

# LEARN TO CLIMB PATHWAY

## OVAl SPORT CLIMBING TEAM

- Ages 9-16
- Competition preparation
- Mental and tactical principles
- Social and emotional elements of being a teammate
- Attend 2 competitions per season

## HIGH PERFORMANCE

- Ages 11-16
- Training for competitive sport climbing
- Build strength, power, and agility
- Refine technical ability
- 3 sessions per week

## INTERMEDIATE LEVEL 2

- Ages 11-16
- Rope systems and belaying under indirect supervision
- Learn how to lead climb
- Begin strength training
- 2 sessions per week

## INTERMEDIATE LEVEL 1

- Ages 11-15
- Top rope belaying with indirect supervision
- Increase and refine technique
- Build strength and confidence

## NOVICE SPORT CLIMBING

- Ages 9-12
- Become proficient at belaying with supervision
- Learn movement drills
- Start to build strength
- Learn competition rules

## FUNDAMENTALS LEVEL 2

- Ages 7-9
- Belaying under supervision
- Improve basic technique
- Build agility, balance and coordination
- Learn basic competition rules

## FUNDAMENTALS LEVEL 1

- Ages 6-9
- Belaying with the instructor
- Learn basics of footwork
- Explore agility, balance, and coordination

## FIRST ASCENT!

- Ages 6-12
- Builds context for future programs
- Learn the basics of belaying
- Learn basic terminology