



Flying Trapeze Logbook

Alastair Pilgrim

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Flying Trapeze has exploded in popularity as a recreational activity in recent years with over 200 schools, clubs and resorts now open on six continents.

As you progress within the sport, you'll probably find it rewarding to note down your achievements, coaching tips and catch timings for future reference. This logbook, from the founder of flying-trapeze.com, has been specifically designed with the amateur flying trapeze enthusiast in mind and allows you to record your experiences in a simple structured format.

The book is divided into two main sections:

The Tricks Logbook allows you to record all the tricks you have attempted and caught and to make notes about timings and techniques.

The Locations section allows you to remember the various rigs you have visited and the people you flew with.

This book is a perfect companion to both 'The Fundamentals of Flying Trapeze' and 'Discovering Flying Trapeze'.

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