

TEAM
AUS

Team Training

Northcote Boulder Gym
8th June

Overview

The National Boulder training camp held at Northcote Boulder gym is focused on introducing and developing World Cup and World Championship boulder skills in the 5 on 5 off format.

Our focus will be on testing and developing warmup routines that prepare athletes for the 5 on 5 off format, the difficulty of international boulders, as well as the tactics required to compete well in this format.

The event will be a one day event, and athletes are encouraged to also visit other venues in the state if they are from out of town to gain experience across many terrains and setting styles.

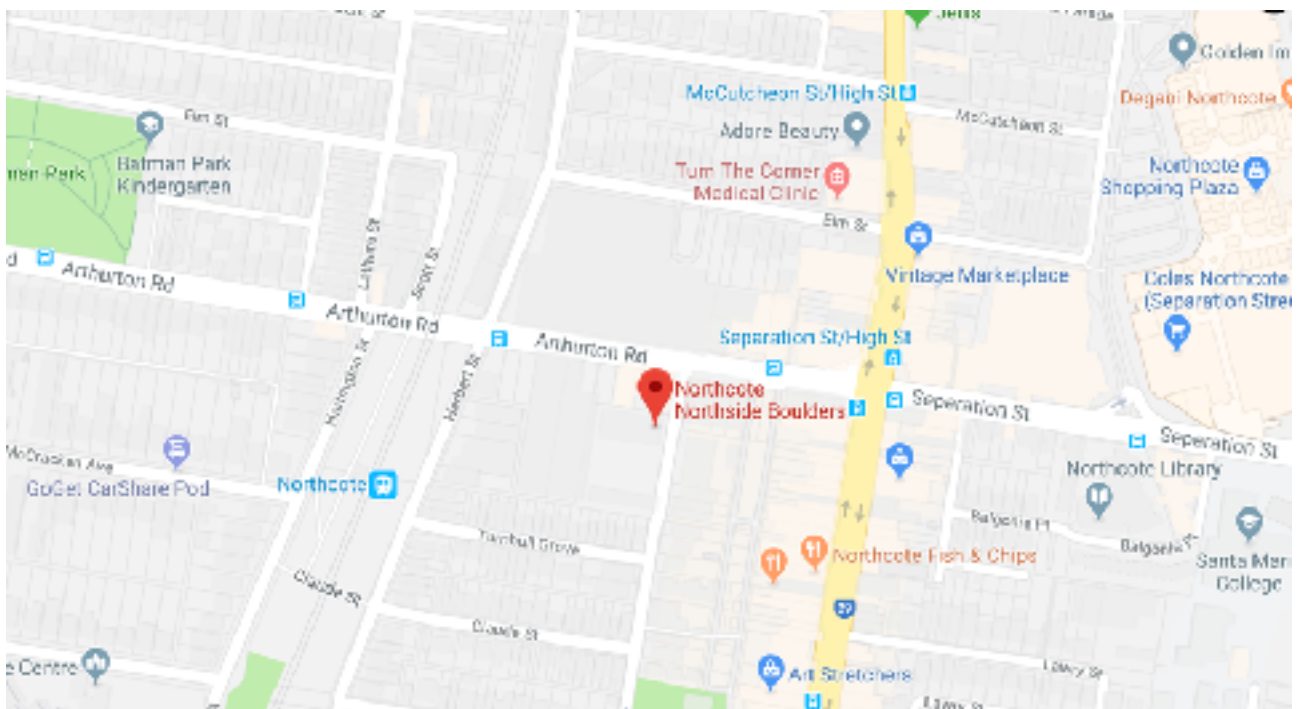
At the end of the session there will be a debrief in which athletes are able to ask questions in regards to the upcoming world cups, or world championships.

Location

The Event will be held at Northcote Boulder gym.

109-113 HELEN ST, NORTHCOTE VIC 3070

Please see the map below.



Please note that parking is not available at the venue, but public transport (via a train) is very close. Athletes should also bring their own food and water as food will not be provided at the venue for this event.

Cost

The cost of the camp is \$20 per person (entry to the facility) and is payable to the facility on the day.

Timetable

The timetable is as below. Please note that due to participation numbers this timetable may be subject to change. All registrants will be notified by email of any timetable changes.

National Team Training						
Training Camp		Friday Route Setting				
Location	Northcote Boulders	Saturday am		Warmup focus		
Date	8th June 2019	Saturday pm		5 on 5 off practise and analysis		
Key Audience	Youth International		Focus on 5 on 5 off tactics and preparation			
Boulder	VG+					
Routes	NA					
Time	Friday 7th		Saturday 8th			
	Coaches / Setters	Athletes	Coaches / Setters	Athletes	Notes:	
8:00		NA	Gym Entry	Gym entry	Boulders	
8:30			coffee	Boulder Sim 1	Difficulty and style of boulders for international events	
9:00			Sims 1 Viewing			5 on 5 off format
9:30						
10:00			Sims 2 Viewing	Lunch	Boulder Sim 2	
10:30						
11:00						
11:30						
12:00						
12:30			Debrief	Debrief	Athlete Assessment:	
13:00						Warmup review
13:30						Time management
14:00			Campend (15:30)	Campend (15:30)	Performance under pressure	
14:30						Problem Solving
15:00						General climbing ability
15:30	Setters briefing					
16:00	Setting Ropes					
16:30						
17:00						
17:30						
18:00						
18:30	Taping and Tweakling					
19:00						
19:30	Taping					
20:00						
20:30						
21:00						
21:30						
22:00						