



Youth Climbing Team Handbook

The Iron City Boulders Youth Climbing Team is an opportunity for youth to develop as both climbers and humans in a safe, supportive community while training to compete on a variety of levels. Our team is separated into three sections based on the climber's desire, experience, skill, and personal goals. Prospective youth can complete an application online and attend an annual tryout. If attempting to join the team during the season, prospective youth can apply online and contact the head coach to set up an individual tryout.

DEVELOPMENT TEAM

Details	The Development Team is “learning to compete.” This team is for youth interested in developing their climbing skills and participating in a team environment. Development athletes are expected to attend one practice per week and will not prepare for USAC competitions. At any point during the season, a Development Team athlete may be invited to try out for the Intermediate Team or may request a tryout by speaking to the coaches.
Age	9-19*
Practices	Saturday 8:00-10:30 AM
Cost	\$155/month (10 hours of direct contact hours coaching per month)
Included	Monthly membership, weekly coaching/instruction sessions, team uniform, scan tag, sticker, end of year party.

INTERMEDIATE TEAM

Details	The Intermediate Team is “competing to perform.” This team is for youth ready to train multiple times each week, pushing themselves mentally and physically towards the goal of competing. Intermediate athletes are expected to attend all practices and will prepare for USAC competitions, but it is not required for them to compete. At any point during the season, an Intermediate athlete may be invited to try out for the Competitive Team or may request a tryout by speaking to the coaches.
Age	9-19*
Practices	Monday 5:00-7:00 PM Saturday 8:00-10:30 AM
Cost	\$195/month (18 hours of direct contact hours coaching per month)
Included	Monthly membership, weekly coaching/instruction sessions, team uniforms, scan tag, sticker, end of year party.

COMPETITIVE TEAM

Details	The Competitive Team is “performing to win.” This team is for youth who display a high level of climbing ability and a strong commitment to training and climbing. Competitive athletes will prepare for USAC competitions and are expected to attend all practices and qualifying events during the bouldering season.
Age	9-19*
Practices	Monday 5:00-7:00 PM Wednesday 5:00-7:00 PM Saturday 8:00-10:30 AM
Cost	\$245/month (26 hours of direct coaching hours per month + 2 QE, 1 Regionals, & 1 Divisional competitions)
Included	Monthly membership, weekly coaching/instruction sessions, team uniforms, scan tag, sticker, end of year party.

***Exceptions can be made for younger climbers to tryout and make the team if they show to be a good fit. As per the USAC Rulebook, all Youth Series competitors must be nineteen (19) years of age or younger on December 31st of the year of the Youth National Championship. Team will be separated by age into subgroups for practices and team events. ***

COMPETITION INFORMATION

The following section outlines what the competition expectations are for the different levels of team. This will also explain most of what you should need to know leading into competitions and the day of. There are two competition seasons within a year - Bouldering and Sport/Speed. Bouldering runs September-February and Sport/Speed runs January-July. We compete in Region 62 and Division 6.

Expectations	<p>These expectations are the minimum of what we expect out of an athlete at that level. We always encourage athletes to attend more competitions, especially if they are interested in moving up teams in the future.</p> <ul style="list-style-type: none"> • Development: Development athletes are not expected to participate in competitions. • Intermediate: Intermediate athletes are encouraged to participate in Qualification Events and will need to register for a USAC membership if competing. • Competitive: Competitive athletes will need to register for a USAC membership and are expected to qualify and compete in Qualification Events.
USAC Categories	<p>Athletes will compete in age categories based on the year they were born.</p> <ul style="list-style-type: none"> • Juniors: 2002-2003 • Youth A: 2004-2005 • Youth B: 2006-2007 (Begin Leading in Competitions) • Youth C: 2008-2009 • Youth D: 2010 or later
Qualification Events	<p>Qualification Events are any USAC sanctioned events that are not regionals/divisionals/nationals. Our region consists of Pennsylvania, Ohio, West Virginia, Indiana, and Michigan. Qualification Events will be held in these states for you to participate in. You may also participate in Qualification Events outside our region to qualify for Regionals. Non-USAC sanctioned events also exist, but do not count towards qualifying for championship events.</p>
USAC Memberships	<p>All athletes are expected to have an active USAC membership. Memberships last from the start of bouldering season until the end of sport/speed season. If you purchase your membership in between these seasons it will still only last until the end of sport/speed season. The options below should help to decide which membership is right for your athlete. Memberships can be purchased through usaclimbing.org.</p> <ul style="list-style-type: none"> • Introductory Membership: This membership is for athletes only planning to compete in Qualification Events. Development team athletes may purchase this membership if they are not planning to compete in any championship events. • Competitor Membership: This membership is valid for all Qualification Events and championship competitions. All levels of team besides Development Team are expected to purchase this membership.
Competition Fees	<p>USA Climbing Competitor memberships are required to compete in sanctioned competitions & the chance to qualify for regional and national championships.</p> <ul style="list-style-type: none"> • USAC Memberships are approximately \$115 • Qualification Events are \$40 - \$100 (varies on location hosting the competition) • Regional & Divisional Competitions are \$100 - \$150 • National Championships are \$200 + \$50 per event <p>*Entry fees are estimations and subject to change based on the event host*</p> <p>Competition fees are due upfront at the time of entry. Prepare for additional travel expenses. If the competition is 2+ hours away and the start time is early morning, you may want to reserve a hotel room for your athlete and family. This is optional, but highly recommended to avoid a possible late arrival and to help your athlete become better mentally and physically prepared.</p>

Competition Day

Below are the highlights of what is expected of your athlete on competition day.

