



Pre Competition Preparation Information Pack

Overview & Purpose

Competition climbing requires a lot of training and preparation to perform well, and it's important that the period leading into competition is utilised effectively. It's more than just the physical training to be strong for the competition; knowing how to structure a warm up in a comp setting where space might be limited, managing stress and preparing for it and the pressures associated on the day, and tapering training leading into the competition can make a huge difference in climbing performance. Not preparing for a comp or having strategies for stress management can ruin all the hard work done in the weeks and months before.

This session aims to:

- Clear up confusing surrounding type of training done leading into competition and how to properly taper training
- Provide some strategies for managing stress and maintaining focus during Qualifications and Isolation
- Go into what is an effective Warm up, and why it's important mentally as part of a competition routine
- Provide a coaching Lead session following Warm up prac.

The session will be discussion on these topics as well as Lead drills on the wall. Parents, coaches and guardians will also have the opportunity to listen to and observe the discussion, and we encourage them to be aware of the strategies their athletes have for competitions so they can assist them if necessary.

Introducing:

Sarah Davis

Exercise Physiologist

Climbing experience:

Sarah has been climbing for 15 years and has competed in 4 World Youth Championships (qualified for 6) and 9 Oceania Championships across all 3 disciplines (boulder, lead and speed). She is predominantly now a boulderer, however enjoys tying into a rope for a competition every now and then. She understands and enjoys the challenges that sport climbing for youth climbers both from academic and personal experiences.

Professional experience:

She currently works as an Accredited Exercise Physiologist at Atticus Health, where she uses clinically proven exercise interventions for chronic disease and complex condition management. She is also an Accredited Exercise Scientist, affording her the ability to work both with clinically able and disabled individuals.

Sophie Bell

Exercise Scientist

Climbing experience:

Sophie has been climbing for almost twenty years, and has seven years of youth competition experience at National and Oceanic level for lead, qualifying for Worlds twice, but bouldering was always her passion. She started competition climbing in the UK, continuing when she moved to Australia. As a former youth competitor and with her qualifications she understands firsthand the challenges the youths go through both physically and mentally to prepare for high level competitions, and takes pride in her professional capacity to support them.

Professional experience:

Now she works as an AES in the fitness industry, a youth bouldering coach and a route setter at both a recreation and competition level.

Pat Klein

Biomedical Scientist, Route setter, Owner of Concept Climbing

Climbing experience:

Pat has been climbing for three and a half years, and quickly immersed himself in the climbing world. Using his training knowledge, he has progressed quickly. Favouring bouldering Pat trains up to 5 days a week, and when he's not in the gym you'll find him outside bouldering in the Grampians or around the world.

Professional experience:

Pat has been route setting for almost as long as he has been climbing for and apart from

regularly setting at Bayside rock, He has set for a multitude of competitions including the State lead titles and the Youth National Bouldering Championships. Pat is one of the Coaches at Bayside Rock and works with the elite junior climbers. Pat also runs Concept Climbing, manufacturing hangboards and designing training plans, In his spare time he loves researching training methods, developing new ones or completing his own studies into how finger strength training can help climbers.

What to bring:

Snacks

Gym shoes, climbing gear

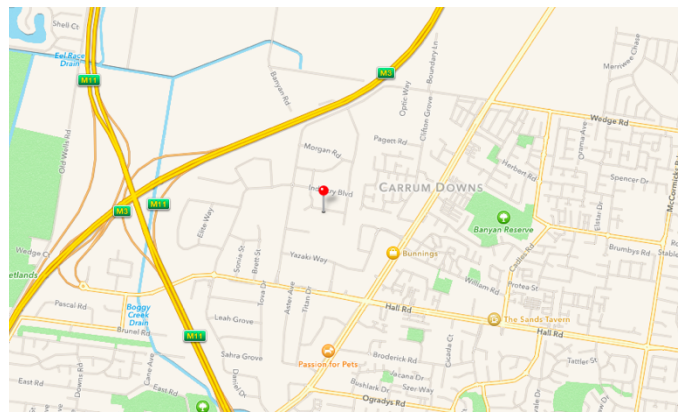
Bayside Rock

Bayside Rock Climbing

9 Network Drive
Carrum Downs, Victoria 3201
Australia

Date: 10th March 2018

Time: 1pm or a bit earlier to fill in waiver forms if it is your first time at Bayside Rock



Cost: YCCV members \$10 Non YCCV members \$15, cash only at the door please.

Lead checks can be arranged if needed.

Gravity Worx

Gravity Worx

182-184 Sussex St

Pacsoe Vale, Victoria

Australia

Date: 11th March 2018

Time: 11am

Cost: \$13 cash to be paid at the door

Bring own snacks

Proposed Timetable: (subject to change)

Focus:

Comp prep, head space and stress management, lead drills

1:00

Introduction for preparing for a comp – Training Type

How to properly taper for comp – something not all the youths are clear on due to differing coach instruction.

Stress management discussion, maintaining focus during Qualification and in isolation.

1:30

Warm up discussion– what is an effective warm up? why it's important mentally? Practice as a part of comp routine for the best head space.

1:45

Warm up prac

2:30

Lead drills following warm up.

1.5 – 2 hours.

Finish with cool down and discussion, opportunity to ask questions.