

# ONGOING YOUTH PROGRAMS

## PARENT HANDBOOK

### CLIMB TEAM CREED

- I will always try my best.
- I will respect my coaches.
- I will listen to my body. Injuries are taken very seriously. Laziness is not an injury.
- I will exhibit exemplary sportsmanlike conduct.
- I will be respectful to and supportive of my teammates on and off the wall.
- I will respect my gear; harnesses, ropes, and belay tools are lifelines, shoes and chalk bags are performance tools.
- I will respect the gym and fellow climbers around me.
- I will be a role model in my community in and out of Team.
- I will have fun!

### YOUTH CLIMBING CLUBS

Our Youth Climbing Clubs offer kids a relaxed, age-appropriate program where they can enjoy the sport and climb with friends. It is more akin to an afterschool activity and is non-competitive in nature. There are **no prerequisites** to join. Clubs meet once per week and are supervised by Vertical Endeavors staff members who also run activities, games, and challenges during Club. The price of Club includes staffing at a **ratio of 1:10** and any necessary rental equipment during the weekly program but does not include a VE Membership.

### BASE, PEAK, + VARSITY CLUB

- What:** Club for all ages is offered at Vertical Endeavors – Duluth and is for climbers who want to learn the basics in a community setting and have fun! This program is focused on the fundamentals to introduce your child to the fast-growing sport of rock climbing. During practices, instructors focus the energy of the group into exciting climbing activities, while building appreciation for teamwork and taking direction.
- When:** 1x weekly for 1.5 hours
- Cost:** \$75/month (billed on the 5<sup>th</sup> of each month)
- How:** Customers can sign up at the facility by filling out a Team Membership Agreement + Photo Release, updating billing information in their Rock Gym Pro Customer Profile, and paying the prorated monthly dues from the time of sign-up to the next monthly billing date.

**\*Please note at VE-Duluth we have Club for all ages. The age-based Base, Peak & Varsity Club mentioned online are only offered at different times at the Twin Cities + Illinois locations.**

## YOUTH COMPETITIVE CLIMBING TEAMS

On our competitive Climb Teams for youth, we challenge and encourage each child to come into their own as an independent, responsible, and respectful climber. Our goal is to create better climbers socially, mentally, and physically. We believe that the most effective way to bring out the best in young athletes is to promote an environment of devoted mentorship as they learn, grow, and excel with other children who are dealing with similar challenges, both on the wall and in their daily lives.

The pricing of Team includes staffing at a **ratio of 1:6 to 1:9 depending on total enrollment for each Team**, any necessary rental equipment, a Climb Team shirt, coaching at any competition with at least 6 athletes competing (including local, regional, divisional, & national competitions), and a VE Membership. Membership includes guest passes, discounts on gear purchases in our Pro Shops, and unlimited access to all VE facilities. Team is for athletes **ages 8 and up**.

**See below for prerequisites for each Team.**

### JUNIOR TEAM

**What:** Junior Team is designed to build a solid foundation of rock climbing skills for youth. It is suited for climbers that would like to take their climbing beyond a recreational level, and are interested in competitive climbing, outdoor climbing, and training basics. Coaches help develop top rope belaying skills and focus strongly on movement and technique essentials.

**When:** 1x weekly for 2 hours

**Cost:** \$100/month (billed on the 5<sup>th</sup> of each month)- **Price includes VE All Access Membership and Benefits**

**How:** Athletes who want to join Team should first sign up for a **Skills Assessment**. Following the Skills Assessment, most athletes will be advised to take the **Youth Belay Skills** lesson (*unless they competently demonstrate Top Rope Belay skills to the coaches during their Skills Assessment*). Once these prerequisites are completed and Junior Team placement has been recommended by the Head Coach, customers can sign up at the facility by filling out a Team Membership Agreement + Photo Release, updating billing information in their Rock Gym Pro Customer Profile, and paying the prorated monthly dues from the time of sign-up to the next monthly billing date.

