

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 CLUB

- What:** Base Club is for the youngest little climbers (**ages 6-9**) 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 (join the first week of the month)
- Cost:** \$75/month (billed on the 5th of each month) ****Optional Membership Add-on is \$25/mo. (Single) or \$35/mo. (All Access)**
- How:** Customers can sign up at the facility by filling out a Team Membership Agreement and Photo Release. Participants may join club starting the first week of the month.

PEAK CLUB

- What:** Peak Club is our option for youth (**ages 10-13**) that wish to partake in recreational climbing alongside their peers, without the emphasis on training and competition that exists on Team. The participants have the option of learning how to belay. Basic technique and movement concepts will be covered, along with participation in group games and team building activities.
- When:** 1x weekly for 1.5 hours (join the first week of the month)
- Cost:** \$75/month (billed on the 5th of each month) ****Optional Membership Add-on is \$25/mo. (Single) or \$35/mo. (All Access)**
- How:** Customers can sign up at the facility by filling out a Team Membership Agreement and Photo Release. Participants may join club starting the first week of the month.

VARSITY CLUB

- What:** Varsity Club is our option for youth (**ages 14-18**) that want to climb alongside their peers, with an emphasis on staying active and being connected to the climbing community without the competition-focus that exists on Team. The participants have the option of learning how to belay. Basic technique and movement concepts will be covered, along with participation in group games and team building activities.
- When:** 1x weekly for 1.5 hours
- Cost:** \$75/month (billed on the 5th of each month) ****Optional Membership Add-on is \$25/mo. (Single) or \$35/mo. (All Access)**
- How:** Customers can sign up at the facility by filling out a Team Membership Agreement and Photo Release. Participants may join club starting the first week of the month.

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 youth 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 any necessary rental equipment, 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.

JUNIOR TEAM

What: Junior Team is designed to build a solid foundation of rock climbing skills for youth **ages 8 and up**. 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 2.5 hours

Cost: \$175/month (billed on the 5th of each month)- *Price includes VE All Access Membership*

How: Athletes who want to join Team should first sign up for **Tryouts**. Once Junior Team placement has been recommended by the Head Coach, customers can sign up at the facility by filling out a Team Membership Agreement and Photo Release 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. Two days of practice a week are required, and we encourage a third day of individual climbing outside of practice. Climbers must be ready to spend considerable time sport lead climbing (rather than top roping) and bouldering, along with climbing related core workouts and training exercises. These committed climbers will be expected to compete in USAC-sanctioned competitions through Regionals, explore climbing outdoors, and look to a future with the Advanced Team.

When: 2x weekly for 2.5 hours (quarterly all city practices in Jan, Apr, Jul, and Oct.)

Cost: \$225/month (billed on the 5th of each month) - *Price includes VE All Access Membership*

How: Athletes on Jr. Team will be recommended by their coaches to attend twice-annual Tryouts if we feel they may be ready to move up. Tryouts and previous competition performance will determine if an athlete moves onto Intermediate Team. Once this prerequisite is completed, customers can sign up at the facility by filling out a ***new*** Team Membership Agreement. At their next Team billing, they will be charged the new monthly rate.

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 of Elite Team. 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 workouts, and increased focus on skill and technique acquisition.

When: 3x weekly for 2.5 hours (1x monthly All City Practice will typically occur on the last Sunday of the month)

Cost: \$275/month (billed on the 5th of each month)- *Price includes VE All Access Membership*

How: Athletes on Intermediate Team will be recommended by their coaches to attend twice-annual Tryouts if we feel they may be ready to move up. Tryouts and previous competition performance will determine if an athlete moves onto Advanced Team. Once this prerequisite is completed, customers can sign up at the facility by filling out a ***new*** Team Membership Agreement. At their next Team billing, they will be charged the new monthly rate.

