

Coach Course **The ISP**

What is the ISP? In 2001, USPA implemented the Integrated Student Program for the purpose of clarifying skill levels, objectives, and allowing for transition between methods. The idea also created structure for advanced students who had prior to his experienced a void of education right before attaining their A license (a.k.a. “the gray area” or “off student status”)

I had a lot of trouble remembering what category related to what level, so I came up with....

The categories simplified... The ISP Mnemonic

A	arch/adjust	The main goal we teach first is the arch and adjusting to the environment of leaving an airplane for the first time.
B	basics	No matter the method, we introduce the basics of body awareness, altitude awareness, and general safety.
C	control	You get control of your skydiving when you are able to pull stable on your own.
D	direction	These dives feature 90 and 360 degree turns and forward movement.
E	expand	Expand outside the box, or outside the “boxman” in this case, as we add disorienting maneuvers and positions other than “flat and stable”
F	flat track	Getting a flat and long track is so important, an entire category is devoted to it.
G	group	Here’s where group freefall skills are introduced, including gripped exits, forward movement for docking, fall rate, and reinforcing tracking.
H	hone	Hone their skills in the last category where they gain their independence and earn their first license to “learn”.

The ISP is somewhat politically controversial among USPA rating holders, but despite the disagreements surrounding the rating structure, the essence of the ISP can be a useful tool for guiding students.