

INTRODUCTION TO YOUTH BOULDERING

If you're reading this, your child is excited about 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!

Climbing is one of the world's fastest-growing and most engaging youth sports. With multiple disciplines in the Olympics, NCAA inclusion on the horizon, and gyms popping up everywhere, the future of youth climbing is brighter than ever. Competition climbing provides valuable and unique experiences for young athletes. It teaches them how to stay calm and focus their attention in demanding situations, and provides a social space to meet others who share their passion.

Unlike so many team 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 a children's fitness, confidence, work ethic, and lifestyle that will follow them into adulthood.

WHY CLIMBING?

CONFIDENCE. STRENGTH. FOCUS. COMMUNITY.



Climbing doesn't just build strong bodies. It builds **strong minds** and **balanced athletes**. Young climbers learn:

- **Resilience through problem-solving:** Every route is a puzzle. Falling is expected. Perseverance is built.
- **Intrinsic motivation:** Athletes track their own growth, not just the scoreboard.
- **Body awareness & control:** Fine motor skills, balance, and strength are developed in harmony.
- **Emotional regulation:** Fear, frustration, and self-doubt are part of the process, and kids learn to work through them in real time.
- **Community over competition:** Even in competitive formats, climbers cheer each other on. Everyone climbs the same wall.



"My daughter has grown in so many ways through climbing. She's developed a sense of perseverance I've not seen in her before."

"I never thought of climbing as a sport until my son joined the team. Now he's more focused, more confident, and can't wait to challenge himself every week."

"Climbing has given my daughter the mental resilience and physical awareness I hoped she'd get from team sports—without the pressure to 'win' every game."



IS CLIMBING A LEGITIMATE SPORT?

- **Recognized by USA Climbing** and the **International Olympic Committee**
- Offered at hundreds of colleges (with climbing clubs or varsity teams)
- Growing number of scholarships and youth competition circuits
- Embraced by parents who want a **positive, personalized** athletic experience for their kids

	BOULDERING	TRADITIONAL SPORTS
Year-Round Access	✓ Indoor & Outdoor	✗ Often seasonal
Personal Goal-Setting	✓ Encouraged	✗ Often stat/team driven
Risk of Injury	✓ Low (non-contact)	✗ Higher in contact sports
Individual Progression	✓ Tracked & celebrated	✗ Can be overlooked
Inclusive for All Body Types	✓ Absolutely	✗ Often skill or size-based



PROGRAM OVERVIEW

Skills Development Team

Tuesday & Thursday / 6-7:30pm

Best suited for kids who would benefit most from broadening their existing skill set to improve as a climber! These athletes are expected to show effort and focus, but there won't be a heavy emphasis on conditioning or finger-strength workouts. Rather, coaches will be working on helping these athletes develop climbing technique & body awareness on the wall. Practices may include things like:

- Footwork drills
- Route reading exercises
- Practicing specific techniques on the wall
- LOTS of climbing with teammates and coaches.

Competitive Team

Tuesday & Thursday / 6-8pm

Best for kids who have been climbing regularly for 2+ years with aspirations to compete, and want guidance in how to use their existing skillset to become stronger climbers. Practices will be relatively intense, building upon conditioning & a broad base of climbing techniques. Practices may include things like conditioning, light weight training, competition preparation, and LOTS of climbing! Members of the Competitive Team are required to participate in at least one formal competition each season. Luckily, central Illinois has several opportunities for this! TPG, Urbana Boulders, and others will be hosting competitions this season!



COACHING

During the first few practices, our coaches will work with each climber to develop an individualized plan for their season. These plans will take into account age, gender, physical development, maturity, and health considerations. We recognize the need to consider all of these factors to ensure each climber enjoys practice, improves, and avoids injuries.

Should your child choose to compete, we will make every effort to have coaching available for any competition your athletes attend, and will coordinate team travel to at least two competitions.

PRICING

Both of our team programs include full gym membership! Team fees will be billed on the 1st of each month. Dues will be prorated if the child joins the team mid-month, but there will be no partial refunds should you choose to discontinue team membership mid-month. There is no deadline for registration. Team practices will be held year-round! All Team TPG members will receive a Team Logo T-shirt & hoodie that they are expected to wear to each practice. Rental shoes & chalk are not included in fees.

Program	Monthly Fees	Includes
Skills Team	\$185	2 practices/week (3 total hours), gym membership, team shirt & hoodie
Competitive Team	\$155	2 practices/week (4 total hours), competition coaching, gym membership, team shirt & hoodie

ALL YOUTH TEAMS & PROGRAMS ARE RECOMMENDED FOR AGES 8 & UP!