ELITE TEAM

What: Elite Team travels and trains at all Twin Cities VE locations that has a more rigorous practice format and heightened physical and mental demands. This Team is for athletes who are competing at a national level. Customized training that builds increased intensity in strength and power training, focused on-wall workouts, and accelerated skill + technique acquisition through drills. Athletes will be expected to keep detailed progress journals and training logs and will be held to a higher standard of accountability. They will be leaders in the climbing community and stewards in & out of the Team program.

When: 3x weekly for 3 hours (1x monthly All City Practice will typically occur on the last Sunday of the month)

Cost: \$300/month (billed on the 5th of each month)- *Price includes VE All Access Membership*

How: Athletes on Advanced Team will be recommended by their coaches to attend twice-annual Tryouts if we feel they may be ready to move up. Tryouts and previous competition performance will determine if an athlete moves onto Elite Team. Once this prerequisite is completed, customers can sign up at the Bloomington facility by filling out a ***new*** Team Membership Agreement. At their next Team billing, they will be charged the new monthly rate.

ELITE NATIONALS PRACTICE

- What:** A small number of Elite Team athletes who are consistently in the top of their Division and are regularly competing at the National Championship level with USAC will have the option to add an additional day of practice outside of scheduled Elite Team practices. Invitations to the Nationals Practices are for Elite Team members and are based off competition benchmarks within the USA Climbing seasons rather than being based off a Tryout.
- When:** Elite Team Practice Schedule with 1 additional day/week
- Cost:** Additional \$50/month (billed on the 5th of each month)- Price includes VE All Access Membership
- How:** Athletes who compete at Nationals in either USAC season will be invited to the Nationals Practices, after which customers can sign up at the Bloomington facility by filling out a *new* Team Membership Agreement. At their next Team billing, they will be charged the new monthly rate.

TRYOUTS AND INDIVIDUAL COACHING

The following are Climb Team components that take place during normal weekly Team practices to facilitate each participants mobility through the program from Junior Team through Elite Team.

JUNIOR TEAM TRYOUTS

- What:** The Junior Team Tryout 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. Youth climbers who already know that they'd like to sign up for one of the age-based non-competitive Clubs do **not** need to take a tryout.
- When:** Scheduled Quarterly March, June, September, and December. Please check with your gym for specific dates and times.
- Cost:** \$20
- How:** Customers can sign up at the facility with staff or online via our website

INTERMEDIATE, ADVANCED AND ELITE TEAM TRYOUTS

At the beginning of each season all teams will host a tryout to reassess who will be on the team. This tryout is mandatory for athletes currently on a team and will determine if they stay on their team. Coaches will invite athletes to a higher-level tryout if we feel they may be ready to move up. Tryouts will be at the beginning of each season in February and August and will be held during a normal practice time for that team. Tryout performance along with past competition results will help to decide what team athletes will be placed on. There is no additional cost for these tryouts.

INDIVIDUAL COACHING LESSON BLOCKS

- 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:** \$90 for 1-hour with Level 3 instructor
\$70 for 1-hour with Level 2 instructor
\$50 for 1-hour with Level 1 instructor
- How:** Customers must sign up at the facility with their chosen coach or their facility's Team Head Coach to ensure proper scheduling.

COMPETITIONS

The following section outlines what the competition expectations are for the different levels of team. This will also explain most of what you should need to know leading into competitions and the day of. There are two competition seasons within a year: Bouldering and Sport/Speed. Bouldering runs September-February and Sport/Speed runs March-July. We compete in the Midwest 501 region and Division 5 (Midwest and Great Lakes). Our official team name is "Team VE".

EXPECTATIONS

These expectations are the minimum of what we expect out of an athlete at that level. We always encourage athletes to attend more competitions, especially if they are interested in moving up teams in the future.

Club: Club athletes are not expected to compete in competitions.

Junior: Junior Team athletes are expected to compete in one local competition per season.

Intermediate: Intermediate team athletes are expected to qualify and compete through Regionals.

Advanced: Advanced team athletes are expected to qualify and compete through Divisionals.