### INTERMEDIATE TEAM

**What:** Intermediate Team is for those athletes who are ready to take their climbing skills to the next level. Climbers must be ready to spend considerable time learning to sport lead climb (rather than top roping) and bouldering, along with climbing related core workouts and training exercises. These committed climbers will be encouraged to compete in climbing competitions, explore climbing outdoors, and look to a future with the Advanced Team.

**When:** 1x weekly for 2 hours

**Cost:** \$100/month (billed on the 5<sup>th</sup> of each month) - **Price includes VE All Access Membership and Benefits**

**How:** Athletes on Jr. Team will go through regular Progress Tracking during practices on a quarterly basis. These Progress Tracking practices along with ongoing Competition performance will be used by coaches to determine which athletes should be invited to tryout. Tryouts will determine if an athlete moves onto Intermediate Team. If an athlete is chosen to join Intermediate Team, most athletes will be advised to take the **Youth Belay Skills** lesson for Sport Lead (*unless they already are competent with Lead Climbing and Lead Belay and can demonstrate as such to the coaches during their Tryout*). Once this prerequisite is completed, customers can sign up at the facility by filling out a **\*new\*** Team Membership Agreement.

### ADVANCED TEAM

**What:** Advanced Team is an important step in our Team tiers, as it prepares athletes for a more rigorous practice format and sets the stage for the heightened physical and mental demands USAC Competitions. Practices are two times weekly for 2 hours. This Team is for athletes who have their sights set on competing up to the USAC Divisional Championships level and builds a solid foundation for increased intensity in strength and power training, added workload of on-wall workouts, and increased focus on skill and technique acquisition.

**When:** 2x weekly for 2 hours

**Cost:** \$150/month (billed on the 5<sup>th</sup> of each month)- **Price includes VE All Access Membership and Benefits**

**How:** Athletes on Intermediate Team will go through regular Progress Tracking during practices on a quarterly basis. These Progress Tracking practices along with ongoing Competition performance will be used by coaches to determine which athletes should be invited to twice-annual Tryouts. Tryouts will determine if an athlete moves onto Advanced Team, after which customers can sign up at the facility by filling out a **\*new\*** Team Membership Agreement and update billing information to the Advanced Team monthly price in their Rock Gym Pro Customer Profile. At their next Team billing, they will be charged the new monthly rate.

## **Club Track**

### ***No Prerequisites***

**Base Club** (6-9 years old)

**Peak Club** (10-13 years old)

*Optional: Youth Belay Skills Lesson (Top Rope)*

**Varsity Club** (14-18 years old)

*Optional: Youth Belay Skills Lesson (Lead)*

*Optional: \$25/month Membership Add-on*

## **Team Track**

### **Prerequisites:**

Skills Assessment

Youth Belay Skills Lesson (Top Rope)

### **Enroll in Jr. Team**

*(Quarterly Progress Tracking)*

*(2x Yearly Tryouts)*

### **Enroll in Intermediate Team**

*(Quarterly Progress Tracking)*

*(2x Yearly Tryouts)*

### **Enroll in Advanced Team**

*(Quarterly Progress Tracking)*

*(2x Yearly Tryouts)*

### **Enroll in Elite Team @ VE – TCB**

*(Qualify for USAC National Championships)*

### **Enroll in Nationals Team @ VE – TCB**

## PREREQUISITES, LESSONS, + INDIVIDUAL COACHING

The following are Ongoing Youth Program components that take place outside of normal weekly Team practices + Club sessions

### SKILLS ASSESSMENT

**What:** The Skills Assessment is a prerequisite for anyone who wants to enter the Team Program. This will inform coaches of current skill levels and preexisting knowledge base so that they can recommend the appropriate Team or Club to enroll in and the possible need to take the Youth Belay Skills Lesson. Youth climbers who already know that they would like to sign up Club do not need to take a Skills Assessment.