- Be sure to bring climbing gear, water, snacks, and team shirt.
- Arrive at least half an hour before rules meeting to ensure an adequate amount of warmup time.
- Wear team shirt worn while competing and team apparel while in the facility on competition days. This includes days when they are just cheering, not competing.
- Expected to stay at competition until after awards unless discussed with coaches prior to event.
- We will always take a team picture following awards.

**2021-2022
Tentative
Competition
Schedule***

October 9th – December 18th: Bouldering Qualification Season

TENTATIVE DATES FOR REGION 62

10/23 – Shaker Rocks, Shaker Heights, OH

11/13 – 5.Life – Bloc Garten location, Columbia, OH

12/4 – Hoosier Heights, Indianapolis, IN

12/11 – Iron City Boulders, Pittsburgh, PA

12/18 – Planet Rock, Madison Heights, MI

January 2022: Bouldering Regionals

February 2022: Bouldering Divisionals

June 17th – 19th: C & D Category Youth Climbing Festival

July 8th – 17th: Youth National Championship

August 22nd – 31st: Youth World Championship in the USA

*** Dates and locations are still being confirmed.**

YOUTH PROTECTION POLICY

All Moments Climbing coaches have undergone background checks and have current First Aid, CPR and SafeSport certifications.

Moments Climbing USA is committed to the awareness and prevention of abuse within our organization. Our commitment to safety includes all aspects of physical and emotional wellbeing of our members, especially the youth. Our goal is to foster a culture where child abuse is not tolerated, the warning signs are widely recognized, and everyone feels comfortable with reporting concerns.

Moments Climbing USA is committed to:

- providing a safe environment and to prevent child abuse and sexual misconduct.
- making every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will sign and abide by the Moments Climbing Youth Protection Code of Conduct guidelines.
- making every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- performing a criminal background check on every person offered a position at our organization.
- taking appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation
- training and encouraging employees to “push up” any concerns about misconduct with any youth.

The following are the preventive measures that Moments Climbing USA are committed to with regard to abuse:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.
- All physical contact with youth will be of an appropriate and professional nature.
- We will provide more than one adult working at or overseeing every activity whenever possible and seek to avoid one-on-one situations. If a child needs special attention, it will be handled with the assistance or presence of another adult.
- Employees/coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization. All communication with youth will be limited by the context of the role’s responsibilities.
- Employees/coaches/trainers should never ride alone with a child or participant in the car. Procedures will be established for employees/coaches/trainers to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.
- Anyone convicted of a crime of violence or a crime against another person will not be considered for employment.

CODE OF CONDUCT

Upon hire, all employees will be trained on the protecting youth from child abuse which will cover the code of conduct in detail. Once the training is complete, all Moments Climbing USA employees must sign the Youth Protection - Code of Conduct. By signing this statement, the employee acknowledges that they are informed and educated in this policy and is committed to enforcing program guidelines.

1. I will always put the well-being of youth first.
2. My relationship with youth at Moments Climbing is professional, not personal.
3. I’ll adhere to the Rule of Threes and ensure that I do not isolate myself with a child.
4. My language, attire, and behaviors shall be age appropriate and professional.
5. My physical contact with youth will be of an appropriate and professional nature.
6. The nature of my communication with the youth that I work with will be limited by the context of my professional responsibilities.
7. I will not tolerate bullying and will take appropriate actions to protect the targeted minor and discipline the individual(s) who are engaged in bullying or hazing.
8. I will learn to recognize the warning signs of abuse.
9. I will take personal responsibility for “pushing it up” by reporting any warning signs I witness.

HELPFUL INFORMATION

Head Coach Contact Information	Drew Hill Drew.Hill@momentsclimbing.com 443-766-9001
Other Contact Information	Andrew Straub - Gym Director Andrew.Straub@momentsclimbing.com Hana Ko - Deputy Gym Director Hana.Ko@momentsclimbing.com
Iron City Boulders Website	https://ironcityboulders.com/
USA Climbing Competition Information	https://usacimbing.org/compete/
Region 62 Facebook Group	https://www.facebook.com/groups/933756900368902

SCHOLARSHIP INFORMATION

At Moments Climbing we value inclusion, and we acknowledge the barriers that prevent so many from participating in this sport we love. If one of those barriers for you is finances, please contact Drew Hill at Drew.Hill@momentsclimbing.com for information about our scholarship opportunity.