



Parent & Athlete Handbook

Youth Climbing Teams 2019/2020 Season





Table of Contents

Climbing Team – History and Mission:.....	3
Program Overview and Team Levels.....	3
Tryout Details and Criteria for Participation:.....	4
Competitions:.....	5
Supervision Expectations at Competitions & Transportation:.....	5
Communication:.....	6
Climbing Team Code of Conduct:	6
Coach’s Code of Conduct:	6
Team Member Rules	9
ZERO TOLLERANCE:	9
Consequences	9
Team Memberships & Billing Procedures:.....	10
Contact Info:	11



Climbing Team – History and Mission:

The Earth Treks climbing team was launched in 1998 with eight eager young climbers; just a year after Earth Treks’ first climbing gym in Columbia, MD opened its doors. At that time only one of the team members even competed. Today, the El Cap climbing gyms & teams boast over 500 competitive athletes, and dozens of nationally ranked climbers.

Climbing Team Goal:

To develop high performing climbing athletes in a way that emphasizes fun, fosters a love of the sport, and supports each team member’s personal development and growth.

Our Team Values:

Community: *We respect and support our community by sharing knowledge, encouraging other climbers, and being role models*

Commitment: *We are ready to try hard, make progress, and uphold the core values of our team.*

Fun: *We emphasize fun in all aspects of our training.*

Program Overview and Team Levels

El Cap youth climbing teams are ongoing, year-round programs designed for kids who are ready to take the next step in climbing. Our team foster a love of both the mental and physical challenges climbing can present. Our curriculum focuses on advancing technical skills and increasing physical condition while maintaining a positive environment fueled by the support of fellow team members.

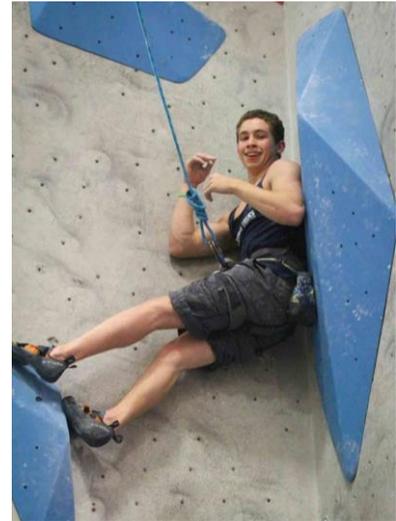
Team	Days Per Week	Practice Length
Introductory Team	1	2 Hours
Intermediate Team	2	2 Hours
Advanced Team	2	2.5 Hours
Competitive Team	3	3 Hours

Team Levels:

- **Introductory “Intro” Team**
 - A once-a-week team for athletes with some climbing experience, who are hooked and want to learn more about climbing and the climbing community. This team introduces athletes to our team culture and community, teaches basic climbing skills, and helps athletes feel comfortable and excited to train with their peers. No competition participation required.
- **Intermediate Team**
 - A twice-a-week team for athletes who demonstrate love of the climbing community, enthusiasm to work with coaches and peers, and focus during practice. This team introduces athletes to physical, mental, and technical rock climbing skills as well as a more structured training environment. Participation in entry-level competitions encouraged.

- **Advanced Team**
 - A twice a week team for driven, focused, and mature athletes who demonstrate dedication to their team and mastery of basic climbing skills. This team introduces advanced movement skills, more extensive physical training, and preparation for performance situations. Participation in USA Climbing competitions strongly encouraged.

- **Competitive “Comp” Team**
 - A three-times-per week team for exceptionally mature, driven, and dedicated athletes training for competition on the National stage and beyond. This team emphasizes sport-specific and competition-specific training. Participation in USA Climbing competitions is mandatory.



