

Movement PDX Youth Team Standards

A Guide for Athlete Placement & Progression

Our primary goals as Youth Team Coaches at Movement PDX are to foster a love of climbing and create a space/experience for everyone, help athletes to understand and develop a growth mindset, and provide athletes with age/skill appropriate climbing and training techniques that can continue to serve them as they progress within our Team and beyond.

As coaches, we are constantly supporting our athletes in developing and pursuing their own climbing goals. Everyone finds motivation in a different place, and while many climbers' goals may be highly specific, they will all still rely on fundamental skills acquisition and development. Our Team Standards have been designed to ensure consistent improvement in the fundamental skills required to progress as a climber, so that no matter what your goals are, you have the tools to achieve them.

Establishing our own set of Team Standards supports our athletes by:

- Providing athletes with a curated set of goals/expectations
- Holding athletes accountable in developing skills that will support their progress towards their own personal goals
- Ensuring that athletes with similar goals are placed together at the appropriate Team level
- Encouraging athletes to support each other in reaching both their personal goals and their shared Team goals

The standards for each Team level can be thought of as goals for athletes at that level, and as expectations for athletes that have progressed beyond that level. For example an Intermediate Team athlete should be able to meet most (if not all) standards listed at the Intro level, and should consistently work towards meeting standards listed at the Intermediate Team level. We understand that each athlete is unique and will struggle more or less to meet different Team Standards; the intent of this document is not to discourage/disqualify any athlete from trying out for a given Team, but rather to provide a resource which can be used to determine the *best fit* for each individual.

	Intro	Intermediate	Advanced	Comp
Openness to Coaching	~ Athlete shows interest in learning new things ~ Athlete listens to and follows instructions from coaches	~ Athlete actively works to learn from coaches and teammates ~ Athlete is open to constructive feedback from coaches and teammates	~ Athlete is open to constructive feedback and actively learns from coaches and teammates ~ Athlete can communicate when they are struggling and/or needing help	~ Athlete is open to constructive feedback and actively learns from coaches and teammates ~ Athlete communicates when they are struggling/needing help ~ Athlete actively looks for ways to improve as a climber and teammate
Focus & Commitment to Training	~ Athlete makes an effort to stay on task and improve skills through following the days practice plan	~ Athlete consistently stays on task and works to improve their skills through practice ~ Athlete is learning that progress comes from hard work	~ Athlete consistently stays on task and works to improve their skills through practice ~ Athlete knows that progress comes from hard work ~ Athlete is willing to push themselves both mentally and physically	~ Athlete consistently follows training protocols with accuracy and intention ~ Athlete knows that progress comes from hard work ~ Athlete is comfortable pushing themselves both mentally and physically
Comfortability on the Wall	~ Athlete is comfortable scaling the entire height of most rope and bouldering walls ~ Athlete can downclimb and/or lower comfortably	~ Athlete is willing to try more challenging moves high on the wall ~ Athlete shows increasing body awareness and ease of movement on the wall	~ Athlete is willing to try more challenging moves high on the wall and while lead climbing (if of age) ~ Athlete employs basic techniques automatically and can consistently find 'flow' on the wall	~ Athlete is willing to try more challenging moves high on the wall and while lead climbing (if of age) ~ Athlete employs basic techniques automatically and can consistently find 'flow' on climbs of all difficulties and on any terrain
Growth Mindset	~ Athlete recognizes that every fall is a learning opportunity rather than a failure	~ Athlete knows the difference between falling and failing ~ Athlete understands that progress is nonlinear and everyone has 'high gravity' days	~ Athlete knows the difference between falling and failing ~ Athlete understands that progress is nonlinear and celebrates small successes ~ Athlete is learning to recognize and make the most of 'high grav' and 'low grav' days	~ Athlete knows the difference between falling and failing ~ Athlete understands that progress is nonlinear and celebrates small successes ~ Athlete knows how to make the most of 'high grav' and 'low grav' days ~ Athlete can apply their growth mindset to other aspects of their life
Attendance	~ Athlete attends at least 75% of practices	~ Athlete attends at least 75% of practices	~ Athlete attends at least 80% of practices and informs coaches if they will miss practices	~ Athlete attends at least 80% of practices and informs coaches if they will miss practices
Team Spirit	~ Athlete is enthusiastic about being on Team ~ Athlete is learning to be a supportive teammates	~ Athlete is enthusiastic about being on Team ~ Athlete knows what it means to be a supportive teammate and is generally a positive influence	~ Athlete is proud to be a senior member of our Team ~ Athlete works hard to be a supportive teammate and build up their peers ~ Athlete is becoming a role model on our Team	~ Athlete is proud to be a senior member of our Team ~ Athlete works hard to be a supportive teammate and build up their peers ~ Athlete knows what it means to be a role model for younger athletes and members

