



movement

CLIMBING • YOGA • FITNESS

**Welcome to the
youth team!**

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Mission

**We create community,
share passion, and
inspire philanthropy**

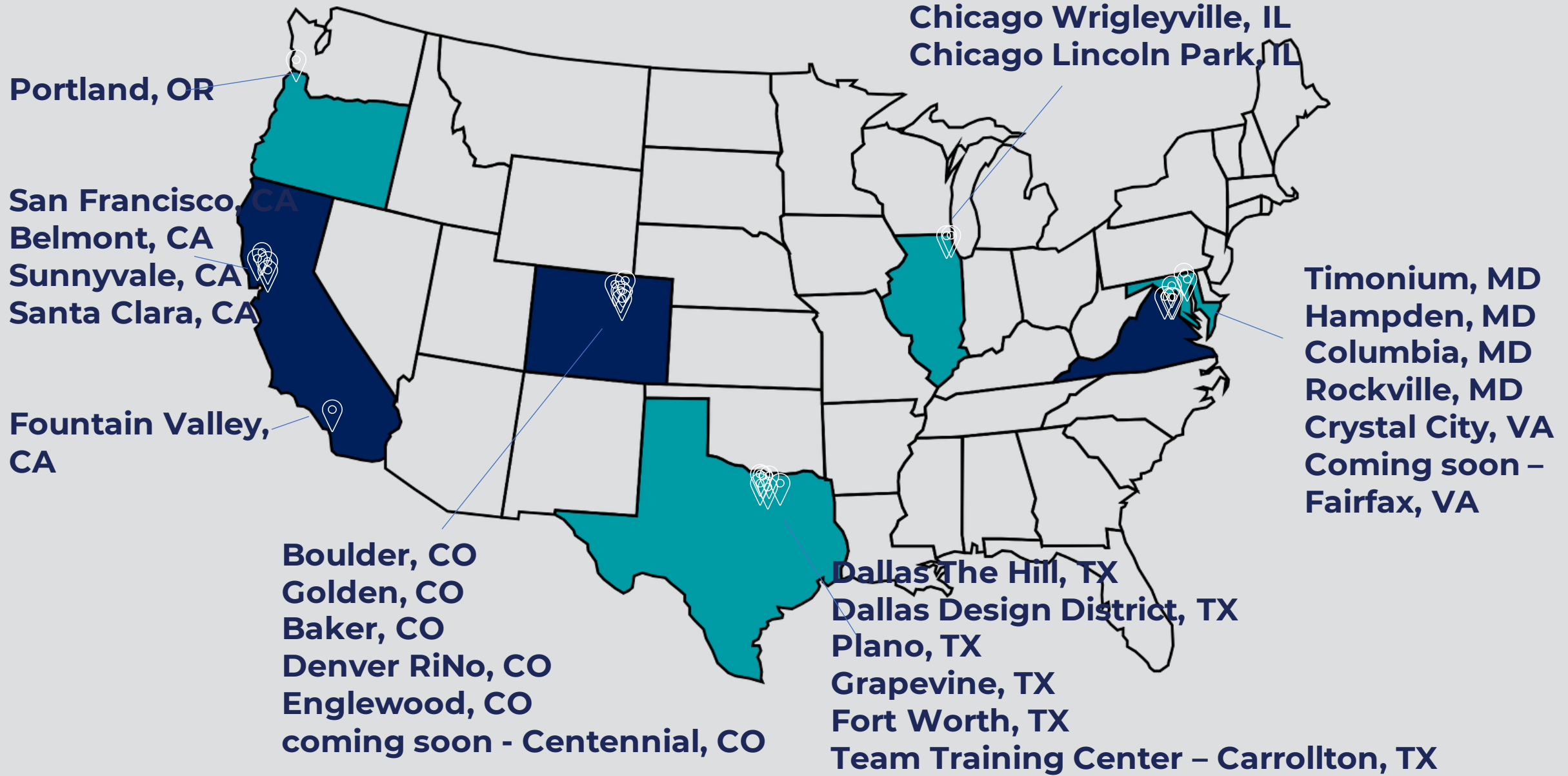
On Team Movement, we aim to create a fun environment where young climbers can come together to grow as climbers and as people.

Vision

To transform the world through the experience of climbing

On Team Movement, the experience of climbing transforms lives by empowering team athletes to reach towards their own expression of success.

Movement Gym locations



Team Levels

Intro

A once-a-week team for athletes with some climbing experience, who are hooked and want to learn more about climbing. This team introduces athletes to our team culture and community, teaches basic climbing skills, and helps athletes feel comfortable and excited to climb with their peers. No competition participation required.