Tryout Details and Criteria for Participation:

All team level programs (Introductory, Intermediate, Advanced, and Competitive Team) are by invitation only and require a successful tryout. Tryouts are utilized to ensure that every team member is placed on the team that best matches their skills and goals. Space limitations also necessitate the use of competitive tryouts. **Team members must be between 6 and 19 years of age.**

Anyone new interested in joining the Climbing Team must submit an application for consideration in the program. We use this list of athletes to fill our program when spots become available throughout the year. Applicants will be contacted if and when a spot becomes available and ask each athlete to “Try Out” youth team to see if it is a good fit for the climbers needs and where the climber might fit best into our program.

Current team members will have specified times during the season to have a personal review with the coaches to assess goals and determine best fit within the program.

There is no strict performance requirement used for tryouts; rather each child’s climbing ability is assessed relative to their peers. Their motivation and ability to meet the expectations of the different teams is also considered. In all cases, prospective team members must demonstrate a positive attitude and a commitment to their personal development as a climber.

All athletes are expected to treat both their peers and coaches with respect both during Try Outs and beyond. By joining an Earth Treks team, you're agreeing to live up to our Team Code of Conduct, and spots on the team can be revoked.



Competitions:

USA Climbing:

Depending on the athlete climbing team level they may be encouraged or required to participate in the competitive circuit run by [USA Climbing](#). Practices are often tailored to prepare for upcoming events. The importance of participating in competitions (aka “comps”) grows as you progress through the team ranks.

USA Climbing is the national governing body of competitive climbing in the United States and competitions run from September thru July. Success at the Regional level sets climbers on a path to the Divisional, National, and even World level. The year is broken into two seasons; the Bouldering Season in the fall and the Sport and Speed Climbing Season in the spring. An Introductory membership (\$30) or Competitor membership (\$105) is required to compete in USA Climbing competitions. Please note that to qualify for higher level comps (i.e. Regionals and beyond) athletes must be registered for a Competitor membership with USA Climbing, attend at least one local competition for that series and place in the top 16 at one of the local comps. Visit [USA Climbing](#) for membership registration (memberships valid Sep. 1 – Aug. 31) and competition dates and registration.

Bouldering Season: Bouldering runs from September through February. This series is both youth and adult, so parents, feel free to join up.

Sport and Speed Season: Rope competitions involve top roping, lead climbing, and speed climbing. Sport and Speed season is from March through July. While most rope competitions are youth only, check the USA Climbing website for various events including the adult levels.

Supervision Expectations at Competitions & Transportation:

It takes a big commitment from both kids and their guardians to participate in the USA Climbing competitive circuit. Some competitions (including many regional events) are single day events and only require a short drive, while others are multi day events and may take place across the country. Competitions are often large gatherings and can involve overnights, offsite meals, and social events. The very nature of this travel has inherent risks to youth. ***It's the guardian's responsibility to ensure adult supervision for their children during the entirety of any competition - including the travel, lodging and offsite events that may be occurring.***

An El Cap coach's responsibility for the supervision of your child is limited to their coaching duties at the competition venue.

Transportation to competitions is not provided by El Cap, but parent carpools may be coordinated. Team members are not permitted to travel with coaches to competitions, or travel in a coach's personal vehicle for any reason.

Communication:

The predominant method of communication will be email. In addition to the emails being sent to team member guardians, email announcements can also be sent to team members directly if the guardian requests it during the registration process. Facebook communication between coaches and team members/parents will be done exclusively through the [Climbing Team Facebook](#) page. Announcements about competitions, links to the Team newsletter, etc will be available via the [Parent Portal](#) and event emails.

Climbing Team Code of Conduct:

Every participant and coach is choosing to be part of a *team* with a common goal *to develop high performing climbing athletes in a way that emphasizes fun, fosters a love of the sport, and supports each team member's personal development and growth*. The Code of Conduct spells out the manner in which we'll achieve the team's goals and lays out expectations for both coaches and team members in terms of how they represent the team.

