

Hike & Fly Movie - Synopsis

Mathis Decroux x François Montuori

INTRO

François Montuori is a French paragliding and mountain sport athlete and a Haglofs international ambassador. He has been practicing paragliding for years and is trying to make a name for himself in the national paragliding competitions.

This 10-15min movie is aiming at showing what is the Hike & Fly sport and especially the insight of a competition, with the highs and lows it includes, but also the training and the preparation in an athlete's life.

This project is fully sponsored by the outdoor clothing brand Haglöfs.

Temporary title: "Up and Down"

CUT

The movie starts with a short but slow sequence of beautiful landscapes and paragliding actions with a slow music/sample. Suddenly, we see François' face (ITW or portrait short) and he says "In a Hike & Fly season/competition, everything is not as beautiful as it looks like", and we continue a sequence of rough and intense videos of him during the competition (and others) with an intense sound design : broken bone X-rays from the avalanche, intense running during comp, pain on the face, doubts when planning the course...

This sequence ends with the title of the movie (to be defined, "beyond the result", "see behind the success"...).

The first big part is an introduction of François and his sport. We see his face during the ITW but also lifestyle videos of him preparing for a paragliding session. The interviews of his first coach Sacha and his friend Eliot allow us to introduce his character and point out his astonishing progression as a newcomer in this sport.

François tells us about the sport itself, his beginnings, and the start of his 2023 season with the accident, and then the competitions he is aiming for and the training is requires to be at his best level. We want to have an overall view of the season, and a special focus on the lows and sacrifices this includes.

We illustrate this with an evening training session at La Tournette with a nice golden light and some slow and cinematic shots.

The second part is focused on his first competition, Bornes To Fly, which is famous in the paragliding world. He is not going with a full potential so he takes it as a training and a post-accident check up. He doesn't finish the race, says it's part of the athlete's life and that he feels ready to start the season for real.

The third and biggest part takes us into the second competition called Fly Chablais, with François being ready to fight for the first edition of the race. We follow him from the announcement of the race's course to the final push. We have a full insight of the high & lows of a competition, and a specific focus on the strategy it involves : you have to have good legs, but also great flying skills and on top of that an excellent analysis of the field and environment.

The movie finishes on François' conclusion about his result at the second race, and an overall conclusion about his season. The final sequence has to include the best shots of the movie and a reminder that everything is not as beautiful as it looks.

INSPIRATIONS

It's in the continuity of our movie "Young, Wild and Free" which came out last year, but this time, on a more documentary and insight style, with longer shots, explanations and strong emotions.