2 hours per practice, 1 practice per week

Intermediate

A twice-a-week team for athletes who demonstrate love of the climbing community, enthusiasm to work with coaches and peers, and focus during practice. This team introduces athletes to physical, mental, and technical rock climbing skills as well as a more structured training environment. Participation in entry-level competitions encouraged.

2 hours per practice, 2 practices per week

Advanced

A twice a week team for driven, focused, and mature athletes who demonstrate dedication to their team and mastery of basic climbing skills. This team introduces advanced movement skills, more extensive physical training, and preparation for performance situations. Participation in USA Climbing competitions is strongly encouraged.

2.5 hours per practice, 2 practices per week

Competitive

A three-times-per-week team for exceptionally skilled, driven, and dedicated athletes training for competition on the National stage and beyond. This team emphasizes sport-specific and competition-specific training. Participation in USA Climbing competitions is mandatory.

2.5-3 hours per practice, 3 practices per week

Championship Team Add-On (offered only in select regions)

The Championship Team is a 3x/month add-on practice for Movement Comp team members preparing for competition at the Divisional and National level. Championship Team focuses solely on competition-specific training guided by high level, experienced Movement Coaches. Climbers can expect to be pushed mentally and physically to be the best climber and athlete that they can be, and to enjoy transformative moments where hard work meets reward.

Requirements

Championship Team is by invitation-only and is only available to members of Comp Team. Participation in USAC competitions and advancement to the USA Climbing Regional Championships in Bouldering and/or Lead/TR disciplines is mandatory. An invite to Championship Team will be valid for one year. At the expiration of an invitation, climbers are encouraged to re-apply if they would like to continue. Championship climbers must remain in Good Standing with the team in order to participate.



Applying for Team

Anyone new interested in joining the Climbing Team must submit an application for consideration in the program. We use this list of athletes to fill our program when spots become available throughout the year. Applicants will be contacted if and when a spot becomes available and ask each athlete to “Try Out” youth team to see if it is a good fit for the climbers needs and where the climber might fit best into our program.

Trying out for Team

All team level programs (Introductory, Intermediate, Advanced, and Competitive Team) are by invitation only and require a successful tryout. Tryouts are utilized to ensure that every team athlete is placed on the team that best matches their skills and goals. Space limitations also necessitate the use of competitive tryouts. There is no strict performance requirement used for tryouts; rather each child’s climbing ability is individually. Their motivation and ability to meet the expectations of the different teams is also considered. In all cases, prospective team athletes must demonstrate a positive attitude and a commitment to their personal development as a climber.

Team Placement

If invited to the team, team level placement will be included in the invitation, which is sent via email. Coaches take into consideration skills, goals, age, and maturity when determining what team to place each climber on. Most of the time, new climbers start on intro team. An exception to this would be if a climber has prior experience beyond what is required of intro team.

Moving between Levels

Movement team levels are designed so that all types of youth climbers can find an environment that best suits their personal skills and goals. If you think your climber might be ready to move up or down a level, reach out to your coach to understand your options!

Some things that coaches consider when determining the best level for each individual athlete are:

Climbing Skills

Coaches will consider a wide variety of climbing-specific skills. Things like footwork, climbing vocabulary, route reading, focus, belaying, strength, and technique are all considered.

Interpersonal Skills

Each level of team requires a different level of interaction between coaches and fellow climbers. How climbers interact with others helps a coach understand what practice environment is best for them.

Personal Goals

It is important for coaches to understand what each climber hopes to gain from their team experience - whether that is a fun, community-based environment, to learn new things each day, or to continuously challenge themselves to be a better climber than they were yesterday.



Top Rope Belaying

Belaying is an important part of being a rock climber and being on a team. Belaying means to control the rope of a climber while they climb, protecting them from a ground-fall. Here are the guidelines for youth team athletes belaying during practice.

- **Top Rope - Age 8**
 - **Coach Approval is required**
 - **Can Top Rope belay with back up from peer and a pre-climb check from a coach.**
- **Top Rope - Ages 9-12:**
 - **Coach Approval is required**
 - **No back up is required after passing the check, a pre climb check from a coach is required.**
- **Top Rope – Ages 13 and up can belay as per Movement's guidelines**



Lead Climbing and Belaying

Lead climbing is a type of climbing where the climber clips in to anchor points periodically as they. Lead climbing and belaying are highly technical skills and require focus, attention to detail, and advanced understanding of climbing movements. Below are the guidelines for youth team athletes lead climbing and belaying during practice:

