



TEAM TPG

2020 – 2021 SEASON

INTRODUCTION

If you're reading this, your kids are psyched on climbing – maybe they have been at it for years, or maybe they have done just enough to know they want to get better. Who can blame them? Climbing builds strength, confidence, coordination, courage, pride, and is so much fun! It can serve as an athletic outlet beyond traditional youth sports.

Unlike so many competitive sports, climbing can be a lifelong pursuit, and doesn't have to end upon completion of school. Lessons and skills learned in climbing have a lasting impact on kid's fitness, confidence, work ethic, and lifestyle that will follow them into adulthood.

TEAMS

We offer two team programs to accommodate a wide range of experience and commitment –

Competitive Team and **Development Team**.

Competitive Team is intended for kids who have made (or intend to make) climbing a big part of their lives. Members of this team are strongly encouraged to participate in USAC competitions.

Development Team is intended for those who are maybe a little newer to the sport, and aren't quite sure how far they want to take it. Competition is entirely optional on this team.

The overlapping practice schedules and shared coaching staff are intended to allow an easy transition from one track to the other. Both teams will help kids focus their energy on becoming strong, skilled climbers in a fun and inclusive environment.

COACHING

Climbing is a unique sport/activity. You are competing against other climbers, competing against yourself, but also being supportive and encouraging to all other competitors. Our coaches will guide climbers through all of this to ensure they reach their full potential, while maintaining a positive and encouraging environment.

During the first few practices, we will work with each climber to develop their goals & training program for the season. Age, gender, physical development, and mental state are all major factors as well. We recognize the need to consider all of these factors to ensure each climber enjoys practice, improves, and avoids injuries.

PRICING & COSTS

Team fees are an add-on to a monthly student or family membership. There is no contract, so in the event of injury, extended vacation, or disinterest, there is no monetary loss. Like membership, team fees will be billed on the 1st of each month. Dues will be prorated in the event someone joins team mid-month, but there will be no partial refunds should you chose to discontinue team membership mid-month. Team will practice year round, so there is no deadline for registration!

Competitive Team - \$95/month

Development Team - \$55/month

PRACTICES

Practices for both teams will begin the week of September 14th, 2020. Competitive Team will practice on Tuesdays and Thursdays from 6-8pm. Development Team will practice on Thursdays from 6-8pm.

Climbers are encouraged to arrive 15 minutes early to situated and ready to go at 6! Each practice will be organized roughly as follows:

5:45-6:00 – *individual warmup*

6:00-6:15 – *group warmup & practice briefing*

6:15-7:45 – *guided climbing & exercises*

7:45-8:00 – *cool down, breakdown brief*

While attendance at every practice is not required, please make it a priority to attend. Excessive unexcused absences may result in removal from the team. Climbers are expected to follow instructions given by coaches, respect the entire team, and exhibit excellent sportsmanship during practice. Recurring problems in this realm may result in removal from the team. Climbers are encouraged to climb regularly outside of practice as well.

UNITED STATES CLIMBING (USAC)

United States Climbing is the national governing body of the sport of competition climbing in the United States. They promote three competition disciplines – bouldering, sport and speed climbing, each with a designated “season”. There have been some huge changes in format of competition in the wake of the COVID pandemic. The upcoming Bouldering season goes from November 2020 through January 2021. Competitions will be held, but the format will be very different than in the past. Updates on the format and schedule of competitions will be shared as they are made available to us by the USAC.