



# **YCCV Members Customised Training Programs Information Pack**

## **Overview & Purpose**

Climbing is a complex sport. Training programs provide a structure to climbing training so you can get the best out of every session and meet goals. Its important to seek professional advice when putting a training program together. Age, ability and level of activity are all considered when training for competition climbing. Those with injury's (who have been cleared by doctor and or physiotherapist) can have a training program to get them back to climbing safely.

This session aims to:

- Provide YCCV members with a training program, that will be tailored to each member by our qualified Exercise Physiologist and Exercise Scientist.
- Clarify some of the mystery around training for what and when.
- Will provide a series of physical tests to gauge where the athlete is at (all youngsters 11 and below will have a skill based assessment).
- Provide a coaching boulder session (after completion of testing)

The session will also provide coaches, parents and guardians an opportunity to observe what training for competition requires and for coaches to watch for form during exercises. This should enable the athletes to go back to their own gyms with confidence to meet their climbing goals.

## **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 and lunch**

**Gym shoes, climbing gear**

**If you have been injured, sign off from doctor and or physiotherapist.**

# **Bayside Rock**

## **Bayside Rock Climbing**

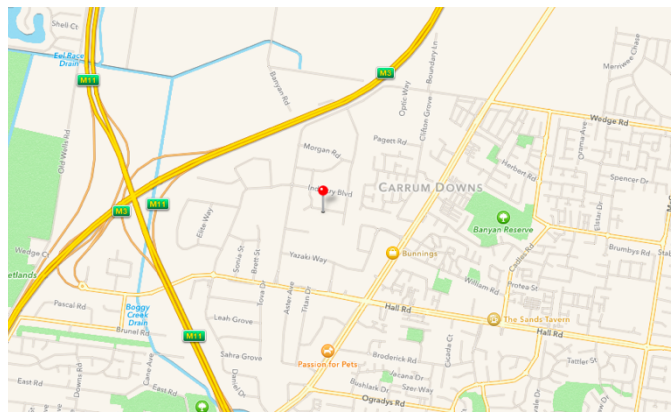
9 Network Drive  
Carrum Downs, Victoria 3201  
Australia

**Date:** 15<sup>th</sup> July 2017

**Time:** 8:45am

Bring own food and snacks

**Cost:** covered by your YCCV membership



**Proposed Timetable:** (subject to change)

Date	Day	Time	Venue	Activity	Event
<b>15<sup>th</sup> July</b>	<b>Sunday</b>	<b>8:45 am</b>	<b>Bayside Rock</b>	<b>Briefing</b>	<b>Bouldering</b>
		9am		Warm-up and discussion	
		10am		Testing	
		noon		Lunch	
		1pm		Coaching session	
		3pm		Conclusion of event	