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Příloha 1 – Anketa sportovního zaměření

Name	Specialization	year of specialization	Activities till the year of 10	Other physical activities
Damone Rippy	Football	12	Gymnastics, ball games	/
Daniel Guerra	Skateboard, high jump	5	/	Trampoline, gymnastics
Geff Hullet	Parkour, athletics	8	/	General sports training
Andrew Hickey	Trampoline, swimming	6	/	High jump, gymnastics
Sergey Phillipov	Parkour	10	Gymnastics, general sports training	/
Petr Cívín	Basketball, swimming	6	/	General sports training
Tomasz Kubik	Trampoline, gymnastics	6	/	swimming, skateboard
Fernando Spinelli	Parasutism	15	golf	BMX Freestyle
Suksan Tonghtai	Skateboard	5	/	/
Bo Krook	Parkour, ping pong	9	/	Running, skateboard

Příloha 2 – Otázky v rozhovorech

English Questions

Can you introduce yourself please?

How did you start flyboarding?

What do you think made you one of the best flyboarders in the world?

What are your training procedures?

What sports did you do before you start to fly?

What do you think was the most beneficial thing for you while you were growing up (from the training standpoint)?

Are there any trainings you still do till now?

What type of training would you recommend doing for kids who are going to become flyboarders one day year (6 - 12 before they can jump on the board)?

České otázky

Můžeš se nám představit prosím?

Jak jsi s flyboardingem začal?

Co myslíš, že s tebe udělalo jednoho z nejlepších flyboardových letců světa?

Jaké jsou tvoje tréninkové procedury?

Jaké sporty jsi dělal předtím, než jsi začal létat?

Co myslíš, z tréninkového hlediska, že bylo pro tebe nejvíc užitečné, když jsi vyrůstal?

Existují nějaká tréninková cvičení, které děláš od mala do teď?

Jaký typ tréninku bys doporučil malým dětem, které se mohou stát flyboardisty (6 - 12 let), než mohou začít opravdu létat nad vodou)?

Příloha 3 – Rozhovor 1 - Respondent 2

1. Can you introduce yourself please?
 - a. My name is respondent 1 and I'm from Medellin Colombia.
2. How did you start flyboarding?
 - a. I started doing flyboard in March 2014 in Cartagena, Colombia. I saw it in the beach when I was working in. the jet ski rentals then I became friends with the owners of the equipment then they let me try it I was good. for it then I. became an instructor teaching people how to fly then it became a passion for me.
3. What do you think made you one of the best flyboarders in the world?
 - a. I watch flyboard videos every night in my house then I set up a goal in my life to become a world champion. It was a bit hard in the beginning cuss I could not afford the trips for the competitions until I get to China and I have the support of Zapata and the flyboard show team. One of the things that push me to be one of the best riders in the world was my mates pushing me every day to do something different and cool.
4. What are your training procedures?
 - a. my training procedures are nothing special for the flyboard just normal exercises I did when I was younger. practices and a lot of stretching always to keep the muscles awake. I never stopped doing skateboard and do all the basics exercises from gymnastics to keep my body like a stone
5. What sports did you do before you start to fly?
 - a. I always like adrenaline and extreme sports since I was a kid, I start doing skateboard and long board when I was 5 because I saw the guys in my hometown riding with their parents. I thought it was cool so start begged my mom to have a board also to doing it with my boys.
6. What do you think was the most beneficial thing for you while you were growing up (from the training standpoint)?
 - a. Definitely the gymnastic base ground. I own a lot to the la universidad de antiquia where I did all my gymnastic trainings when I was young.

Without it there would be no me. From the no fear factor from the fall or injury I gained a lot from my skateboarding group where we used to ride every day after school. We used to go to the skatepark del estadio-medellin, skatepark el salado-envidagonikia and my favourite skate plaza-bello. But honestly, my bros were the most beneficial. It was me „el pastu“ and my best friend el pastuso (who died in 2016 RIP) and Antony who motivated me to send it every time we go out and ride. 3 of us were the Chakalaka Squad.