**When:** As needed – check online or in the gym for Skills Assessment times

*\*If Teams are all currently full and unable to accept additional participants, Skills Assessments may not be scheduled. If Teams are below optimum numbers for enrollment, additional Skills Assessments may be added. Schedules are available online.*

**Cost:** \$20

**How:** Customers can sign up at the facility with staff or online via our website

### YOUTH BELAY SKILLS – TOP ROPE

**What:** The Youth Belay Skills Lesson on Top Rope Belaying is a prerequisite for all Teams and an **optional** supplement for Club participants who wish to Top Rope Belay. While belay skills are honed and perfected during practices, the hard skills, safety double checks, and commands are learned outside of normal practice times so as to not detract from the ongoing group practice sessions. After this lesson, youth will be able to test out during regular practices and possibly get their **Red** Youth Belay Tag so they can also belay with a back-up belayer even outside of practice times.

**When:** 1, 2-hour lessons are scheduled as needed (Typically the week after a Skills Assessment)

**Cost:** \$25

**How:** Customers can sign up at the facility with staff or online via our website

### YOUTH BELAY SKILLS – SPORT LEAD

**What:** The Youth Belay Skills Lesson on Sport Lead Climbing + Belaying is a prerequisite for Advanced Team participants. While lead climbing, clipping, falling, and belay skills are honed and perfected during Intermediate and Advanced Team practices, the skills are learned outside of normal practice times to not detract from the ongoing group practice sessions. After this lesson, youth will be able to test out during regular practices and possibly get their **Red** Youth Belay Tag updated and checked off for “Lead” so they can also lead belay with a back-up belayer even outside of practice times.

**When:** 1, 2-hour lessons are scheduled as needed (Typically the week after a Skills Assessment)

**Cost:** \$25

**How:** Customers can sign up at the facility with staff or online via our website

### PRIVATE COACHING LESSONS

**What:** For youth who want more one-on-one coaching to develop belay skills, conquer fears, break through on climbing ability level, hone technique, or get extra strength or power training focus, Vertical Endeavors offers Individual Coaching Lessons. Team participants can schedule these with the coach of their choice and at the time that works best for their schedule and are given member pricing on these private or semi-private lessons. Lessons are priced on a per-hour basis for 1-2 customers. Additional participants, beyond two (2), can be added at half the hourly rate per person up to a total of 6 participants.

**When:** Scheduled on a case-by-case basis between the coach and the participant

**Cost:** Level 3 Instructor: \$90/hour

Level 2 Instructor: \$70/hour

Level 1 Instructor: \$50/hour

**How:** Customers must sign up at the facility with their chosen coach or their facility’s Team Head Coach to ensure proper scheduling. All Vertical Endeavors Instructors are Certified by the Climbing Wall Association through their CWI Course. Levels are assigned based on climbing and instructional experience by facility management and the facility’s Team Head Coach.

## INTERNAL TEAM TRANSITION PROCEDURES

The following are Climb Team components that facilitate each participant's mobility through the program from Junior Team through Advanced Team.

### PROGRESS TRACKING

Progress Tracking happens inside of all Team Practices at all levels of Climb Team quarterly, or four (4) times per year. Progress Tracking has two parts: physical measurables (how many pull ups, etc.) and comprehension of technical skill, movement, and body awareness (subjective and based on coach observations.) These are kept on an ongoing basis so that athletes and coaches can look back and see improvement and areas of persistent difficulty. The Progress Tracking Rubric also gives a more concrete measure/score so coaches, athletes and parents can know where and what improvement is needed in order to be invited to Tryouts for the next level of Team.

### TRYOUTS

Based on quarterly individual athlete progress tracking, invitations to attend a Tryout will be sent twice a year at the start of the USA Climbing competition seasons (one in March and one in September) to potentially be placed on a different team. Taken into account along with scores on the Progress Rubric at the tryout will be other benchmark accomplishments like recent competition results.

### ROSTER REVIEW

As one USA Climbing season ends and another begins in February and August, the lead coaches on Advanced and Intermediate Teams will do a roster review to determine if any of their athletes would be better served and a better fit for a different Team. Sometimes athletes who are moved onto Intermediate, Advanced, or Elite don't thrive as expected or enjoy their climbing experience as much once they join. **Ongoing communication with the athletes and their parents along with progress tracking and the climber's competition performance will help these conversations go more smoothly.**

### CANCELING OR FREEZING YOUR TEAM ENROLLMENT

Athletes and their families are free to **Cancel** their Team Enrollment via the Online Member Change Request Form available on the Vertical Endeavors website. [www.verticalendeavors.com](http://www.verticalendeavors.com) All cancelations are due by the 1<sup>st</sup> of the month with **1 Month Advance Notice**. Athletes who wish to rejoin Team simply need to sign up for a Skills Assessment to get re-placed on the appropriate Team upon their return.

