



Welcome! We are so happy to have you in our Rock Wall program. Together, we will work to instill a love of climbing that can last a lifetime. Please review the following guidelines and let us know if you have any questions.

Progression

Youth Recreational Classes

- Beginner - This group is for children that have never climbed or have had little to no instruction in rock climbing. Climbers will focus on making climbing a fun sport and conquering fears. Youth climbers learn, safety, climbing etiquette, confidence, fitness, and teamwork. This class incorporates conditioning and games making this class a FUNdamental way to learn climbing techniques. This is for ages 5-18.
- Intermediate- This group is for children that have had instruction in rock climbing. Climbers will focus on learning more in depth climbing technique and movement. Youth climbers, ages 10+, will learn to belay with a tube style device under the instructor's supervision.

Youth Competitive Team

- The Youth Competitive Team is invitation only and requires prior experience obtained by attending the Youth Recreational class. These children are focused on mastering Bouldering and Sport Climbing for competition settings. This class works hard to increase strength, perfect technique, confidence, and teamwork. They are strongly encouraged to climb outside of class. To compete the climber must meet the requirements and it must be at the beginning of either Fall or Spring. This is for ages 8-18.

Proper Attire

- Athletic shorts, long pants, or leggings
- T-Shirt or tank top
- Hair past shoulders must be tied back
- No jewelry or watches
- Socks if using rental shoes

Proper Etiquette

- No gum, food, or cell phones during practice
- If you must leave early, make sure to let the coach know
- Parents are asked to please not coach from the sidelines
- Good attendance is necessary for the progression of the climber
 - Please contact us by email or phone if you know you will not be able to make it to practice
- Tardiness is a disruption to the practice
 - Ideally, arrive 5 minutes ahead of schedule
- We do not allow drop offs outside of practice time for any child younger than 14
 - You may drop off your child no earlier than 5 minutes before practice
 - This is for the safety of your child as there are no coaches available to supervise your child outside of practice
- Please be prompt in picking up your child
- Our coaches have 5 minutes built into the end of practice to communicate with parents
 - This is the perfect time to get to know your coaches and get updates on your child's performance
- All climbers are expected to behave in a manner that is courteous, safe, responsible, and respectful to both coaches and peers

Climbing can be dangerous if rules are not followed. We ask all parents and climbers to abide by our rules and be mindful of our coach's instructions. If you have any questions at all, please contact the Rock Wall Department Leader at rocks@suncountrysports.com. Thank you and we look forward to seeing you at practice!

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