7. Are there any trainings you still do till now?
 - a. Nothing specific. I do the gymnastics 3 times per week and a lot of balance exercises on the unbalanced desk. I got a routine of a morning yoga / handstand which is more for my head and stress than for the actual body preparation. Most of what I still do is just to watch replays and play all in my head. When I see I do it in my head, I send it out there.
8. What type of training would you recommend doing for kids who are going to become flyboarders one day year (6 - 12 before they can jump on the board)?
 - a. Oh, for sure gymnastic bro, that's really good to have. Hella stretching and most importantly balance and core trainings. I would also add any extreme sport to make them used to get on the ground get a bit of a scratch, basically not to worry about an injury too much. For me it was High diving where I gradually jumped from 1 meter when I was little till 15 meters doing flips. That feeling for water is amazing, you know when you are falling badly and when there is no issue at all. Definitely, after doing any kind of watersport, they would not be getting out of the water with hand over their eyes or falling in the water with keeping the nose with fingers. I heard my friends who flyboard and did snowboarding, they feel like it helped him to feel the air feeling when you jump on a slope. Basically, it is similar for my trampolining. Having and orientation in a 3D space is very important. All in all, though, go for core exercise, do anything you need to not be afraid and train as much as you can. After all, why to be scared of the fall? On flyboard you always fall in the water.

Příloha 4 – Rozhovor 2 - Respondent 4

1. Can you introduce yourself please?
 - a. Hey, I'm respondent 2, 31 years old born in Peterborough in UK
2. How did you start flyboarding?
 - a. Once I saw it on YouTube I start digging into the sport. I felt like everything I do on trampoline I could easily do on flyboard once I got the balance.
3. What do you think made you one of the best flyboarders in the world?
 - a. I studied a LOT of video to improve. I add similarities from trampoline for tricks and swimming helped with dolphin diving and comfort underwater. Watching everything from a different perspective allowed me to analyze my tricks and see what else was possible what I could add to my routines.
4. What are your training procedures?
 - a. For training I always tried to go out with a goal to do the trick before I left. I couldn't finish until I did the trick. If you crash the first thing you have to do is get back flying or you will become afraid and not believe you can do it. On the ground though all I did was trying to get on a trampoline I knew already and try to do the flyboard trick there. Follow up with a little studying of physics and understanding of a power of water coming out of nozzle is always a good way of training. Understandably, I add every morning stretching routine and quit all the building muscles from the gym. For the best flight you want to cut the weight as low as possible and stay strong and flexible.
5. What sports did you do before you start to fly?
 - a. My main sport was trampolining which came out of gymnastic basics. I was pretty good when I was younger but after twenties I looked more into the school and kind of lost an interest of being a pro trampoline. The fire was still there but never like before. (Flyboarding changed it big time!)
 - b. I loved football and other ball games, but it was all just fun with friends after school. My parents wanted me to swim because my dad was a pro swimmer. I never loved swimming, but I swim decent and got a great feeling of water and never ever felt in my life a feeling of

being scared from the depth or water itself. Except of these sports, I enjoyed High jumping but never too good. Maximum jump was a backflip from twelve meters which in the high jumping family is NOTHING.

6. What do you think was the most beneficial thing for you while you were growing up (from the training standpoint) ?
 - a. Best benefit training was having others to compete against and learn from. Same thing actually happened with flyboarding. So, I guess the best answer is to create friends in a competitive individual sports and have a healthy competitive relationship between each other to push yourself as high as the sky is.
7. Are there any trainings you still do till now?
 - a. When I train now, I still need to have video to analyze the performance. I can see where I have good technique and what I need to pay more attention to better setup, height when throwing tricks, opening up too early on flips, am I dog chaining, losing height too much etc.
 - b. From the general training of flying methods, I still keep with flipping. It's a bit of core exercise but for me nowadays even more relax and just remember old days. I don't swim so much like I used to before because I'm in water ALL the time with flyboard. I kept gymnastics stretching a lot...
8. What type of training would you recommend doing for kids who are going to become flyboarders one day year (6 - 12 before they can jump on the board)?
 - a. In my opinion is the best thing for beginners (except of general physical education based in athletics or gymnastics or groups who prefer to a do a general training of all-round exercises) practicing backflips from a dock, spinning on those electric hoverboards (if you can), having GOOD leg strength and flexibility, core strength – planks and lower back strength – superman. It has to be everyday routine like brushing teeth
 - b. Later when they start flyboarding I recommend starting out with a less powerful ski to improve backflip technique (harder to throw makes it

easier when you get power). Get shorter 18metre hose which will teach hose management way better than the 23metre one.

