. I was jumping from a small ultra-light plane with my personal pilot, who picked me up next to the runway right after I finished packing my parachute – I did 20 jumps in 5 hours and 20 minutes. That makes an

average of 16 minutes one whole climb, jump and packing.

- Can you take me through a typical day?

In short: JUMP, PACK, REPEAT ;) Every skydiving day is different, but let's say typical training day. I get up early in the morning, stretch, do a little briefing with my camera flyer, then just jump again and again trying to do our best, watch the video and debrief, learn from every jump and be safe!





YOU CAN DO DANGEROUS THINGS SAFELY AND SAFE THINGS DANGEROUSLY



- How old were you when you did your first jump and what made you get in to this adenaline filled sport?

I was 18 years old. I was in about to start my pilot career and that was a first day at the airport with friend of mine who was already flying. I have heard some pilots talking about skydiving, like about the worst horrible thing to do on this planet...as I start thinking about it, I became curious and decided I must try it.

- Do you still get nervous before a jump and how does it compare to your first one?

First jump is something so special, that you cant compare it to anything else. It is a very strong experience, full of a lot of adrenaline, super strong emotions, natural fear from unknown... and it is beautiful! Today I still keep the respect from the altitude and awarness of possible risks, but instead of stressing in the plane if my parachute will open I double check everything and think about my routine, how not to overotate a twisted flip, or how to create the biggest speed on my parachute and do a nice high performance landing.

- What goes through your mind before a jump are there any special techniques you use?

Before every jump I check my equipment, make sure I am as much ready and safe as I can be, go through the jump in my mind, set some goals for the jump and try to reach them. During the climb I close my eyes, repeat what I want to do and also review the emergency procedures. When on

board with my students, I do a check on them and repeat all that for them loudly.

- What kind of physical and mental training do you do in preparation for an important jump or competition?

Competition is all about concentration. It is important to realize that you already have the skills you want to present and stress wouldn't help. You can accidentally screw up, not do better. So... I try to relax and perform my best. About some extreme jumps like testing new parachutes or promo jumps on restricted areas I just set some limits and have a lot of reserve plans in order to avoid unpleasant experience or something even worse...

- Has your skydiving career conflicted with your personal life in anyway?

Skydiving being such an extreme sport is definitely an influence for all your life. No doubts. My parents are not so happy with my passion for skydiving, on the other hand they are kind of proud, when I show them a nice video, or get home with a medal from a championship. I try to explain to everybody, that you can do dangerous things safely and safe things dangerously. I try to keep everything safe.

- What does the future hold for your skydiving career?

I just came back from California, where I spend the winter time, working on my research about high performance canopies and now I would like to concentrate on working with my students back in Europe and introduce the beauty of the sport to more and more people! It makes me feel really good when I see the smiles on my students faces. It feels really nice to have the opportunity to do this.



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