**Freezes** are available on a case-by-case basis (cleared by your facility's Head Coach) for injury and illness-related reasons at the Membership Freeze Rate of \$10/month. Injured athletes will need to provide a physician's note clearing them for rejoining practice along with any restrictions. The maximum freeze amount is **3 months**. After 3 months, athletes will have their membership reactivated unless they cancel via that Online Member Change Request Form available on the VE website.

## TEAM POLICIES

### FACILITY RULES

- Team participants and coaches must follow all Facility Rules while on Team
- All Team Participants AND any parent/guardian/sibling spectators must check-in at the front desk when visiting the facility.
  - Parents/Guardians and immediate family members can climb during Team Practices and receive a Free Rental item and a Half Price Day Pass.
- Coaches must accompany Team participants in any areas of the facility that are typically age-restricted.

### YOUTH BELAYING

Applies for any Team member under the age required to belay as stated in facility rules

- Must be approved and checked off in RGP by Head Coach
- **“Red Belay Tags”** are given out to Teamers who have been checked-off to belay on Team so that they may belay outside of Team with other “Red Tag” holding Team members. **They must always use a backup belayer.**
- Qualification Requirements
  - May not belay for adults
  - Top Rope (if younger than 14)
    - Any youth who wishes to belay outside of Team must be backed up and may only belay another Team member of appropriate size, who also holds a “red card” qualification.
  - Sport Lead (if younger than 16)
    - Any youth who has already been checked off to lead belay may do so if the climber is similar in size to the belayer and there is a back-up belayer present outside of practices.
    - If a youth climber on Team wishes to lead climb outside of Team they must be belayed by either another Team member, also checked off to lead belay, or a parent who has been checked off to lead belay youth.
- Back-up Belay Expectations
  - For any youth to belay outside of Team they will need a third participant to back-up belay.
  - Back-up belayers must have their belay qualifications or be a Team member with a Red Tag.
- Sport Lead Climbing
  - All Team participants must belay using a Brake Assisted Device while Lead Belaying
  - For any youth climber to take an intentional lead fall, a coach must back-up belay during the intended fall.

### TRANSPORTATION, CHECK-IN, + PICK-UP

- Coaches may not drive or transport Team participants to any Team-related functions or activities.
- Drop off/pick up
  - Parent/guardian should notify Coach if there are any restrictions on who may pick up their child.
  - Coaches will remain with Team and Club participants until they have been picked up from practice, or communicate with front desk staff if there is a longer delay and an anticipated pick-up on the way.
- All Athletes must be checked in to Rock Gym Pro for every practice and event they attend.
- All parents/family members entering the facility during practice must have a waiver on file and be checked into Rock Gym Pro as a spectator. Parents + family members who wish to climb during practice get half price entry & a free rental harness.

### INJURY RESPONSE

- All employees working with any VE Youth Programs have completed Concussion Training and AED Training
- All employees are encouraged to complete First Aid & CPR Training. Managers & Head Coaches are required to complete both.
- The Manager on Duty takes lead in the case of an incident. Parents must be contacted as soon as is reasonably possible. Best discretion will be used in calling EMS even if a parent cannot be reached. VE staff will defer to EMS decisions if called.

### MANDATORY REPORTING

- Coaches in Illinois are legally considered Mandated Reporters and must review the state’s mandatory reporting guidelines.
- Coaches in Minnesota, while not under legal obligation, are encouraged to report confirmed or suspected cases of the abuse or neglect of a minor to proper authorities.
- Anyone registered as a coaching member of USA Climbing is a mandated reporter under their USAC Coaches Agreement (even when not necessarily mandated under state law) and must go through Safe Sport Training.

