

South Fraser High School Climbing League '22-23

Format

- School teams are offered one free drop-in where they will receive a coach-led sample climbing session
- Interested students then agree on a team practice day, and are offered one training day/week. Practice sessions are 3:00-4:00 PM any weekday evening, but we can be flexible for unique situations
- The first month they will be given coaching and instruction from one of our team coaches, where they will learn to belay, basic technique and safe training habits. After that the sessions are self-guided, with a technical and training introduction by one of the team coaches each day.
- Faculty or parents (volunteers) are offered continued guidance by the coaching staff through sample practices or training concepts as requested
- The last weekend of the month there is a competition that will challenge the students in different competition formats, each appropriate for their ability and experience.



Goals

Provide a supportive and cooperative environment for students to become involved in competitive climbing

Create a program that is not cost prohibitive to the participants, parents or schools

Offer atypical athletes a sport they may excel at. Smaller, slighter athletes are typically more adept!

Expose students to a free out-door activity in our beautiful B.C. region

Manage the impending growth and impact of a burgeoning Olympic sport (Japan 2021, Paris 2024!)



Schedule

- Week 1 January 2–6 Free orientation session.
- Week 2 January 9–13 2nd practice and belay course
- Week 3 January 16–20 3rd practice and belay course
- Week 4 January 23–27 4th practice and belay review
- Week 5 Jan 30–Feb 3 Enduro & Speed Virtual challenges (during practice time)
- Week 6 February 6–10 6th practice
- Week 7 February 13–17 7th practice
- Week 8 February 20–24 8th practice
- Week 9 Feb 27–Mar 3 9th practice & bouldering competition on Mar 4–5th
- Week 10 March 6–10 10th practice
- Week 11 March 13–17 11th practice (break for Holidays, but gym is open!)
- Week 12 March 20–24 12th practice (break for Holidays, but gym is open!)
- Week 13 Mar 27–31 13th practice, Championships on Apr 1st!

*Cross-League event with the Vancouver Island League is “on hold” this year. Maybe next year?

Cost

Option A

\$100 + GST for 3-months of League practices and competitions + unlimited gym membership! This gives the students 1 structured practice/week, AND unlimited climbing for the remainder of the 3-months once they've passed a safety test. This includes all necessary safety gear.

Option B

\$10 + GST/practice, competitions are FREE. This is a more flexible option for students who are engaged in other sports, with financial constraints or foresee other schedule conflicts.

Each school team with more than 10 members will receive a free League t-shirt with their school logo on the back and “South Fraser School League” logo on the front.

Coastal Climbing will also provide competition results, ribbons, medals and trophies for the events.

FQA's

1. What do I need to start my team?

An adult volunteer to be team leader. This can be a teacher, but doesn't have to be. No experience necessary, as we will take care of the instruction. This year a teacher/leader is considered helpful, but not mandatory for a team. Students will be supervised by a Coastal Instructor at all times.

A student leader to assist the adult team leader and liaise ether team members

Publicize the team at school to get a team. Posters will be provided by us upon request. Teams of 10 or more get free shirts!

Agree on a team training evening and you are up-and-running!

2. What are the benefits of starting a team?

The adult team leader will receive an annual pass to Coastal for themselves and a 10-punch card for their friends or family to enjoy. The student leader will also get a 6-month pass to Coastal for April -September 2022

3. Where can I learn more about competitive climbing?

IFSC (International Federation of Sport Climbing)

Sport Climbing BC

Climbing/Escalade Canada

4. Does everyone have to compete?

The competitions go through a “progressive” format and are designed to be fun. The first competitions occurs within their own training time and are “honour system” endurance and speed challenges. The second is a bouldering competition that climbers can attend at their convenience throughout the weekend, again with an honour system score card. That being said, comps are not mandatory, just good times!

5. What if the team, or some amount of the team wishes to continue climbing after the championships in April?

You can continue climbing on your scheduled day at the same cost throughout the school year, although shoes will not be included in the price. Rentals are \$2.50+tax for students