Safety	~ Athlete is familiar with gym safety rules and follows them	~ Athlete follows all gym safety rules ~ Athlete treats safety as a priority and knows when to seek coach guidance	~ Athlete follows all gym safety rules and models best practices for teammates and members ~ Athlete treats safety as a priority and knows when to seek coach guidance	~ Athlete follows all gym safety rules and models best practices for teammates and members ~ Athlete treats safety as a priority and knows when to seek coach guidance ~ Athlete goes the extra mile to ensure the safety of all
Gym Etiquette	~ Athlete understands how to share space and take turns with teammates and gym members	~ Athlete shares space w/ teammates and members ~ Athlete can communicate w/ members about waiting for rope climbs	~ Athlete shares space w/ teammates and members and can communicate with both about waiting for climbs ~ Athlete has an awareness and respect for the experience of other climbers	~ Athlete shares space w/ teammates and members and can communicate with both about waiting for climbs ~ Athlete has an awareness and respect for the experience of other climbers ~ Athlete can respectfully educate others on etiquette and hold them accountable
Technical Skills - Mental	~ Athlete can recognize basic positions and sequences ~ Athlete can learn from falls and make adjustments	~ Athlete can read more positions and sequences on climbs ~ Athlete regularly learns from falls and makes good adjustments ~ Athlete understands that finding the most efficient method is how we improve our technique	~ Athlete can read most positions and sequences on climbs and can <i>visualize</i> the execution of their beta ~ Athlete learns from most falls and makes good adjustments ~ Athlete is committed to finding the most efficient method on everything they climb	~ Athlete can find multiple potential solutions for tricky moves/sequences and can <i>visualize</i> the execution of their beta ~ Athlete learns from every fall and makes good adjustments ~ Athlete is increasingly accurate in identifying the most efficient method on hard moves/sequences
Technical Skills - Physical	~ Using legs to stand up rather than arms to pull up ~ Straight-arm climbing ~ Using holds in different orientations	~ All techniques to left ~ Using different hold types ~ Using toes effectively in smearing and edging ~ Flagging ~ Using static & dynamic movement ~ Finding opposition and generating body tension	~ All techniques to left ~ Using heel-hooks, toe-hooks, drop-knees, and knee-bars ~ Using the 'scorpion swing', deadpoints, and dynos ~ Advanced footwork ~ Putting multiple techniques together to tackle harder moves on worse holds ~ Basic coordination moves	~ Athlete is solid on all techniques to the left and is learning the nuances that make each of them even more effective/applicable ~ More complex and niche techniques such as heel-toe cams, hand & foot jams, and mantles ~ Athlete is learning more complex coordination moves and how to break them down into individual moves and positions
Technical Skills - Conditioning	~ Athlete is learning proper form for basic mobility exercises	~ Athlete has solid form for basic mobility exercises ~ Athlete is learning proper form for basic bodyweight exercises	~ Athlete has solid form for basic mobility and bodyweight exercises ~ Athlete is learning proper form for basic weightlifting exercises and more complex bodyweight exercises	~ Athlete has solid form for a wide variety of mobility, bodyweight, and weightlifting exercises ~ Athlete is learning tried-and-true approaches to strength training ~ Athlete can perform heavier duty lifts (if age appropriate) such as deadlift, backsquat, and hip thrust