- **Lead Climb Ages 9-12:**
 - Lead Coach Approval is required
 - Parental conversations occur first. Parent must sign Lead Rules and Assumption of Risk doc.
 - They must take the full lead check from front desk.
 - No staff are required to conduct a pre climb check.
- **Lead Belay Ages 11-12:**
 - Same as above, plus the use of a GRIGRI is required.
 - Climbers under 11 are able to lead climb, but not lead belay.
- **Ages 13 and up can belay as per Movement's guidelines**



Lead Climbing and Belaying

What to expect

- Learning to lead climb and belay requires time and effort. It is encouraged that athletes take a team lead class and also practice on their own.
- Lead climbing and belaying requires the use of a Gri Gri belay device. These are sold in the gear shop.
- Athletes are required to use Gri Gri's to lead belay during practice time. Outside of practice time, climbers may use any belay device they are trained to use and that is permitted in Movement gyms
- During practice, athletes will be belayed by other teammates, coaches, or others permitted to belay by the lead coach
- During competitions, athletes are belayed by event staff or volunteers





Communication

The predominant method of communication from coaches to caregivers will be **email**.

In addition to the emails being sent to team athletes guardians, email announcements can also be sent to team athletes directly if the guardian requests it via the Team Registration and Billing Agreement.

In addition to email, the **Parent Portal** is a great way to find information about team without having to dig through your email inbox. You will often find event information and sign ups and other important documents on the Parent Portal. **We suggest bookmarking the page on your device for easy access!**

Youth Team Events

Training camps

What: Training camps are aimed at preparing climbers for specific competitions or for the start of a new season. These camps are a necessary step to being prepared for competitions!

When: Typically, at the start of a season or 1-4 weeks prior to a USAC Championship event.

Where: Camps are typically regionally based, meaning there will be a single camp in a region that is open to all youth team athletes of that region

How: Camps are typically 1-2 days with 4-6 hours of training per day. The region's coaches coach the camps along with an occasional guest coach!

Why: Great for getting to know other climbers and coaches in the region and developing skills needed for competition!

Intramurals

Intramurals are fun competitions hosted by Movement that serve as a way for young climbers to be introduced to the concept of climbing competitions in a fun, low-risk, supportive environment. These events are made specifically for climbers on Intermediate and Intro teams and are a great way for new climbers to showcase their new skills! Intramurals take place about twice per year at various locations.

Lead Climbing/Belaying Classes

Lead climbing and lead belaying classes are hosted 1-2 times per year for climbers who are ready to learn the skills. Keep in mind that lead climbing and belaying are very technical skills, so reach out to your Team Manager before signing up to ensure that the class will be a good fit for your athlete. For climbers who compete or are interested in competing one day, keep in mind that competitions require climbers in the Youth B category and higher (or 14 years old and older) to lead climb.

Skills Clinics

Clinics are offered periodically and are targeted towards a specific climbing skill or type of climbing. Some examples of a skills clinic are:

- **Footwork clinic**
- **Lead Falling clinic**
- **Volume's clinic**
- **Fitness clinic**

These clinics are a great way for any level of climber to practice those hard to master techniques, all while getting a fun experience at the climbing gym!

Competitions



USA Climbing is the national governing body of competitive climbing in the United States and competitions run from September to July. Success at the Regional level sets climbers on a path to the Divisional, National, and even World level. The year is broken into two seasons; the Bouldering Season in the fall and the Sport and Speed Climbing Season in the winter/spring.

A USAC Competitor membership is required to compete. Visit [USA Climbing](https://www.usaclimbing.com) for membership registration, and competition dates and registration.

Age Categories

Climbers compete in categories broken up by age and gender (female or male).

There are 5 age categories: Youth D (YD), YC, YB, YA, Junior, depending on the year the climber was born.

Combined with the gender categories, your climber will be in FYD, MYD, etc...

Regions and Divisions

There are 18 regions that make up USA Climbing, based on location.

There are 9 Divisions, which each contain 2 Regions.

You can find your Region and Division at [USA Climbing](https://www.usaclimbing.com).

Competition requirements

- Comp Team – *required*
- Advanced Team – *strongly encouraged*
- Intermediate Team – *encouraged if interested*
- Intro Team – *no requirements*

Competitions



It takes a big commitment from both athletes and their guardians to participate in the USA Climbing competitive circuit. Some competitions (including many regional events) are single day events and only require a short drive, while others are multi day events and may take place across the country. Competitions are often large gatherings and can involve overnights, offsite meals, and social events. The very nature of this travel has inherent risks to youth. It's the guardian's responsibility to ensure adult supervision for their children during the entirety of any competition - including the travel, lodging and offsite events that may be occurring.

Movement coach's responsibility for the supervision of your child is limited to their coaching duties at the competition venue.

