

2022 – 2023 EDITION

# Movement CC Youth Team Expectations

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Thank you for your interest in Movement's indoor youth climbing team!

We have many different team options that may suit your child depending on their goals, experience, and technical skills. Below is general information about all our youth team offerings. Each individual team level is separated based on the commitment level of the athlete and family. Below you can find brief descriptions of general team expectations, the practice schedule for each team level, associated team dues, and the minimum commitment level expected from our athletes.

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# General Team Expectations

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1. Athletes should climb one extra day a week in addition to their practice days.
2. Once on a team, athletes should own their own shoes, harness, and chalk bag.
3. Athletes on other sports teams should share their other practice schedule with our coaches.
4. Athletes should share any climbing/sport specific training plans from other coaches.
5. The Team Program is Year-round and Team membership freezes are available for a maximum of 1 month per year.
  - a. **Exceptions:**
    - i. Medical freezes.
    - ii. If you require a freeze greater than 1 month per year, Team Manager approval is required.
    - iii. Failure to communicate freezes longer than 1 month per year, may impact your athlete's standing on team and may require a re-tryout.
6. Athletes practice/event attendance is recorded and used in seasonal athlete reviews for level advancement or continued participation.
7. Parent involvement is paramount to an athletes' success; however coaching climbing is the team coach's responsibility.
  - a. Additionally, any negative parent interactions with Movement or partnering organizations can impact your athlete's eligibility on our team.
8. Athletes will follow the **Youth Team Code of Conduct**. Failure to do so may impact your athlete's eligibility on our team.
9. **Belay Safety:**
  - a. **Top Rope Climbing:**
    - i. Athletes aged 8 and younger:
      - ❖ Must have their Team Supervisor or Team Manager approval.
      - ❖ Peer Back up belaying is required.
      - ❖ Coaches must complete a pre-belay check.
    - ii. Athletes between the ages of 9-12

- ❖ Must have their Team Supervisor or Team Manager approval.
- ❖ No peer back up belaying is required
- ❖ Coaches must complete a pre belay check.

**b. Lead Climbing**

i. Athletes between the ages of 9-12

- ❖ Must have their Coach Supervisor or Team Manager approval.
- ❖ The Parent or Guardian must sign our *“Lead Rules and Assumption of Risk”*.
- ❖ No peer back up belaying is required
- ❖ Coaches must complete a pre-belay check

c. Exceptions for youth team athletes can be made only by the Youth Team Manager and Gym Director.

d. Athletes are expected to follow all rules and protocols for gym belay safety. Failure to do so may result in their belay privileges being taken away.

## **Introductory Youth Team *“learning to climb”***

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

### **Team Practice Days:**

**Friday Intro** | 4:30 pm – 6:30 pm | 12 & Under

**Saturday Morning** | 10:45 am – 12:45 pm | 12 & Under

**Saturday Afternoon** | 1:30 pm – 3:30 pm | 12 & Older

**Sunday Afternoon** | 12:00 pm – 2:00 pm | 12 & Older

**Pricing:** \$145.00 per month | Membership Included

**Ages:** 6 – 17

**Prerequisites:** Previous youth program or athletic experience is recommended. Application and successful tryout are required.

## Team Expectations Prior to Tryout

1. Athletes should be climbing at least one day a week prior to trying out for at least 3 months.
2. **Minimum Climbing Ability Specifics:**
  - a. Athletes should be able to make it to the top of the top rope walls without falling or weighting the rope.
  - b. Athletes should be able to climb multiple 5.8's/V0's in a session.
  - c. Athletes should be comfortable with a non-tensioned belay.
  - d. Athletes should know how to fall correctly/comfortably in the bouldering area.

## Team Expectations (on team)

1. **Introductory Team Attendance:**
  - i. Athletes will arrive no later than 10 minutes from the start of practice unless prior notice has been given to the Team Supervisor or Team Manager. Failure to do so will count as an uncommunicated absence.
  - ii. Missed, tardy or early dismissal from practice must be communicated ahead of time via email or by phone. Failure to do so will count as an uncommunicated absence.
  - iii. Introductory Team Athletes will have no more than 5 uncommunicated absences per yearly quarter.
2. Athletes will respect their fellow athletes and coaches.

## Intermediate Team “*climbing to train*”

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A twice-a-week team for athletes who demonstrate love of the climbing community, enthusiasm to collaborate 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 is encouraged.

