

ONGOING YOUTH PROGRAMS

PARENT HANDBOOK

CLIMB TEAM CREED

I 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 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 facility 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 after school 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. The price of Club includes staffing and any necessary rental equipment during the weekly program but does not include a VE Membership.

When: 1x weekly for 1.5 hours

Cost: View current prices online at www.verticalendeavors.com or call your local facility.

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

BASE CLUB

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 in order 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.

PEAK CLUB

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, should they choose, by taking the Youth Belay Skills lesson. Basic technique and movement concepts will be covered, along with participation in group games and team building activities.

VARSITY CLUB

Varsity Club is 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. Participants have the option of learning how to belay, should they choose, by taking the Youth Belay Skills lesson. Basic technique and movement concepts will be covered, along with participation in group games and team building activities.

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 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

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 2.5 hours

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**. Once these prerequisites are completed and Junior Team placement has been recommended by the Head Coach, they 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

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. They will be expected to compete in USAC sanctioned competitions, explore climbing outdoors, and look to a future with the Advanced Team.

When: 2x weekly for 2.5 hours

How: Athletes 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 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 much to the coaches during their Tryout). Once this prerequisite is completed, they can sign up at the facility by filling out a **new** Team Membership Agreement and update billing information to the Intermediate Team monthly price in their Rock Gym Pro Customer Profile. At their next Team billing, they will be charged the new monthly rate.

ADVANCED TEAM

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 workload of on-wall workouts, and increased focus on skill and technique acquisition. These athletes have moved beyond the Intermediate level and will start to be groomed for the Elite Team by mirroring and getting used to the structure of Elite Team practices and periodization.

When: 3x weekly for 2.5 hours

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 (expectation: Invitation to USAC Divisional Championships) 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.

PROGRAM OVERVIEW FLOW CHART

CLUB

No prerequisites

Base Club: Ages 6-9yrs

Peak Club: Ages 10-13yrs

Optional: Youth Belay Skills Lesson (Top Rope)

Varsity Club: Ages 14-18yrs

Optional: Youth Belay Skills Lesson (Lead)

TEAM

Prerequisites:

Skills Assessment

Youth Belay Skills Lesson (Top Rope)

Jr. Team:

Quarterly Progress Tracking

2x Yearly Tryouts

Intermediate Team:

Quarterly Progress Tracking

2x Yearly Tryouts

Advanced Team:

Quarterly Progress Tracking

2x Yearly Tryouts

PREREQUISITS, LESSONS & INDIVIDUAL COACHING

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

SKILLS ASSESSMENT

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 so they can recommend the appropriate Team or Club to enroll in. 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 Skills Assessment.

*If Teams are full and unable to accept additional participants, Skills Assessments may not be scheduled. Schedules are available online.

YOUTH BELAY SKILLS (TOP ROPE)

The Youth Belay Skills Lesson on Top Rope Belaying is a prerequisite for all Teams and an **optional supplement** for Club participants. 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, climbers will be able to test out during regular practices and possibly get their Youth Belay Tag so they can belay with a back-up belayer outside of practice times.

YOUTH BELAY SKILLS (SPORT LEAD)

The Youth Belay Skills Lesson on Sport Lead Climbing + Belaying is a prerequisite for Intermediate Team and Advanced Team participants. While lead climbing, clipping, falling, and belay skills are honed and perfected during Intermediate and Advanced Team practices. These skills are learned outside of normal practice times as to not detract from the ongoing group practice sessions. After this lesson, climbers 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 outside of practice times.

PRIVATE COACHING LESSONS

For climbers who want more one-on-one coaching to develop skills, conquer fears, break through on climbing ability level, Individual Coaching Lessons are available. Team participants can schedule lessons with the coach of their choice and the time that works best for their schedule. Team participants will receive member pricing on 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.

Level 3 Instructor: \$100/hour**

Level 2 Instructor: \$80/hour **

Level 1 Instructor: \$60/hour**

**Climbers can 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.*

***Prices are subject to change. Please call your local facility or visit us online at www.verticalendeavors.com for up to date pricing.*

INTERNAL TEAM TRANSITION PROCEDURES

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

PROGRESS TRACKING

Progress tracking happens inside of all Team practices at all levels of Climb Team 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.) This progress tracking is kept on an ongoing basis allowing athletes and coaches to look back and see improvement or 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 Tracking Rubric at the tryout will be other benchmark accomplishments such as 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 conduct a roster review to determine if any athletes would be better served 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 All cancellations are due by the 1st 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.