Elite: Elite team athletes are expected to qualify and compete through Nationals and **must** qualify for Divisionals.

LOCAL COMPETITIONS

Local competitions are any USAC sanctioned events that are not regionals/divisionals/nationals. While these events are called "local" they may require some travel to other states. Our region consists of North Dakota, South Dakota, Minnesota, Iowa, Wisconsin, Nebraska, Missouri, and Kansas. Local events will be held in most of these states for you to participate in. You may also participate in local competitions outside our region to qualify for Regionals. Non USAC sanctioned local competitions also exist, but do not count towards qualifying for championship events.

REGIONAL/DIVISIONAL/NATIONAL COMPETITIONS

Championship events require you to qualify at previous events in order to participate. Below you will find the qualifications for each event. Championship events are all isolation format competitions except for the qualifying days of Nationals. Isolation format means your athlete will be entering a room before the start of the competition with their teammates and coaches and will not get to watch anyone climb their routes before they climb.

Regionals: Must place in the top 16 in at least one local competition. Athletes will compete in one round of competition at this event.

Divisionals: Must place in the top 10 at Regionals to qualify. This is a two-day event where one day is qualifiers and the other is finals. Athletes must place in the top 10 during qualifiers to advance to finals.

Nationals: Must place in the top 6 at Divisionals to qualify. This is a multi-day event involving qualifiers, semis, and finals. The top 20 from qualifiers will move onto semis and the top 10 from semis will move onto finals.

USAC MEMBERSHIPS

All athletes are required to have an active USAC membership. Memberships last from the start of bouldering season until the end of sport/speed season. If you purchase your membership in between these seasons it will still only last until the end of sport/speed season. The options below should help to decide which membership is right for your athlete. Memberships can be purchased through usaclimbing.org.

Introductory Membership: This membership is for athletes only planning to compete in local competitions. Junior team athletes may purchase this membership if they are not planning to compete in any championship events

Competitor Membership: This membership is valid for all local and championship competitions. All levels of team besides Junior Team are expected to purchase this membership.

COMPETITION DAY

Below are the highlights of what is expected of your athlete on competition day.

- **Be sure to bring climbing gear, water, snacks, and team shirt.**
- Must show up at least half an hour before rules meeting to ensure an adequate amount of warmup time.
- **Must wear team shirt while competing.** If an athlete is caught without their uniform on while competing, they may be disqualified.
- Must wear some team apparel while in the facility on competition days. **This includes days when they are just cheering, not competing.**
- Expected to stay at competition until after awards unless discussed with coaches prior to event.
- We will always take a team picture following awards.

USAC CATEGORIES

Athletes will compete in age categories based on the year they were born. The main distinction between the categories other than age is that during sport/speed season athletes will begin lead climbing in Youth B.

Juniors: 2001-2002

Youth A: 2003-2004

Youth B: 2005-2006 (Begin Leading in Competitions)

Youth C: 2007-2008

Youth D: 2009 & Younger

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 Harness Rental and a Half Price Day Pass.
- Coaches must accompany Team participants in any areas of the facility that are typically age restricted.
 - If Team will be closing off an area of the facility during practice, a sign to members and guests communicating the closure should be posted 30 minutes-1-hour prior.

YOUTH BELAYING

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

- Must be approved by Head Coach
- Required Belay Tags
 - Red Tags
 - “Red Tags” are given out to Team members who have been checked-off to belay on Team so that they may belay outside of Team with other “Red Tag” holding Team members.
 - Must be checked off in RGP by Head Coach
 - 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 outside of 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.
 - While lead belaying athletes must use an assisted breaking device
- 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.

TRANSPORTATION, CHECK-IN, + PICK-UP

- Coaches may not drive or transport Team participants.
- Drop off/pick up
 - Parent/guardian should notify Coach if there are any restrictions on who may pick up their child.
 - Coaches should 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.

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, AND 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.