### PHOTOGRAPHY, MARKETING, + SOCIAL MEDIA

- All Club & Team participants must have a Digital Document Photo Release on file and attached to their Rock Gym Pro profile. No photo can be taken for Marketing or other purposes without a Photo Release on file.

# ANNUAL CALENDAR

	Team Practices + Lessons		Administration	Competitions + Events	
<b>January</b>					
Week One					
Week Two				USAC Divisional Bouldering Championships	
Week Three					
Week Four			Parent Conferences		
<b>February</b>					
Week One	Progress Tracking: Measureables		Roster Review	Passion for Flashin' (VE- St Paul)	
Week Two	Progress Tracking: Coaches Notes + Feedback	Skills Assessment	Family Newsletter	USAC National Bouldering Championships	
Week Three	Progress Tracking: Athlete/Parent Communication	Youth Belay 1 of 2			
Week Four	Progress Tracking: Athlete/Parent Communication	Youth Belay 2 of 2			
<b>March</b>					
Week One	Team Bring A Friend Practices				
Week Two					
Week Three		**Tryouts**		No Holds Barred (VE- Glendale Heights)	
Week Four	Mock Competition		USAC Documents Due	Jug-or-Not (VE- Minneapolis)	
<b>April</b>					
Week One					
Week Two		Skills Assessment			
Week Three		Youth Belay 1 of 2			
Week Four		Youth Belay 2 of 2			
<b>May</b>					
Week One	Progress Tracking: Measureables		VEGA Outdoor Practices		
Week Two	Progress Tracking: Coaches Notes + Feedback			Family Newsletter	USAC Regional Sport + Speed Championships
Week Three	Progress Tracking: Athlete/Parent Communication				
Week Four	Progress Tracking: Athlete/Parent Communication				
<b>June</b>					
Week One			VEGA Outdoor Practices		
Week Two		Skills Assessment			USAC Divisional Sport + Speed Championships
Week Three		Youth Belay 1 of 2			
Week Four		Youth Belay 2 of 2			
<b>July</b>					
Week One			VEGA Outdoor Practices		
Week Two					USAC National Sport + Speed Championships
Week Three					
Week Four				Parent Conferences	
<b>August</b>					
Week One	Progress Tracking: Measureables		VEGA Outdoor Practices		
Week Two	Progress Tracking: Coaches Notes + Feedback	Skills Assessment		Roster Review	
Week Three	Progress Tracking: Athlete/Parent Communication	Youth Belay 1 of 2		Family Newsletter	
Week Four	Progress Tracking: Athlete/Parent Communication	Youth Belay 2 of 2			
<b>September</b>					
Week One	Team Bring A Friend Practices		VEGA Outdoor Practices	Annual Coaches Training Workshop	
Week Two					
Week Three		**Tryouts**			
Week Four					
<b>October</b>					
Week One					
Week Two		Skills Assessment		Pebble Crusher (VE- Glendale Heights)	
Week Three		Youth Belay 1 of 2		Octboulderfest (VE- St Paul)	
Week Four		Youth Belay 2 of 2	USAC Documents Due		
<b>November</b>					
Week One	Progress Tracking: Measureables				
Week Two	Progress Tracking: Coaches Notes + Feedback		Family Newsletter		
Week Three	Progress Tracking: Athlete/Parent Communication				
Week Four	Progress Tracking: Athlete/Parent Communication				
<b>December</b>					
Week One				USAC Regional Bouldering Championships	
Week Two		Skills Assessment			
Week Three		Youth Belay 1 of 2			
Week Four		Youth Belay 2 of 2			

WEEKLY PRACTICE SCHEDULE

Master Schedule for Weekly Youth Clubs + Teams

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Duluth	Club 4:30 – 6:30 pm	Junior Team 5:30 – 7:30 pm		Int. Team 6:00 – 8:00 pm			
	Advanced 6:30-8:30 pm		Advanced Team 6:30 – 8:30 pm				
Other Weekly Programs			Basic Top Rope Lesson		Ladies Night		
			Student Night				

EVENTS + COMPETITIONS

**V.E.G.A Climb Team Outdoor Days**

We ask that all Climb Team participants attend at least one (1) Outdoor Climb Team day per year. These are scheduled on select weekends during the months of May-September as 4-hour long events at a cost of \$55 per participant. VE will provide staffing along with all necessary equipment for anchors and ropes. Climbing shoes and harnesses are available upon request.