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.

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 facility 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 in as a spectator. Parents + family members who wish to climb during practice will receive half price entry & a free rental harness.

YOUTH BELAYING

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

Must be approved and checked off by Head Coach

Red Belay Tags are given out to Team members who have been checked-off to belay on Team so that they may belay outside of Team practices with other “Red Tag” holding Team members. They must always use a backup belayer.

Qualification Requirements

May not belay for adults

Any youth who wishes to top rope belay (if younger than 14) outside of Team must be backed up and may only belay another Team member of appropriate size, who also holds a “red card” qualification.

Any youth who has already been checked off to lead belay (if younger than 16) 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.

Intentional Falling

For any youth climber to take an intentional lead fall, a coach must back-up belay during the intended fall.

INJURY RESPONSE

All employees working with any Vertical Endeavors 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. Vertical Endeavors 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.

All coaches on all Teams should send photos regularly (goal: weekly) to marketing@verticalendeavors.com

PREREQUISITS, LESSONS & INDIVIDUAL COACHING

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.

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.

Team Lock-in

Lock-in overnight events may be planned a few times annually. They are available to Intermediate and Advanced Team participants and should be staffed at a ratio of 1:12. Lock-in's are a supplemental activity and have an additional cost associated with them.

FACILITY CONTACT INFO

Vertical Endeavors - St Paul

Phone: 651.776.1430

Address: 855 Phalen Blvd, St Paul, MN 55106

Vertical Endeavors - Duluth

Phone: 218.279.9980

Address: 329 S Lake Ave, Duluth, MN 55802

Vertical Endeavors - Minneapolis

Phone: 612.436.1470

Address: 2540 Nicollet Ave S, Minneapolis,
MN 55404

Vertical Endeavors - Glendale Heights

Phone: 630.784.9000

Address: 246 Windy Point Dr, Glendale
Heights, IL 60139

Vertical Endeavors - Bloomington

Phone: 952.881.1110

Address: 9601 James Ave S, Bloomington,
MN 55106

Vertical Endeavors - Twin Cities Bouldering

Phone: 651.330.8661

Address: 2550 Wabash Ave, St Paul, MN 55106

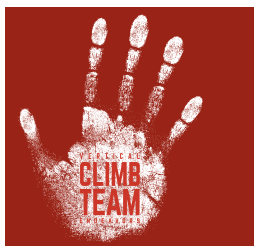
PREREQUISITS, LESSONS & INDIVIDUAL COACHING

Vertical Endeavors: www.verticalendeavors.com

USA Climbing: Comp Info: www.usaclimbing.org

USA Climbing Facebook Group: www.facebook.com/groups/684120844997345

PROGRESS TRACKING RUBIC STANDARDS



VERTICAL ENDEAVORS CLIMB TEAM

TEAM PLACEMENT PERFORMANCE STANDARDS RUBRIC

ATHLETE INFORMATION

NAME

AGE

DATE

TEAM

COACH

PERFORMANCE STANDARDS

LEVELS OF TEAM	CLUB	JUNIOR	INTERMEDIATE	ADVANCED	ELITE
EXPECTED COMPETITION RESULTS					
USAC REGIONAL CHAMPIONSHIPS	NO ATTENDANCE	ATTEND	ATTEND	TOP 10	TOP 5. PODIUM
USAC DIVISIONAL CHAMPIONSHIPS	NO ATTENDANCE	ATTEND	NO ATTENDANCE	ATTEND	FINALS PODIUM
USAC NATIONAL CHAMPIONSHIPS	NO ATTENDANCE	ATTEND	NO ATTENDANCE	NO ATTENDANCE	ATTEND
LOCAL NON-USAC EVENTS	NO ATTENDANCE	ATTEND	TOP 15	TOP 10	FINALS PODIUM