Transportation to competitions is not provided by Movement, but parent carpools may be coordinated. Team athletes are not permitted to travel with coaches to competitions, or travel in a coach's personal vehicle for any reason.



Volunteering & parent involvement

You play a very important role in Movement youth teams!



Parent Volunteering

Volunteering at events like USAC competitions, intramurals, and other fun extra curriculars is essential to them running smoothly. Team Movement takes lots of pride in having a strong showing of volunteers because it aligns with our core values of Passion and Integrity! Also, especially in competition settings, it can be comforting for our athletes to see familiar and friendly faces on the field of play.

Ways to stay involved

- volunteer at USAC run events and at Movement run events
- learn about climbing so that you can conversate with your athlete about what is going on at practice!
- take climbing classes at Movement.
 - **Intro to Ropes** will teach you how to belay your climber.
 - **Intro to Tech** will teach you the basics of climbing technique so you can start to understand the "beta talk"
- try climbing yourself if you haven't already! Climbing is a great sport because ANYONE can do it and have fun!
- say "hi" or introduce yourself in person to the Team Manager and the coaches that work with your athlete.

"Us coaches will try to stay focused on the lesson plans during practice time, but that doesn't mean we don't want to get to know you! If you ever see us before or after practice, feel free to say hi or ask how your kid is doing!"

- Coach Marisa

Tips from Movement Coaches on how parents can best support their climber

"Coaches always appreciate it when you leave the rock climbing coaching to them, but I have always liked when parents are curious and ask questions. I have had parents ask me about why competitions are set up with certain rules, or why doing a move a certain way is easier. Those kinds of moments of curiosity are great to build relationships between the coach, athlete, and parent."

"If your climber is upset about a result or a performance, don't invalidate their feelings by saying something like "you have no reason to be sad, you did great" no matter how tempting it is to try and make them feel better in that moment. Athletes feelings should be validated and should always be shown support. Encourage your climber to build good mental habits by focusing on some of the things they did well, or are proud of!"

"Try occasionally saying "You must be so proud of yourself" rather than "me and your coaches are so proud of you!". It is our mission to create great people through rock climbing, and great people find pride within themselves, not through the lens of others."

"Parents know to always communicate things like injuries or illness to coaches, but it can also be helpful to communicate changes in attitude or motivation and big life changes to coaches as well. We don't always know what is going on in the climber's lives that may be affecting them at practice. This can help the coaching team get on the same page about what each athlete is personally going through outside of climbing and how to best support them."

"Similar to the above tip, encourage your climber to communicate with the coaches about what their goals for rock climbing are. If your climber wants to move up a team level or learn to lead climb, they should express interest to the coaches so that it can be on their radar next time a team tryout or lead climbing class comes up!"

Also, [Positive Coaching Alliance](#) has some great articles on sports parenting!

Youth Protection

Our priority is the safety and well being of the youth who participate on our climbing teams. If at any time a parent, coach, or team athlete has a concern about the well being of anyone in our community, we encourage them to reach out to the [Youth Protection Committee](#). This web form allows direct communication to Movement's non-coaching management including the CEO, COO and CSO. If you suspect abuse, your first step should be to call 911 or your local child welfare agency. [Childhelp.org](#) can assist with lists of child welfare agencies by state.