Příloha 5 – Rozhovor 3 – Respondent 5

1. Can you introduce yourself please?
 - a. Respondent 3, flyboard rider from 2013.
2. How did you start flyboarding?
 - a. I saw a flyboard video in YouTube and tried it for the first time at Tenerife. Then returned to Russia and find guys who started it here in Moscow. I loved it and put a lot of time and power to move myself and this sport in Russia. First come to FWC in Dubai in 2014. Took 52 place. Before I came h2ro wrote about me: “he can win if his every opponent flip jet ski and will be disqualified. But he goes to beat himself firstly...” that become my point in this sport.
3. What do you think made you one of the best flyboarders in the world?
 - a. I was the best flyboard rider from Russia from 2015 till 2019. I was the first in Russia who did such tricks like double backflip, triple backflip, quad backflip, front flip. I took first place in Russian flyboard cups in 2015,2016,2017. I was the first and only flyboard from Russia who pass in top 8 in Zapata flyboard world cup. A lot of experience I got from riders all over the world. One of the best was making show with Petr Civin and Suksan in Cyprus.
4. What are your training procedures?
 - a. I kept stretching and video observing. My body was fully prepared from the young age, so I didn't need to do much to prepare my body, I just kept it in the action with core and stability exercises with a lot of Parkour.
5. What sports did you do before you start to fly?
 - a. Since I was little me and my mom were doing gymnastics. I liked it a lot because we were doing it as a family but later on when I was in the fourth grade my friends in my class started doing parkour and were going out every day after school. Luckily for me my parents didn't hold me with gymnastics too much and let me do what I want even when I was ten. There we run ALL the time, train with older boys who taught us how to do flips and jumps properly with a lot of calisthenics exercises and outdoor park gym trainings. I got addicted and did it even alone whenever I was free. My mom made me go to

do gymnastics once or twice a week, so I believe because of that I didn't get hurt because we kept doing stretching and all-round exercises to be prepared for any kind of activity later on. When I think about it was more of an all-round specialization than just gymnastics.

6. What do you think was the most beneficial thing for you while you were growing up (from the training standpoint) ?
 - a. Having older boys train me and my mom pushing me into gymnastics. I was lucky enough to be around group of people from my class who wanted to run outside and do stuff, not like nowadays kids who play only videogames.
7. Are there any trainings you still do till now?
 - a. I kept with the outdoor gym routines when its warm enough. I got the pole in my home and still do calisthenics. I figured that for flyboarding you don't want to be big guy with muscle. It's better to be lean and fit. Doing a lot of cardio, enjoy bike and anything with the aspect of water. I am generally very active guy that time to time people call me hyperactive.
8. What type of training would you recommend doing for kids who are going to became flyboarders one day year (6 - 12 before they can jump on the board)?
 - a. I recommend being active whenever you want and do anything you can. Doesn't really matter what it is. It is always better than sit home, watch tv or play videogames. From there you can approach for a specific orientation. So, I would recommend mainly for kids to find the motivation – which is more on their trainers or parents to find for them this motivation and be an example.
 - b. If kids have the motivation to be active, I'd say go for the general trainings witch a lot of sports. Ideally find a program which gives you every month different approach, different trainers, find a diverse system where you include basics from athletics, gymnastics which is a center of everything. I never did train trampoline, but I heard its very beneficial to get enough coordination in every moment you flip. My approach was parkour where I got the orientation also, but I guess it doesn't matter what kind of orientation it is, just do something.

c. For flying firstly, you must learn to go round and get more than 10 meters high. It gives you right way in safe trainings and enough power to do every trick. I know a lot of flyboarders all over the world, because I took a part more than in 15 different cups and they would teach it the same way.

Příloha 6 – Potvrzení o předání dat

1. 10. 2019, Madrid

Agreement of the data usage

I Andrew Hickey

agree with the usage of data collected from the survey and individual non-standardized interviews for the company Manta Red at Madrid based theme park "Parque Warner" during the year of 2019 for the purpose of processing master thesis of Bc. Petr Cívín.

Student

Name: Bc. Petr Cívín

Date: 1. 10. 2019

Signature:


Flyboard Manager

Name: Andrew Hickey

Date: 1. 10. 2019

Signature:


Český překlad

Já, Andrew Hickey,

souhlasím s použitím nasbíraných dat z ankety a individuálních nestandardizovaných rozhovorů pro firmu Manta Red, v madridském zábavním parku "Parque Warner", v roce 2019, za účelem zpracování diplomové práce Bc. Petra Cívína.