**Local Competitions**

Vertical Endeavors will send coaches to any local competition Team athletes are participating in at a ratio of 1:10 for non-VE events and 1:6 for VE-hosted events. Coaches are expected to be active staff participants and be available to help athletes and their families during the event.

**USA Climbing Championship Competitions**

Vertical Endeavors will send coaches to any USA Climbing-Sanctioned Championship Competition that Team athletes are participating in at a ratio of 1:8. A minimum of 2 coaches will be sent in order to have one coach on the floor watching climbers and available to make any appeals and the other coach in Isolation with the waiting athletes.



PROGRESS TRACKING RUBRIC STANDARDS

These are the standards and guidelines that each athlete is measured by on each given team.



# Vertical Endeavors Climb Team

## Team Placement Performance Standards Rubric

### Athlete Information

Name		Age		Date	
Team		Coach			

### Performance Standards

LEVELS OF TEAMS	CLUB	JUNIOR	INTERMEDIATE	ADVANCED	ELITE
<b>EXPECTED COMPETITION RESULTS</b>					
USAC Regional Championships	No attendance	attend	attend	Top 10	top 5, podium
USAC Divisional Championships	No attendance	No attendance	No attendance	attend	finals, podium
USAC National Championships	No attendance	No attendance	No attendance	No attendance	attend
Local Non-USAC Events	No attendance	attend	Top 15	Top 10	Finals, podium
<b>ABILITY</b>					
Bouldering Grade	n/a	V0-1	V2-3	V4-5	V8 +
Route Grade Ranges	n/a	5.9 to 5.10-	5.10	5.11	5.12
<b>FITNESS</b>	<b>CLUB</b>	<b>JUNIOR</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>	<b>ELITE</b>
Strength - Number Completed: Pull-Ups	n/a	3-5 +	5-10	10-15	15+
Push-Ups	n/a	<= 20	20-30	30 +	35+
Core		Comprehends and executes all varying floor core exercises	Comprehends and executes all varying floor core exercises and some hanging core	Proficient in all varying floor core exercises and is proficient in most hanging core	Proficient in all varying floor core and hanging core exercises: V-sits, L-ups, L-hang pull-ups, toes to bar, TRX
Endurance	n/a	Can climb 2 routes back-to-back no rest, up-down level of 5.9+, can ARC for 10+ min	Can climb 3 routes back to back no rest, up-down level of 10a+ on lead (age dependent), can ARC for 15+ min, can finish route pyramid	Can complete route 4x4's, ARC for 20+ minutes for multiple sets	Finishes multiple sets of route 4x4's, ARC on 5.11 for 30+ minutes multiple sets, bouldering 4x4's on V4+, Killers on low flash level
Power: On Campus Board	n/a	n/a	Starting on campus board w/feet on to learn form, movement, gain power	Becoming proficient in campus board training workouts, good form, foot-free campusing	Capable of doing campus board workouts 1-2 days / week
Power: Off Campus Board	n/a	Understands dynamic movement, can execute size appropriate deadpoints, dynos, explosive movement	Executes dynamic movement on command, explosive movement, dynos, easy no-feet climbing	Proficient in dynamic, explosive movement, sticking dynos, on wall campusing on V0/1	Commitment to powerful, dynamic, explosive movement, deadpoints, holding foot out swings, campusing on V1-3's
Finger Strength Smallest mm edge held for 10s	n/a	20+mm	14-20mm	8-14mm	6-8mm