## Team Practice Days:

**Monday & Wednesday** | 4:30 pm – 6:30 pm | 12 & Under

**Monday & Friday** | 4:30 pm – 6:30 pm | Ages 10 – 14

**Wednesday & Saturday** | 4:30 pm – 6:30 pm & 9:00 am – 11:00 am | 12 & Older

**Pricing:** \$200.00 per month | Membership Included

**Ages:** 6 – 17

**Prerequisites:** Previous youth program, Introductory team or athletic experience is recommended. Application and successful tryout are required

## Team Expectations Prior to Tryout

1. Athletes ages thirteen & older must plan to learn to lead climb/belay
2. Athletes must be able to communicate goals with coaches
3. Athletes should attend Movement intramural events
4. **Minimum Climbing Ability Specifics:**
  - a. Should be able to climb multiple 5.10s/V2's in a session
  - b. Should be comfortable giving and receiving a non-tensioned belay
  - c. Knows how to fall correctly/comfortably in the bouldering area.

## Team Expectations (on team)

1. Athletes will represent all expectations from previous youth team levels.
2. **Intermediate Team Attendance:**
  - i. Athletes will arrive no later than 10 minutes from the start of practice unless prior notice has been given to the Team Supervisor or Team Manager. Failure to do so will count as an uncommunicated absence.
  - ii. Missed, tardy or early dismissal from practice must be communicated ahead of time via email or by phone. Failure to do so will count as an uncommunicated absence.
  - iii. Intermediate Team Athletes will have no more than 5 uncommunicated absences per yearly quarter.
3. **Youth Team Practice Expectations:**
  - i. Athlete has achieved their top rope belay certification within 3 months of joining team

- ii. Athletes are expected to participate during practice. Participation will be taken into consideration during future tryouts.
- iii. Athletes are recommended to attend youth team intramural events.

## Advanced Team “*training to perform*”

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A twice a week team for driven, focused, and mature athletes who demonstrate dedication to their team and understanding 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.

### Team Practice Days:

**Tuesday & Thursday** | 4:30 pm – 7:00 pm

**Wednesday & Friday** | 4:30 pm – 7:00 pm

**Pricing:** \$230.00 per month | Membership Included

**Ages:** 6 – 17

**Prerequisites:** Previous youth team or athletic experience is highly recommended. Application and successful tryout are required

### Team Expectations Prior to Tryout

1. Athletes must be top rope certified prior to joining the Advanced team.
2. Athletes should desire to train all disciplines (Sport & Bouldering).
3. Athletes must be able to communicate goals with coaches.
4. **Minimum Climbing Ability Specifics:**
  - d. Athletes should be able to climb multiple 5.11s/V4's in a session.
  - e. Athletes should be eager to learn how to lead climb and belay.

### Team Expectations (on team)

1. Athletes will represent all expectations from previous youth team levels.
2. **Advanced Team Attendance:**
  - i. Athletes will arrive no later than 10 minutes from the start of practice unless prior notice has been given to the Lead Coach or

Team Manager. Failure to do so will count as an uncommunicated absence.

- ii. Missed, tardy or early dismissal from practice must be communicated ahead of time via email or by phone. Failure to do so will count as an uncommunicated absence.
- iii. Advanced Team Athletes will have no more than 4 uncommunicated absences per yearly quarter.
- iv. Athletes are recommended to attend travel practices and team lunches.
- v. Athletes are recommended to attend training camps and team intramurals.

### 3. **USA Climbing Competition Requirements**

- i. Athletes are recommended to compete in USAC Qualifying Events (QE's).
- ii. Athletes are recommended to compete at the Regional or Divisional Championships upon qualification.

### 4. **Youth Team Practice Expectations:**

- i. Athletes should achieve their lead belay certification within 2 months of joining the Advanced team.

## **Competitive Team “performing to succeed”**

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A three-times-per week team for exceptionally mature, driven, and resolute athletes training for competition on the National stage and beyond. This team emphasizes sport-specific and competition specific training. Participation in climbing competitions is mandatory. Participation in USAC is highly encouraged.

### **Team Practice Days:**

**Tuesday, Thursday & Sunday | 4:30 pm – 7:00 pm & 9:00 am – 12:00 pm**

**Pricing:** \$280.00 per month | Membership Included

**Ages:** 6 – 17

**Prerequisites:** Previous Advanced team and athletic experience is highly recommended. Competition experience, application and successful tryout are required.



