

# AGC Weekly News

The weekly newsletter of the Auckland Gliding Club at Drury, Auckland

*From the CFI*



The winter lecture series is nearly over, just the Radio practical this Saturday morning.

The field is open on an on-condition basis. That means you will need to confer with myself to confirm its safe for use.

It's marginal just now but three-wheeled aircraft seem to be able to get off and land OK. The forecast for this weekend is not looking favourable but the following Wednesday is looking good. Things seems to change quickly so who knows.

AK is now back on the usable glider list with its new S100 fitted. DX has had the radio thoroughly checked and is back online. QQ is currently NORDO with the front radio being sent away for a new screen. LW is still grounded awaiting parts.

XY has no known issues.

It shouldn't be long now before we can start proper operations again from Drury.

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## *Some videos from Gerard*

### Outlanding in a crop



Turning on captions gives an English translation  
<https://youtu.be/2WxTKbFePj8?si=V6qbfHvNaQ7FD6kY>



<https://www.youtube.com/@essexsuffolkglidingclub8326/videos>

Perhaps your target is to achieve 100kph for the first time



Photo by Sean Franke

Setting goals is fundamental for achieving success, whether in personal development, career advancement, athletic performance, or even soaring. Goals provide direction, motivation, and a sense of purpose. Among the various types of goals, outcome goals and process goals are essential concepts to understand. Moreover, setting goals that pull you forward is crucial for sustained progress and growth.

## Outcome Goals

Outcome goals focus on the desired end result. These goals are often specific and measurable, defining what you want to achieve. For example, an outcome goal could be to win a gliding championship, lose 20 pounds, or secure a promotion. These goals are motivating because they provide a clear target and a sense of accomplishment once achieved.

## Benefits of Outcome Goals

**1. Clear Direction:** Outcome goals give you a specific objective to aim for, which can help you stay focused and organised. Perhaps your target is to achieve 100kph for the first time 🙌

**2. Motivation:** The desire to achieve a significant result can be a powerful motivator, driving you to work hard and persist through challenges. 'I have to fly more, so I'll make plans to go to the club this weekend. The weather looks good!'

**3. Measurable Success:** Achieving an outcome goal provides a tangible measure of success, offering a sense of fulfillment and achievement. Cross-country speed is measurable!

## Drawbacks of Outcome Goals

**1. External Factors:** Outcome goals often depend on factors beyond your control, such as competition, market conditions, timing or you guessed it, the weather.

**2. Potential for Disappointment:** If the goal is not achieved, it can lead to frustration and demotivation. This can be demoralising, and if it happens for a long time, it can see you giving up on the 100kph goal.

**3. Focus on End Result:** Overemphasis on the end result can sometimes lead to neglecting the necessary steps and processes to achieve the goal. This is the crucial point – keep reading!

### Process Goals

Process goals, on the other hand, focus on the actions and behaviours needed to achieve an outcome. These goals emphasise the steps you need to take and the habits you need to develop. For example, a process goal could be to practice thermal entry for an entire day, climbing up and airbraking down to start the process again. Process goals are about the journey that leads you to overall success. To achieve your 100kph goal, we must fly the process. A good start, good first glides, efficient thermal entry & centering, good transition to final glide, etc

### Benefits of Process Goals

**1. Control:** Process goals are entirely within your control, allowing you to take consistent action regardless of external circumstances. Find a weakness, and make it your sole practice event of a poor weather weekend where other things can't be achieved.

**2. Continuous Improvement:** Focusing on processes encourages ongoing learning and development, fostering long-term growth.

**3. Reduced Pressure:** Concentrating on daily actions can reduce the pressure associated with achieving a distant outcome, making the goal feel more attainable. One soaring technique at a time, it all builds up to the end result!

### Drawbacks of Process Goals

**1. Less Immediate Reward:** Process goals may provide a different immediate sense of accomplishment than achieving an outcome goal.

**2. Risk of Overemphasis on Routine:** Overfocusing on processes without connecting them to the desired outcome can lead to routine for the sake of routine, potentially missing the bigger picture.

### Setting Goals That Pull You Forward

To ensure that goals effectively drive progress, setting goals that pull you forward is essential. These goals inspire and challenge you, pushing

you to step out of your comfort zone and strive for excellence. Here's why setting such goals is crucial:

**1. Inspiration and Passion:** Goals that pull you forward often align with your passions and values, making them inherently motivating. They ignite your enthusiasm and commitment, making the journey toward achievement more enjoyable and fulfilling.

**2. Resilience and Persistence:** When your goals are compelling, you are more likely to persist through setbacks and challenges. The desire to achieve something meaningful can provide the resilience to overcome obstacles and keep moving forward.

**3. Continuous Growth Forward-pulling goals** encourage continuous learning and self-improvement. They push you to acquire new skills, expand your knowledge, and grow as an individual.

**4. Long-Term Vision:** These goals help you maintain a long-term perspective, ensuring that your daily actions align with your broader aspirations. This alignment enables you to make better decisions and prioritise effectively.

### Integrating Outcome and Process Goals

For optimal success, it's beneficial to integrate outcome and process goals. Start with a clear outcome goal to define what you want to achieve. Then, break it down into smaller, actionable process goals that outline the steps you need to take. This approach ensures that you stay focused on the end result while consistently making progress through manageable actions.

Safe Circles,  
Adam Woolley



*Adam Woolley was born into the gliding world, being the 3rd generation in his family. Going solo at 15, his thirst for efficiency in soaring flight & quest for a world championship title to his name has never wavered. One big passion is sharing his experiences & joy with other glider pilots all around the world. Adam is an airline pilot in Japan on the B767 & spends his off time chasing summer around the globe. He has now won 7 national Championships & represented Australia at 5 WGC's & 1 EGC.*

This edition of the newsletter was compiled by Peter Wooley