TECHNICAL SKILL	CLUB	JUNIOR	INTERMEDIATE	ADVANCED	ELITE
Footwork	No expectations	General comprehension of placement on holds, edging, stands on toes not instep	Comprehension of foot placement on holds, toeing in, front step, instep, back step, pivot, flag, drop knee, heel hook, rockover.	Proficient in foot placement on holds, toeing in, front step, instep, back step, pivot, flag, drop knee, heel hook, rockover, toe hook, bicycle, kneebar, pogo	Exceptional movement comprehension and precise footwork execution in all areas previously listed, proper body positioning, knowledge, technique sequencing
Leading: Should be confident and competent in leading comp-level grades in age category	No expectations	Age-appropriate (13+) should be learning to lead, find clipping and rest positions	Age-appropriate (13+) should be mock leading, and leading on 5.10+ with proper clipping positions	Age-appropriate (13+) should be leading proficiently on 5.11's	Age-appropriate (13+) should be leading proficiently on 5.11-12's, committing to moves above clips, falling.
Efficiency: Breathing, pace, rest position, clip position, grip position, over gripping	No expectations	Climbs smooth, consistent breathing, learning to change gears mid-route, adequate resting mid-route in non-strenuous rest positions	Climbs smooth, controlled, consistent breathing, learning to change gears mid-route, safe, smart clips, learning to move away from overhead clipping, adequate resting mid-route in non-strenuous rest positions	Climbs smooth, controlled, consistent breathing, capable of changing gears mid-route, Fast, smart clips, moving away from overhead clipping, adequate resting mid-route in non-strenuous rest positions	Climbs quickly, smoothly, precisely through easy sections, consistent breathing, capable of changing gears mid-route, high power gear for hard cruxes, downshifts/relaxes for moderate terrain, slows and reigns in for thin or vertical technical terrain. Fast, smart clips, no overhead clipping. Breaks climbs into sections, adequate resting mid-route in non-strenuous rest positions
<b>ATTITUDE</b>	<b>CLUB</b>	<b>JUNIOR</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>	<b>ELITE</b>
Commitment	1 + day/ week	2 days / week	2 + days / week	3 + days / week	4 + days / week
Effort / Work Ethic (In and out of practice)	Have fun	Gives 100% every practice. Does not need to be told to climb, train, get on wall, whose turn it is, does not complain	Gives 100% every practice. Does not need to be told to climb, train, get on wall, whose turn it is, does not complain	Gives 100% every practice. Does not need to be told to climb, train, get on wall, whose turn it is, to increase weight, try harder, does not complain	Gives 100% every practice. Does not need to be told to climb, train, get on wall, whose turn it is, to increase weight, try harder, does not complain, effort inspires others
Coachability (Listening and execution)	Listens to coach, respectful, positive, does not talk back or complain	Always listens to coach, respectful, positive, does not talk back or complain, asks questions	Always listens to coach, respectful, positive, does not talk back or complain, comprehends and executes what is being taught/told	Always listens to coach, RC, respectful, positive, does not talk back or complain, comprehends and executes what is being taught/told	Always listens to coach, staff, RC, judges, respectful, positive, does not talk back or complain, comprehends and executes what is being taught/told
Mental Game (In-practice focus, positivity)	Focused, not goofing off, no horse play, does not distract, positive	Focused, not goofing off, no horse play, at practice to work, get better, improve, get stronger, takes training and practice seriously, does not distract other athletes, encouraging and present, positive, committing to moves, strong head, pushes through fear	Focused, not goofing off, no horse play, at practice to work, get better, improve, get stronger, takes training and practice seriously, does not distract other athletes, encouraging and present, positive, committing to moves, strong head, pushes through fear	Focused, not goofing off, no horse play, at practice to work, get better, improve, get stronger, takes training and practice seriously, does not distract other athletes, encouraging and present, positive, committing to moves, strong head, pushes through fear	Focused, not goofing off, no horse play, at practice to work, get better, improve, get stronger, takes training and practice seriously, does not distract other athletes, encouraging and present, positive, committing to moves, strong head, pushes through fear
Teamwork and Leadership	Works well with others, positive attitude, proud example of VE Clubs	Exemplary sportsmanship, positive attitude and support towards teammates and other climbers, is steward on and off wall, in and out of practice. Role model for teammates and proud representation of VE Climb Team.	Exemplary sportsmanship, positive attitude and support towards teammates and other climbers, is steward on and off wall, in and out of practice. Heard vocally encouraging others. Role model for teammates and proud representation of VE Climb Team.	Exemplary sportsmanship, positive attitude and support towards teammates and other climbers, is steward on and off wall, in and out of practice. Heard vocally encouraging others. Role model for teammates and proud representation of VE Climb Team.	Exemplary sportsmanship, positive attitude and support towards teammates and other climbers, is steward on and off wall, in and out of practice. Heard vocally encouraging others. Role model for teammates and proud representation of VE Climb Team.