## Team Expectations Prior to Tryout

1. Athletes must be top roped certified prior to joining the competition team.
2. Athletes should desire to train all disciplines (Sport & Bouldering).
3. Athletes must show passion for competitive climbing.
4. Athletes must be able to communicate goals with coaches.
5. **Minimum Climbing Ability Specifics:**
  - f. Athletes should be able to climb multiple 5.12s/V4's in a session.
  - g. Athletes should be eager to learn how to lead climb and belay

## Team Expectations (on team)

1. Athletes will represent all expectations from previous youth team levels.
2. Athletes will function as mentors and leaders for younger athletes.
3. **Competitive Team Attendance:**
  - i. Athletes will arrive no later than 10 minutes from the start of practice unless prior notice has been given to the Team Supervisor or Team Manager. Failure to do so will count as an uncommunicated absence.
  - ii. Missed, tardy or early dismissal from practice must be communicated ahead of time via email or by phone. Failure to do so will count as an uncommunicated absence.
  - iii. Competitive team athletes will have no more than 4 uncommunicated absences per yearly quarter.
  - iv. Athletes are recommended to attend travel practices and team lunches.
  - v. Athletes are recommended to attend training camps and team intramurals.
4. **USA Climbing Competition Requirements**
  - i. Athletes are required to register and compete in four qualifying or championship events yearly.
  - ii. Athletes are required to compete at the Regional or Divisional Championships upon qualification.
5. **Youth Team Practice Expectations:**
  - ii. Athletes are required to achieve their lead belay certification within 2 months of joining the team.
  - iii. Athletes are required to dedicate time outside of practice to follow their personal training plans.
  - iv. Athletes must be responsible for the completion of their personal training plans.

# Team Parent/Guardian Expectations

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We encourage our parents/guardians to become involved in their athletes' team activities. While the coaching responsibilities fall on the coaches, a parent or guardian's support is key to an athlete's success.

## Team Parent/Guardian Expectations

1. If an athlete is aged 13 and under, their parent/guardian must sign them in and out from team unless written permission has been given.
  - i. **Written Permissions will ONLY** be accepted in the form of an email sent to the team manager and youth team supervisor specifying that the athletes' parent or guardians approves of the athlete signing themselves in and out from practice.
2. **Team Parent/Guardian Communication:**
  - i. The primary form of communication for youth team parents/guardians will be through email. Emails will come from the Team Manager or Team Supervisors and may include but are not limited to the following updates: Practice Cancellations, Practice Planning, Event Registration, & Youth Team Tryouts.
  - ii. Youth Team Newsletters are sent out monthly and will include updates for the entire Youth Team program.
  - iii. During the USAC season, parents/guardians whose athlete(s) are participating in USAC competitions; will be provided with the Team Manager's personal cell upon request.
3. **Parent/Guardian Involvement**
  - i. Parent/guardians are recommended but are not required to participate in the following team events including but not limited to:
    - a. Youth Team Lunches
    - b. Youth Team Parties
    - c. Team Parent/Guardian Classes
    - d. USAC Competition volunteer opportunities
    - e. Youth Team Town Halls
    - f. Training Camp Volunteer opportunities
  - ii. Parents/guardians are recommended to climb or participate in climbing with their athlete. This could be climbing, belaying, or taking a video of their child climbing.

- iii. Parent/guardians are recommended to meet their athletes' coaches and team supervisor.
- iv. Parent/guardians are encouraged but not obligated to video their athletes at USAC events.

## Youth Coach Expectations

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Our coaches will both be educators, mentors and encourage a sense of curiosity within our athletes. Whether an athlete chooses to compete in USAC competitions or focus on other aspirations, our coaches will be there to support and motivate.

### Coach Expectations:

1. Our coaches will share their passion for climbing and lead by example.
2. Our coaches will uphold Movement's core philosophies: Passion, Inclusion, Integrity, & Innovation.
3. Our coaches will lead by example and function as role models for youth athletes.
4. Our coaches will uphold youth protection policies and continually retake youth protection training yearly.
5. Our coaches will support our athletes' goals and ambitions.
6. Our coaches will be there to support youth athletes at USAC Competitions.

Coach Signature:\_\_\_\_\_

Coach Printed Name:\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_

Parent/Guardian Printed Name:\_\_\_\_\_

Athlete Signature:\_\_\_\_\_

Athlete Printed Name:\_\_\_\_\_