

Goals for what athletes are expected to learn on each team - if they have mastered that category, they are considered ready to move to the next team (for comp/adv, continue to develop those skills and/or get deeper into them)

General organization:
 Measurable/physical skills
 Team standards
 Assessable/mindset skills

	Intro	Intermediate	Advanced	Comp
Comfortability on the Wall	<ul style="list-style-type: none"> ~ Athlete shows competence in falling safely from bouldering walls ~ Athlete is able to downclimb without assistance from a coach ~ Athlete is able and willing to scale entire height of rope and most bouldering walls 	<ul style="list-style-type: none"> ~ Athlete is willing to try harder moves high on the wall, both bouldering and on top rope ~ Athlete shows increasing body awareness and ease of movement on the wall 	<ul style="list-style-type: none"> ~ Athlete is comfortable climbing and projecting on lead (if of age) ~ Athlete no longer needs to consciously think about basic techniques and movement or taking safe boulder falls 	<ul style="list-style-type: none"> ~ Athlete is comfortable climbing and projecting on lead (if of age) ~ Athlete no longer needs to consciously think about basic techniques and movement or taking safe boulder falls
Technical Skills - On the Wall	<ul style="list-style-type: none"> ~ Using toes effectively in smearing and edging ~ Straight-arm climbing ~ Using legs to stand up rather than arms to pull up ~ Using different orientations of holds 	<ul style="list-style-type: none"> ~ “Round” climbing skills: flagging, drop knees, twisting hips ~ Heel and toe hooks, toeing in on overhangs ~ Stemming ~ Crossing through ~ Rocking over 	<ul style="list-style-type: none"> ~ Coordination moves ~ Mantling ~ Utilizing all basic skills in various combinations and to various extents (microbeta) ~ Hand/foot jams 	<ul style="list-style-type: none"> ~ Coordination moves ~ Mantling ~ Utilizing all basic skills in various combinations and to various extents (microbeta) ~ Hand/foot jams
Technical Skills - Conditioning	<ul style="list-style-type: none"> ~ Basic mobility exercises ~ Jumping jacks, bear crawl, frog jumps, inchworm 	<ul style="list-style-type: none"> ~ Knowledge of form most common workout exercises 	<ul style="list-style-type: none"> ~ Knowledge of form of exercises utilizing weights, 	<ul style="list-style-type: none"> ~ Knowledge of form of exercises utilizing weights, specialized

		~ Ability to keep up with workouts given and maintain good form throughout	specialized equipment, and hangboards (depending on age) ~ Ability to carry out a given workout with little oversight	equipment, and hangboards (depending on age) ~ Ability to carry out a given workout with little oversight
Technical Skills - Mentality	~ Understanding of the concept of projecting; can pick projects to work on	~ Shadow climbing ~ Comfortability with trying hard moves high off the ground	~ Comfortability with trying hard moves on lead and taking lead falls ~ Ability to “turn on” the try-hard when projecting	~ Comfortability with trying hard moves on lead and taking lead falls ~ Ability to “turn on” the try-hard when projecting or onsighting, during both practice and competitions ~ Development of athlete’s own mental processes and routines around competition
Attendance	~ Athlete attends at least 75% of practices	~ Athlete attends at least 75% of practices	~ Athlete attends at least 80% of practices and informs coach if they will not be attending practice	~ Athlete attends at least 80% of practices and informs coach if they will not be attending practice
Knots, Safety Checks, and Belaying	~ Athlete is able to tie a figure 8 follow-through and perform safety checks as the climber	~ Athlete is able to safely top-rope climb and belay and, if of age, has passed a top-rope belay check	~ Athlete is able, if of age, to safely lead climb and belay, and has passed lead belay check	~ Athlete is able, if of age, to safely lead climb and belay, and has passed lead belay check
Gym Etiquette	~ Athlete follows all gym safety rules ~ Athlete understands how to take turns with teammates as well as gym members	~ Athlete has a good understanding of climbing etiquette rules related to brushing, personal space, etc. ~ Athlete can communicate with gym members about waiting for rope climbs	~ Athlete is a model for safety and climbing etiquette, among both other teams and gym members, and gives the team a good rep	~ Athlete is a model for safety and climbing etiquette, among both other teams and gym members, and gives the team a good rep
Focus, Effort, and Work Ethic	~ Athlete listens to and follows instructions from coaches	~ Athlete follows the day’s activities with some supervision from coaches	~ Athlete has the ability to follow the day’s training plan with little supervision from coaches	~ Athlete has the ability to follow the day’s training plan with little supervision from coaches

		~ Athlete puts effort into learning new things and generally stays on task	~ Athlete is motivated internally to stay on task ~ Athlete is willing to push themselves both mentally and physically	~ Athlete is motivated internally to stay on task ~ Athlete is willing to push themselves both mentally and physically
Climbing Enthusiasm and Team Spirit	~ Athlete is interested in climbing and shows enthusiasm about the team ~ Athlete understands what it means to be a supportive member of a team	~ Athlete continues to be excited about coming to practice and improving their climbing skills ~ Athlete shows support for their teammates at practice and in the gym	~ Athlete continues to be excited about coming to practice and improving their climbing skills ~ Athlete is a role model to younger and less experienced team members	~ Athlete continues to be excited about coming to practice and improving their climbing skills ~ Athlete is a role model to younger and less experienced team members ~ Athlete shows support for their teammates and represents their team well at competitions
Openness to Coaching	~ Athlete shows interest in learning new things	~ Athlete listens to what coaches have to say and tries to incorporate coaches' suggestions into their climbing	~ Athlete consistently looks for the things they can do to improve, and knows when to ask for help ~ Athlete accepts feedback actively and in a mature way ~ Athlete communicates regularly with their coaches about what they need	~ Athlete consistently looks for the things they can do to improve, and knows when to ask for help ~ Athlete accepts feedback actively and in a mature way ~ Athlete communicates regularly with their coaches about what they need
Growth Over Accomplishment	~ Athlete is excited about exploring climbing and willing to try new things	~ Athlete understands difference between "falling" and "failing" ~ Athlete celebrates successes and realizes that some days are high-gravity days	~ Athlete notes personal strengths and areas for improvement, and sets reasonably high but achievable goals accordingly ~ Athlete understands the "rule of thirds" in training ~ Athlete is motivated by improvement as a climber and individual, and not by grades	~ Athlete notes personal strengths and areas for improvement, and sets reasonably high but achievable goals accordingly ~ Athlete understands the "rule of thirds" in training ~ Athlete is motivated by improvement as a climber and individual, and not by grades

Desire to Compete	~ Athlete has the option to try competitions	~ Athlete is encouraged to try a competition and see if it's something they're interested in	~ Athlete has the option to compete	~ Athlete is enthusiastic about and motivated by competing
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