

## Stabilized Approaches Fred Sweet CFII DPE - Monthly Safety Meeting at PWK by CEPA

### Event Details

Let's start with a review of the FAA's definition of a stabilized approach and objective ways to determine that you are stabilized on final. We'll discuss energy states and best practices to ensure approaches are consistently stable. Fred will explain how to determine the safest approach speeds and use them with confidence. And a good approach just might help us with a good landing. We'll review NTSB landing accident data and figure out how we might change our landing techniques. Wouldn't that be sweet?

**Speaker: Fred Sweet**

**Wed, Aug 26, 2026 at 19:00 CDT**  
**Harper College - Prospect Heights**  
1375 S Wolf Road  
Prospect Heights, IL



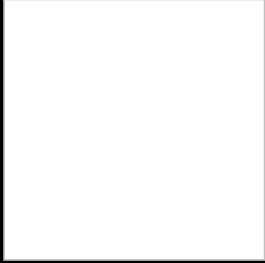
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**Select #: GL03145117**

**Lead Representative MICHAEL**



**Fred Sweet is a CFI** with over 3000 hours of dual given and has flown backcountry, mountain strips, and off-airport landings in the Western US, Canada, and Alaska. He provides upset recovery and spin training in a Super Decathlon. He

has authored multiple documents for training pilots, from Private through CFI. He is an American Bonanza Society-recognized instructor for Bonanzas and Barons. He holds ATP MEL, Commercial SEL, SES, MES, CFI, CFII, MEI, AP, and DPE.

Harper College, Prospect Heights campus sits on the east side of Wolf Rd., about ¼ mile south of Chicago Executive Airport. There's plenty of parking available.

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### **A message from the National FAA Team Manager**

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