

High School Climbing Team Packet

The information within this packet will be used to help you better understand the High School Climbing Team Program. The table of contents below lists all of the informational sheets within the packets and also states who receives which sheet.

High School Climbing Team Program (For Everyone)

- An explanation of the High School Climbing Team Program.

Starting a High School Team (For Student and/or Adult Leader)

- A step-by-step process detailing the easiest way to start a climbing team.

Leading a High School Team (For Student Leader)

- Outlines the duties and expectations of the student leader.

Joining a High School Climbing Team (For Everyone)

- This sheet will not have to be distributed to students, they will receive it the first night (FREE night) they come.

Flyers (For Promoters of the Team to Distribute)

- Informational Meeting– Distribute to student body to inform them of the first meeting. (At school)
- Adventure Rock Meeting– Distribute student body at the end of the meeting with a tentative date and time of the teams first Practice (FREE Day). Then call Adventure Rock or e-mail Andy Miers to set up your practice. Call ASAP to reserve your day and time!

Poster

- Advertise at school to raise program awareness.

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High School Climbing Team Program

Rock climbing is a sport that has been around for hundreds of years. Within the last 30 years, indoor climbing facilities have made rock climbing accessible to the masses; greatly increasing the popularity of the sport. Adventure Rock has taken the lead in this revolution and is now bringing climbing into high schools throughout southeastern Wisconsin. Within the first year of implementing the program, the involvement of five schools totaling over 100 students was astonishing. The success of the first year along with the enthusiasm from the students allowed us to add three new schools for the 2010-2011 season. Now, with the involvement of seven schools and over 150 students, we hope to expand the program; allowing more schools to experience the sport of rock climbing.

The implementation of the high school climbing team program can benefit a high school and its students in many ways. Not only does it contain all the elements of a high school students mindset; learning, socializing, forming bonds with their peers, staying active and competitive, but it also offers an alternative option to conventional sports. Students will be confronted with obstacles they never knew existed; then be forced to learn how to work through these mentally and physically exhausting challenges. Although climbing is a physical activity, socializing is a natural aspect of climbing. Each student will need to interact with their teammates, climbing partners and other climbers within the community. These interactions will form bonds of trust and friendships that will stick with the students forever. The obligation of a two hour weekly practice and six competitions throughout the year encourages an active lifestyle along with healthy competition. Lastly, for those students that don't play the conventional football, basketball, baseball, soccer, etc., climbing team offers an alternative way to stay healthy, active and social all year round.

If you would like to start a team at your school, please contact Andy Miers or stop by Adventure Rock to obtain more information.

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Starting a High School Climbing Team

Interested in starting a climbing team at your school? Here is a step-by-step approach, detailing how to start a team at your school.

Starting a climbing team is all about advertising and informing. Set-up a date, time and room to meet with students and give them some information about the program. When promoting the climbing team, establish a means of advertising that works within your school's rules (announcements, flyers, posters, etc.). Your advertisement should include the date, time, room, and any additional information about your meeting time.

Meeting day.

- Information to relay to students
 - Explain the program
 - Establish a tentative practice day that works for majority of students and e-mail Andy Miers with the date and time.
 - Practices are held weekly and are 2 hours long.
 - First visit to Adventure Rock is FREE for all participants.
 - 10 participants are needed to compete for team trophy and prizes.
 - Teams with less than 10 will be scored as individuals, not as a team. Participants will still be eligible for individual prizes.
 - 6 competitions are held throughout the year, 3 each semester.
 - Students may participate for the whole year or only a semester.
 - Climbing team is for all ability levels!

The first day (FREE!) of practice, participants will receive a more detailed explanation of the program. Information about membership options, costs, practices, competitions, clinics and an outline of the upcoming season will be addressed; along with any additional questions and/or concerns.

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Leading a High School Climbing Team

Like all sports, every team needs a leader. The leader of the team must be enthusiastic, passionate, dedicated, hardworking and have a certain level of climbing experience. Every week, the leader will conduct a two hour mandatory practice; whether it be a structured or a free climbing day. The leader is also asked to go above and beyond by arranging days to climb with the team aside from the scheduled practice time.

Duties of the Leader:

- Recruit 10 participants (includes leader)
- Recruit an adult coach
- Attend all weekly practices.
- Attend the 6 scheduled competitions throughout the year.
- Create a Facebook page for the climbing team
 - Update climbing teams page
 - Inform teammates of events. (Practices, Competitions, Clinics, etc.)
 - Keep current with Adventure Rock events.

Benefits

- Free annual membership. (Gear included)
- Free clinics

The leader is the heart and sole of every team. They keep the team motivated, psyched and enthusiastic about the climbing. A good leader is able to push themselves, their teammates and create unity throughout the whole team. Think you're right for the job?

Please Contact Andy Miers with any questions in regards to the high school climbing team program.

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