## PERIODIZATION TRAINING SCHEDULE

Team practices will be based around a sixteen-week Periodization Training Program block schedule, where athletes are set to reach peak performance around championship events. An example of this is below.

WEEK	DAY ONE	DAY TWO	DAY THREE	COMPETITION	KEY:	ACRONYMS:
1	BF-STR/ARC	DR/ARC/PE	DR/MI	UPPER LIMITS	BASE FIT	BF- STR Base Fitness- Strength
2	BF-STR/ARC	DR/ARC/PE	DR/MI	CLIMB IOWA	STRENGTH	ARC Aerobic Respiration Capillarity
3	MI/PRJ/SPD	CA/PRJ/OWW	HB/CA/WTP/PRJ	IBEX CLIMB CE	POWER	DR Drills
4	MI/PRJ/SPD	CA/PRJ/OWW	HB/CA/WTP/PRJ	APPROACH	POWER ENDURANCE	MI Mileage
5	MI/PRJ/SPD	CA/PRJ/OWW	HB/CA/WTP/PRJ		PEAK	PRJ Project
6	MI/PRJ/SPD	CA/PRJ/OWW	HB/CA/WTP/PRJ	<b>USAC Reg.</b>	REST	SPD Speed
7	<b>USAC Reg.</b>	HB/CA/POWW	HB/CA/WTP/PRJ			OWW On Wall Workout
8	POWW/SPD	HB/CA/POWW	HB/CA/WTP/PRJ			HB Hangboard
9	POWW/SPD	HB/CA/POWW	HB/CA/WTP/PRJ			CA Campus
10	PE/PRJ/SPD	HB+CA:SS/PE	WTP+CA:SS/PRJ			WTP Weighted Pullups
11	PE/PRJ/SPD	HB+CA:SS/PE	WTP+CA:SS/PRJ	<b>USAC Div.</b>		POWW Power On Wall Workout
12	<b>USAC Div.</b>	HB+CA:SS/PE	WTP+CA:SS/PRJ			PE Power Endurance
13	PE/PRJ/SPD	HB+CA:SS/PE	WTP+CA:SS/PRJ			:SS Super Set (of 2 preceding items)
14	HB/CA/PROJ	HB+CA:SS/PE	WTP+CA:SS/PRJ			
15	HB/CA/PROJ	HB+CA:SS/PRJ	<b>USAC NATIONAL CHAMPIONSHIPS</b>			
16						

## COACH CONTACT INFO

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Facility Manager: Ron Case – [ron@verticalendeavors.com](mailto:ron@verticalendeavors.com)

## HELPFUL LINKS

Vertical Endeavors – [www.verticalendeavors.com](http://www.verticalendeavors.com)

USA Climbing: Comp Info – [www.usaclimbing.org](http://www.usaclimbing.org)

<https://www.facebook.com/search/top/?q=usa%20climbing%20midwest%20region>

MYCCA (Minnesota Youth Competitive Climbing Association –

[https://www.facebook.com/pg/minnesotaycca/about/?ref=page\\_internal](https://www.facebook.com/pg/minnesotaycca/about/?ref=page_internal)

Moja Gear: gear tips, suggestions – [www.mojagear.com](http://www.mojagear.com)

Rock & Ice Climbing Terminology – [www.rockandice.com/how-to-climb/climbing-terminology](http://www.rockandice.com/how-to-climb/climbing-terminology)