



How to Get into 4way

– by SDC Rhythm XP

Interested in doing 4way? Don't wait - just do it! Here are some tips for newer jumpers interested in getting into 4way.

Form a team, ANY team: If you want to do 4way, the best way is to put together a team, ANY team. Don't wait for the perfect team to ask you, or for three 'perfect', identical teammates. Putting a team together can be tough - keep trying. Be proactive. Ask people and make sure others know you're looking for teammates. The more effort you put in to forming a team, the more you will learn about one of the toughest parts of 4way.

Go to competitions: Competitions are great for many things. You gain valuable competition experience. Competitions expose you to other teams and 4way enthusiasts that you can learn from, expand your network, and meet potential future teammates. Finally, competitions are fun and can help re-inspire your 4way passion. Don't turn down a competition because you think you're not ready. Go anyway. Set realistic expectations and have a good time. If the whole team can't make it, find a fill in or put together a pick-up team.

Do your homework: There's a lot you can do when you're not skydiving to improve your 4way skills. Download the Rhythm Skydiving 401 app, which has a ton of free and paid resources. Start by learning the randoms and blocks. Watch other teams' videos on YouTube, Facebook, the Rhythm 401 app, or wherever you can find them. Read up – SDC Rhythm XP has compiled some of our favorite 4way articles on our own website. *Skydive The Mag* has great articles as well. Visualize, Visualize, Visualize! Find someone else who is interested and engineer and walk dives together. Add core strength, flexibility, and cardio to your workouts. Don't worry if your teammates don't want to do as much 'homework' as you. You will get out what you put in.

Add in extra-curricular activities: There is no reason you can't do more 4way than your team wants to do. Lots of teams, tunnels and dropzones offer great organized 4way events that can help augment your 4way experience. Go to tunnel camps, 4way skills camps, scrambles events, etc. Check out the Rhythm events calendar for an upcoming event. Ask your local dropzone about upcoming events, and search other DZs' and organizers' calendars on their websites or Facebook. Put together pick up 4way at your DZ. The more activities you do, the more people you will get to know. Over time, that network will help you get on the best team for you.