



SPORT CLIMBING AUSTRALIA

National Team Training - 9 Degrees Mini Camp Info Pack

1 9 Degrees Mini Camp - 21 August

This “mini camp” is open to all continental and international team members, including Open Team members. It will include a practice boulder comp, a talk from physiotherapist Tom Fahey, and a three hour movement session with Niklas Weichmann, Head Routesetter from Stuntwerk in Germany.

Niklas is well known for creating complex boulders that require both the mental challenge of figuring out a puzzle and the physical challenge of creating the right momentum to execute the flow required to solve the problem. You have probably seen many examples of his work on YouTube! During this 3 hour session, participants will have the opportunity to learn from the master of this style of climbing.

1.1 Location

9 Degrees Boulder Gym (near ROCKS Brewery, SKYZONE, & ALLSORTS FITNESS)
Building 3
85 O’Riordan St
Sydney Corporate Park
Alexandria NSW 2015
Sydney Australia

Parking:

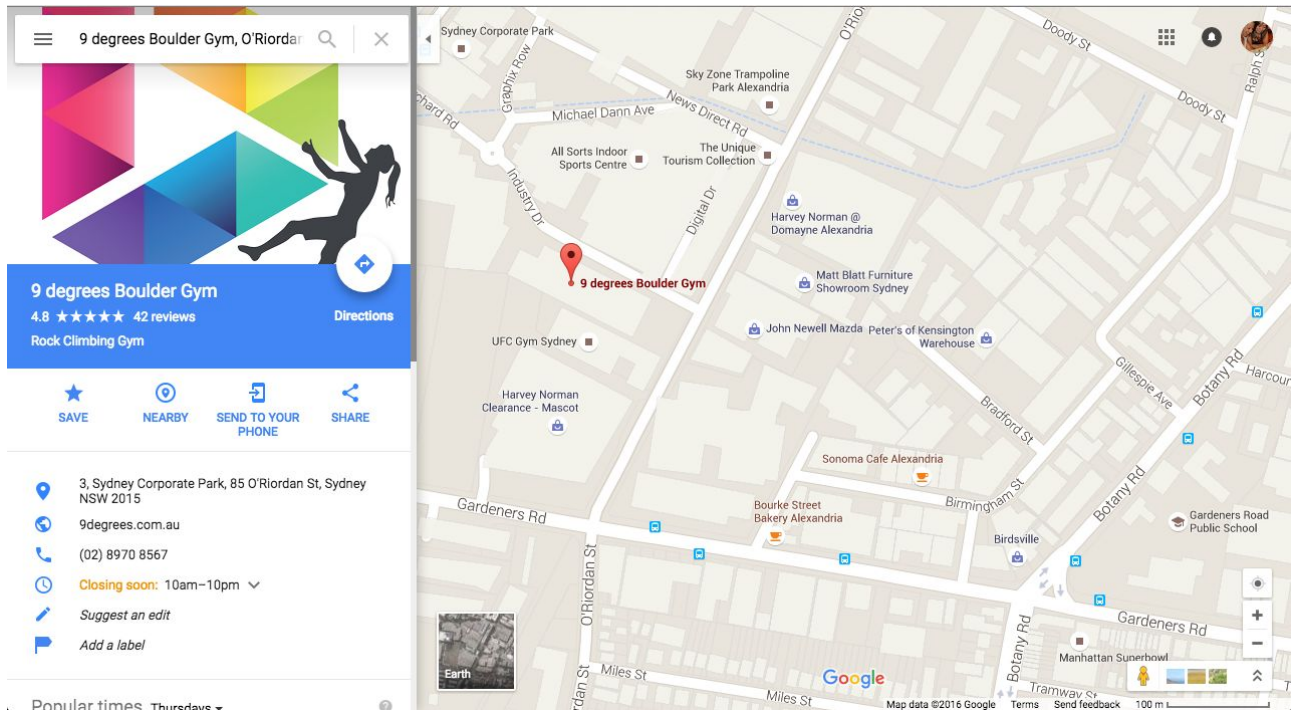
Car parking in Alexandria is a complex issue. Luckily free parking is available nearby at any time of day. On the weekend - Free parking for 2hrs in any Pay & Display area at Sydney Corporate Park (no ticket required), afterwards \$3/hr and \$7/day.

Or

Free parking at Homemaker Centre on Doody St, open 24 hrs every day.



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Public Transit:

<http://www.9degrees.com.au/findus/>

1.2 Cost / Registration

\$70 per participant

Register via this link: <http://sportclimbingaustralia.org.au/event-2298274>

1.3 Time Table

| Sunday, 21 August | |
|-------------------|---|
| 9:00am | 9 Degrees Event Check-in |
| 10:00am | Practice Comp Starts (5 on, 5 off format) |
| 12:00pm | Break for Lunch (BYO) |
| 12:30pm | Presentation: Maintaining Healthy Wrists and Elbows |
| 1:00pm | Movement Session with Niklas Wiechmann |
| 4:00pm | Camp Ends |



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1.4 Accommodation, Transport & Food

A few local team members have offered to host some out of state team members in their homes. Please contact Yvette at teammanager@sportclimbingaustralia.org.au if you need assistance with transport and accommodation.

Athletes are to supply their own meals during this camp, or have money to purchase food from venues near the climbing gym. The team management staff will help facilitate getting meals from venues near the gyms, but will not be responsible for participants outside of the training camp hours.

The SCA will also not be responsible for participants outside of the camp hours.