



YOUTH **CLIMBING** **TEAMS**

BASIC TRACK – AGES 5–14

LEARN THE FUNDAMENTALS OF BOULDERING, TOP ROPE CLIMBING, FOOTWORK AND BODY MOVEMENT ON THE WALL. 1 DAY PER WEEK.

RECREATIONAL TEAM – AGES 7–19

MASTER THE FUNDAMENTALS OF CLIMBING AND HONE ADVANCED CLIMBING SKILLS. CHOOSE BETWEEN 1 – 2 DAYS PER WEEK.

COMPETITIVE TEAM – AGES 7–19

TRAIN BOTH ON AND OFF THE WALL TO COMPETE AT USA CLIMBING COMPETITIONS. CHOOSE BETWEEN 2 – 3 DAYS PER WEEK.

**SIGN-UP FOR A TRYOUT AT THE FRONT DESK,
ONLINE OR BY PHONE AT (516) 777-9255**

YOUTH CLIMBING TEAMS

PRACTICES

BASIC TRACK – AGES 5–14

**1 DAY PER WEEK TRAINING PLAN
SATURDAYS 9:00AM – 11:00AM**

RECREATIONAL TEAM – AGES 7–19

**CHOOSE BETWEEN TRAINING 1 OR 2 DAYS PER WEEK
TUESDAYS 6:00PM – 8:00PM
THURSDAYS 6:00PM – 8:00PM
SATURDAYS 11:30AM – 1:30PM**

COMPETITIVE TEAM – AGES 7–19

**CHOOSE BETWEEN TRAINING 2 OR 3 DAYS PER WEEK
TUESDAYS 6:00PM – 8:00PM
THURSDAYS 6:00PM – 8:00PM
SATURDAYS 11:30AM – 1:30PM**

PRICING

**1 DAY / WEEK – \$180 MONTHLY
2 DAYS / WEEK – \$250 MONTHLY
3 DAYS / WEEK – \$320 MONTHLY**

YOUTH CLIMBING TEAMS

COMPETITIONS

USA CLIMBING COMPETITIONS

LOCAL COMPETITIONS

CHOOSE WHICH COMPETITIONS YOU ATTEND. LOCATIONS INCLUDE POUGHKEEPSIE, KINGSTON, ALBANY, NEW YORK CITY, LONG ISLAND, CONNETICUT AND RHODE ISLAND.

COMPETITION SEASON

OCTOBER – MARCH

COMPETITION CATEGORIES

AGE AND GENDER

COMPETITION SCORING

COMPETITION CLIMBS ARE DESIGNED TO PROGRESSIVELY INCREASE IN DIFFICULTY FROM START TO FINISH.

CLIMBERS ARE SCORED BASED ON HOW FAR THEY CLIMB ON A ROUTE. ROUTES ARE DIVIDED INTO SECTIONS CALLED “ZONES” WITH DESIGNATED SCORES FOR EACH “ZONE” CLIMBED.

BASIC TRACK – AGES 5-14

CLIMBERS ARE ENCOURAGED TO COMPETE BUT ARE NOT REQUIRED TO COMPETE

RECREATIONAL TEAM – AGES 7-19

CLIMBERS ARE ENCOURAGED TO COMPETE BUT ARE NOT REQUIRED TO COMPETE

COMPETITIVE TEAM – AGES 7-19

CLIMBERS ARE REQUIRED TO COMPETE
MINIMUM 2 PRACTICES PER WEEK