ABILITY

BOULDERING GRADE	N/A	V0-1	V2-3	V4-5	V6+
ROUTE GRADE RANGES	N/A	5.9 to 5.10-	5.10	5.11	5.12

FITNESS

COMPLETED

PULL UPS	N/A	3-5+	5-10	10-15	15+
PUSH UPS	N/A	</=20	20-30	30+	35+
CORE	N/A	Comprehends & executes all varying floor core exercises	Comprehends & executes all varying floor core exercises & hanging core exercises	Proficient in all varying floor core exercises & is proficient in most hanging core	Proficient in all varying floor core exercises & hanging core: v-sits, L-ups, L hanging pull ups, toes to bar
ENDURANCE	N/A	Can climb 2 routes back to back with no rest. Up-down level of 5.9+ & can ARC for 10+ mins	Can climb 3 routes back to back no rest. Up-down level of 10a+ on lead, can ARC for 15+ mins & can finish route pyramid	Can complete route 4x4's, ARC for 20+ minutes for multiple sets	Complete multiple sets of 4x4's, ARC on 5.11 for 30+ mins & bouldering 4x4's on V4+
POWER: ON CAMPUS BOARD	N/A	N/A	Starting on campus board w/feet on to learn form, movement & gain power	Proficient in campus board training workouts, good form, & campusing	Capability of performing campus board workouts 1-2 days per week
POWER: OFF CAMPUS BOARD	N/A	Understand dynamic movement, executes appropriate deadpoints, dynos & explosive	Executes dynamic movement on command, explosive movement, dynos, easy no feet climbing	Proficient in dynamic explosive movement, dynos & campusing V0-1	Capable of powerful, dynamic, & explosive movement, deadpoints, holding foot cut swings & campus on V1-3
FINGER STRENGTH SMALLEST MM EDGE HELD FOR 10S	N/A	20+mm	14-20mm	8-14mm	6-8mm

TEAM PLACEMENT PERFORMANCE STANDARDS RUBRIC

TECHNICAL SKILL

	CLUB	JUNIOR	INTERMEDIATE	ADVANCED	ELITE
FOOTWORK	NO EXPECTATIONS	General comprehension of placement on holds, edging, standing on toes	Comprehension of foot placement, toeing in, front, back and instep, drop knee, rock overs & heel hook	Proficient foot placements, bicycles, kneebars, pivot, flag, heel and toe hook	Exceptional movement, precise footwork, body position, technique & sequencing
LEAD CLIMBING	NO EXPECTATIONS	Age appropriate (13+) should be learning to lead, find clipping & rest positions	Age appropriate (13+) mock leading & leading 5.10+ with proper clip positions	Age appropriate (13+) should be leading 5.11's	Age appropriate (13+) should be leading 5.11-5.12, committing to moves above clips & falling
EFFICIENCY: BREATHING, PACE, REST POSITION, CLIP POSITION, GRIP POSITION	NO EXPECTATIONS	Climb smooth with consistent breath, rest in non-strenuous positions, and changing speed	Climb smooth & controlled, not over clipping, rest positions, smart clipping	Climb smooth & controlled, not over clipping, rest positions, smart clipping	Precise, consistent climbing, power through cruxes, fast & smart clips, no overhead clipping

ATTITUDE

COMMITMENT	1 + DAY/WEEK	2 DAYS /WEEK	2 + DAYS /WEEK	3 + DAYS /WEEK	4 + DAYS /WEEK
EFFORT/ WORK ETHIC (IN & OUT OF PRACTICE)	Have fun	Gives 100% every practice. Does not need to be told to climb, train, get on wall, etc.	Gives 100% every practice. Does not need to be told to climb, train, get on wall, does not complain	Gives 100% every practice. Does not need to be told to climb, train, get on wall, increases strength training, does not complain	Gives 100% every practice. Does not need to be told to climb, train, get on wall, increases strength training, does not complain
COACHABILITY (LISTENING & 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 & executes what is being taught	Always listens to coach, respectful, positive, does not talk back or complain, comprehends & executes what is being taught	Always listens to coach, respectful, positive, does not talk back or complain, comprehends & executes what is being taught
MENTAL GAME (IN PRACTICE FOCUS, POSITIVITY)	Focused, not goofing off, no horse play, does not distract and positive	Actively working to improve, train, does not distract, encouraging, positive, commits to moves, pushes through fear	Focused, actively working to improve, train and get stronger, does not distract, encourage, present, positive, pushes through fear	Focused, actively working to improve, train and get stronger, does not distract, encourage, present, positive, pushes through fear	Focused, actively working to improve, train and get stronger, does not distract, encourage, present, positive, pushes through fear
TEAMWORK & LEADERSHIP	Works well with others, positive attitude, role model	Exemplary sportsmanship, positive attitude, supports teammates & other climbers, on & off the wall role model	Exemplary sportsmanship, positive attitude, supports teammates & other climbers, on & off the wall role model	Exemplary sportsmanship, positive attitude, supports teammates & other climbers, on & off the wall role model	Exemplary sportsmanship, positive attitude, supports teammates & other climbers, on & off the wall role model