Technical Skills - Ropes	<ul style="list-style-type: none"> ~ Athlete can tie a figure 8 follow through knot and perform safety checks as the climber 	<ul style="list-style-type: none"> ~ Athlete can safely top rope climb and belay and has passed the top rope belay check ~ Athlete knows how to rest on the wall and can identify good resting positions from the ground 	<ul style="list-style-type: none"> ~ Athlete has passed top rope check and lead check if of age ~ Athlete can identify resting positions, clipping positions, and potential cruxes from the ground ~ Athlete is familiar with long-term projecting tactics on ropes ~ Breathing and pacing 	<ul style="list-style-type: none"> ~ Athlete has passed top rope check and lead check if of age ~ Athlete can identify resting positions, clipping positions, and potential cruxes with greater accuracy from the ground ~ Athlete is familiar with long-term projecting tactics on ropes as well as lead specific strategies ~ Breathing and pacing
Technical Skills - Bouldering	<ul style="list-style-type: none"> ~ Athlete is familiar with downclimbing, proper falling form, and topping out ~ Athlete observes fall zones and gives space to other climbers 	<ul style="list-style-type: none"> ~ Athlete is familiar with downclimbing, proper falling form and topping out ~ Athlete observes fall zones and gives space to other climbers ~ Athlete knows how to identify and focus on the crux move/sequence of their project 	<ul style="list-style-type: none"> ~ Downclimbing, falling with proper form, topping out, and giving space to other climbers are all second nature to the athlete ~ Athlete breaks down their project and works on individual moves/sequences with greater efficiency ~ Athlete can identify precarious moves/uncontrolled falls and approach them safely 	<ul style="list-style-type: none"> ~ Downclimbing, falling with proper form, topping out, and giving space to other climbers are all second nature to the athlete ~ Athlete breaks down their project and works on individual moves/sequences with greater efficiency ~ Athlete can identify precarious moves/uncontrolled falls and approach them safely ~ Athlete is comfortable challenging themselves on, and learning from, boulders that may be 'above their paygrade'

FAQ

- ★ Why update the tryout metric? - To make goals and expectations for athletes on each Team level clearer and to facilitate discussions between athletes, coaches, and parents about each athlete's individual goals/desired experience and what Team is the best fit.
- ★ Are the items listed in each Team's column goals or expectations? - Each Team's column lists the goals/standards that athletes on that Team will work towards during practices, and the expectation is that athletes show investment and do the work to progress towards these goals/standards.
 - Example: In the Technical Skills - Ropes category, the Advanced Team lists "athlete has passed toprope check and lead check if of age." This does not mean that an athlete who has not passed these checks will not be allowed to join the Advanced Team, but it does mean that an athlete that has not passed these checks will be expected to prioritize learning this with their coaches help upon joining or requesting to join the Advanced Team.
- ★ Does an Intermediate athlete need to meet all standards in the Intro column? Or, in other words, are the standards cumulative? - Yes, the standards are cumulative; an Intermediate athlete will be expected to be meeting most if not all standards listed in the Intro column, as well as meeting or making steady progress towards standards listed in the Intermediate Column. The same is true for Advanced athletes in regards to the Intro + Intermediate standards, and for Comp athletes in regards to the Intro-Advanced standards.
- ★ How do I know which Team is best for me/my athlete? - To determine whether or not you or your athlete are ready for the next level of Team, you will need to answer two questions.
 - Q1: What level of Team's standards align best with the goals of the athlete? For example if an athlete's goal is to learn about strength training and to develop strength, the Advanced or Comp Team would be best aligned with this as the Intro/Intermediate Teams do relatively little strength training.
 - Q2: Does the athlete meet all or most of the standards listed in columns to the left of the Team they are interested in joining? In the case of an athlete wanting to join the Advanced Team to start working towards their goal of strength training, you would need to look at the Intro + Intermediate standards to ensure the athlete is comfortable with these first, as success in working towards the Advanced Team standards will depend on the athlete being able to meet Intro + Intermediate standards.