Required Team Gear

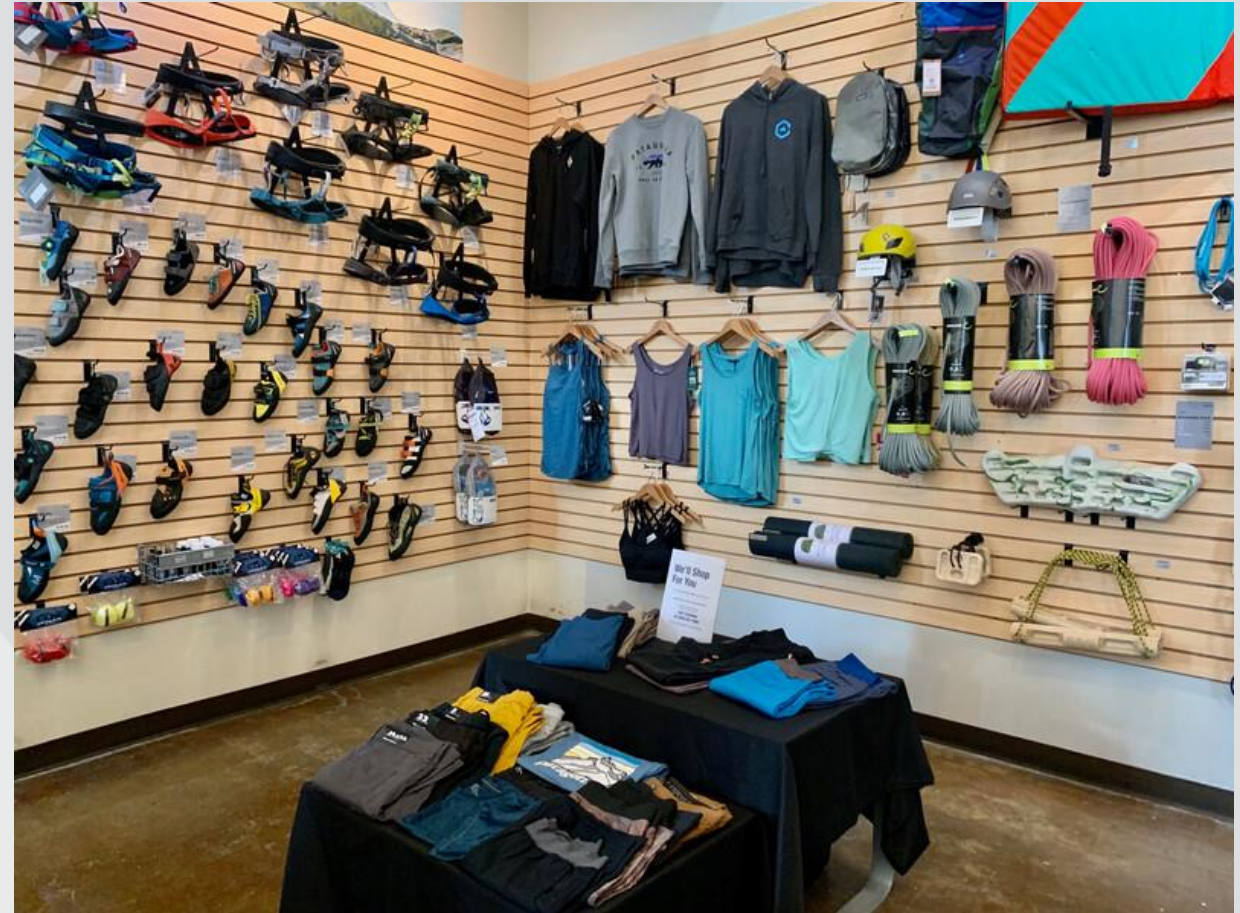
- Climbing shoes
- Harness
- Chalk bag
- Chalk
- Gri Gri + locking carabiner*
- Tennis shoes*

Climbing gear can be purchased through a Movement gear shop or online, and we recommend having a coach help fit shoes to ensure a good fit before purchasing. It is common to mistakenly buy shoes that are too big.

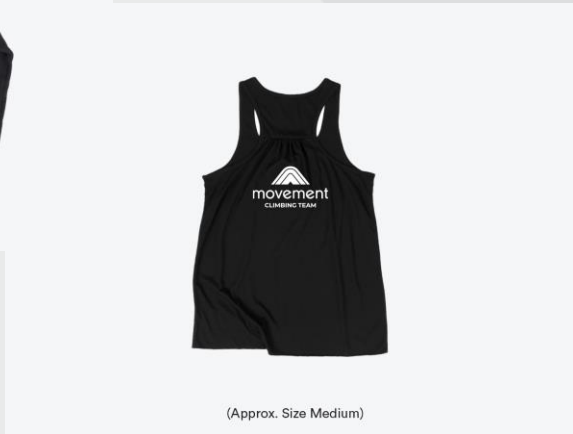
As a member of the youth team, athletes get 10% off all purchases from the gear shop!

Also note, our **Rock Solid Promise** allows customers to return or exchange any product, for any reason, within 45 days with proof of purchase. Manufacturer defects are covered for life.

*if requested by a Coach



Team Apparel



Upon joining team, each athlete will receive 1 free team t-shirt to wear at practice, covered by the initiation fee. Additional apparel is available periodically throughout the year for online purchase. Orders for additional apparel will open for limited periods of time, where items such as tanks, jackets, etc will be available. Climbers should wear team apparel at each practice and competitions.

Practice Apparel Requirements – Must wear a Team Movement top

Competition Apparel Requirements – Comp Team athletes at USAC comps must wear a navy Team Movement top. Team Movement outerwear is encouraged.



Thanks for Reading!

Want to learn more about what rock climbing and youth teams are all about? Check out some of the resources below!

[How My Youth Climbing Team Changed My Life](#)

[How to Get Started Indoor Rock Climbing](#)

[Cool Moments in Rock Climbing History](#)