PRACTICE POLICIES

- Missed practices must be made up on the athletes own time. Either ask coach for workout or write personal practice plan to be reviewed by coach. Athletes may not attend other gym practices to make up missed practices.
- Athletes may not split practices between gyms.
- Coaches may offer hands-on adjustments to athletes to adjust safety gear, help with technique, and, in effort to prevent injury, correct improper form during workouts. This is a routine part of practice and if any athlete prefers not to be touched please communicate that to coaches so we can respect their space.

YEARLY CALENDAR AND SCHEDULE

WEEKLY PRACTICE SCHEDULE

Master Schedule for Weekly Youth Clubs and Teams

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St. Paul		Base Club 4:30-6:00	Junior 6:00-8:30	Peak Club 4:30-6:00	Junior 6:00-8:30		Advanced 9:00-11:30
		Advanced 6:00-8:30	Intermediate 6:00-8:30	Advanced 6:00-8:30			Intermediate 9:00-11:30
Minneapolis	Intermediate 6:00-8:30	Peak Club 4:30-6:00	Varsity Club 5:30-7:00	Peak Club 4:30-6:00	Base Club 4:30-6:00		Advanced 9:00-11:30
		Junior 6:00-8:30	Advanced 6:00-8:30	Junior 6:00-8:30	Advanced 6:00-8:30		
				Intermediate 6:00-8:30			
Bloomington	Advanced 6:00-8:30	Junior 6:00-8:30	Peak Club 4:30-6:00	Base Club 4:30-6:00	Junior 6:00-8:30	Varsity 5:30-7:00	Intermediate 9:00-11:30
			Advanced 6:00-8:30	Intermediate 6:00-8:30	Advanced 6:00-8:30		
Elite Team Traveling	Elite 5:30-8:30	Elite 5:30-8:30	Elite 5:30-8:30		Elite 5:30-8:30		

EVENTS + COMPETITIONS

Advanced/Elite All City Practices

Advanced and Elite will have combined monthly all city practices on the last Sunday of the month. Practices will be held at TCB during bouldering season (Aug-Feb) and at VE Bloomington during sport season (Feb-July).

Intermediate All City Practices ***New for 2020***

Beginning January 2020, we will be holding quarterly Intermediate Team all city practices. These practices will give intermediate team athletes the opportunity to climb at our other locations and work with other coaches and athletes at their same level.

Team Lock-in

Lock-in overnight events may be planned a few times annually. They are available to Intermediate, Advanced Pre, Advanced, and Elite Team participants.

Lock-ins are a supplemental activity and have an additional cost associated with them (Typically \$40-\$60 for the event)

2020 ANNUAL CALENDAR

2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JAN

18-19th - Divisionals at MBP

19th - Intermediate All City

26th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

FEB

7-9th - Nationals in Bend, OR

23rd - Adv/Elite Tryouts

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAR

1-5th - Int/Jr Tryouts

29th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

APR

19th - Intermediate All City

26th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MAY

9-10th - Regionals (estimated)

31st - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUN

13-14th - Divisionals (estimated)

28th - Adv/Elite All City

2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUL

9-12th - Nationals
19th - Intermediate All City
26th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUG

30th - Adv/Elite Tryouts

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

SEP

5-10th - Int/Jr Tryouts
27th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

OCT

18th - Intermediate All City
25th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOV

29th - Adv/Elite All City

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DEC

27th - All Teams Christmas Party at TCB

OTHER INFORMATION

COACH CONTACT INFO

St. Paul – vesteam@verticalendeavors.com

Minneapolis – vemteam@verticalendeavors.com

Bloomington – vebteam@verticalendeavors.com

Elite – gabe@verticalendeavors.com

sarah@verticalendeavors.com

HELPFUL LINKS

Vertical Endeavors – www.verticalendeavors.com

USA Climbing: Comp Info – www.usaclimbing.org

Midwest Region Facebook Group - <https://www.facebook.com/groups/USACMidwest/>