

# Pre States Training Camp

**Date: 26th January (Saturday)**

**Location: Northwalls (Brunswick)**

**About:**

The Pre States Training Camp will be run at Northwalls indoor lead gym, by National coaches Sophie Bell and William Hammersla. The camp will focus on forerunning process. What is it, how do you use it, how do you incorporate it into your warmup and what are they key things to look for?

Forerunning, when used properly, can be one of the most important and useful tools in a lead climbing competition. In this camp we will introduce you to forerunning process and help you get the most out of them. The camp will have climbs across a wide variety of difficulties and is suitable for any categories. Spots are limited, so please make sure you book online.

**Cost:** Entry is \$40pp

**Timetable:**

Time	Saturday 26th		
	Coaches / Setters	Officials	Athletes
8:00	Gym Entry		Gym entry
8:30	coffee		
9:00	Intro to forerunning		Forerunning
9:30			
10:00	Guide warmups		Guided warmups
10:30			
11:00			
11:30	2 quali runs, assess 1st and help address issues for 2nd	Qualification judging	Qualifications start
12:00			
12:30			
13:00			
13:30			
14:00			
14:30			
15:00	quali review		quali review
15:30			
16:00			Cool down
16:30			Finish
17:00			