Coach's Code of Conduct:

El Cap coaches are given an opportunity to be an enormously positive influence on the kids that they coach, both in terms of their climbing performance and personal development. The Coach's Code of Conduct is intended to reinforce that positive influence as opposed to squelching it. However, being a coach is a privilege with great responsibility. Coaches must appreciate and respect the inherent power imbalance that exists in the relationship between a coach and a team member. Coaches are conduits through which the values and goals of the sport are channeled to athletes. Thus, how athletes regard their sport is often dependent on the behavior of their coach. The first item in the Coach's Code of Conduct refers to El Cap's Youth Protection Program, which is El Cap's compass in the handling of all issues related to the supervision of youth and abuse prevention.

1. I will always put the well being of climbing team members first and adhere to Earth Treks' Youth Protection Code of Conduct.

- My relationship with youth is professional, not personal.
- I'll adhere to the Rule of Threes and avoid isolating myself with a child.
- My language, attire, and behaviors shall be age appropriate and professional.
- My physical contact with youth will be of an appropriate and professional nature.
- The nature of my communication with the youth that I work with will be limited by the context of my professional responsibilities.
- 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.
- I will learn to recognize the warning signs of child abuse.
- I will take personal responsibility for "[pushing it up](#)" by reporting any warning signs I witness.

2. My coaching methods and style will at all times uphold the core values of respect and fairness.

- I will respect myself, the team members and their parents, and all others in the climbing community.
- I will display high standards for the sport of climbing and of coaching.
- I will treat officials and opponents with respect both in victory and defeat, and promote good sportsmanship amongst the team members. I will uphold the rules of climbing competitions.
- I will strive to evenly spread my coaching time among all team members.

3. I understand that I'm an ambassador for the team, the El Cap community, and the sport of climbing and will strive to serve in that role positively at all times.

4. I will commit myself to the climbing and personal development of each team member.

- I will encourage team members to achieve their personal best through positive feedback.
- I will ensure that the activities being undertaken are suitable for the age, experience, ability, and fitness level of the team member.

I will promote my own development as a climber and coach by pushing my own personal limits, maintaining a passion for the sport of climbing, and seeking continuing education activities.



Team Member's Code of Conduct:

1. I will live up to our team values of Community, Commitment, and Fun
 - I will respect and support my climbing community. This includes me, my fellow team members and their parents, my coaches, and all others in the climbing community. I will treat my team members as I would like to be treated and help them attain their goals through my support and encouragement.
 - I am committed to team and myself. I will arrive at practice ready to try hard, make progress, and uphold the core values of our team. I promise to give 100% effort at practice and competitions because I am here to improve as a climber and achieve my goals. I will attend practice regularly.
 - I will try my hardest while never forgetting to have fun.

2. I will represent the team positively through my behavior, language, and attitude.
 - I understand that words are powerful and should be used to build myself and others up.
 - I understand that my actions represent myself and my team. Through my actions I will strive to positively represent myself, my team, and my climbing community.

3. I will strive for my personal best, while never forgetting to have fun.

4. My communication with coaches and parents will be open and honest.
 - I will promptly tell coaches if I have any injury, ache or pain, or soreness either from climbing or otherwise.
 - I will promptly tell coaches or Head Coach if the behavior, actions, or words of others during practice make me feel uncomfortable.
 - I will communicate with coaches or Head Coach if I feel that my needs from climbing team are not being met. I will do this in a respectful way, understanding that my coaches want to support me however they can.

Team Member Rules

Team members must bring climbing shoes, a chalk bag or bucket (with chalk), appropriate climbing clothing with stretch or room (no jeans), and a harness to *all* practices. Team members can rent shoes and harness if needed.

- The Team shirt is required for all practices and competitions. All team members will adhere to a “shirts on policy” whether in practice or competitions.
- We recommend that team members follow these same guidelines outside of practice, as well.
- No cell phone use during practice without permission from a coach.
- Snacks only during snack time with permission from a coach.
- Stay off the bouldering mats / out of fall zones unless actively climbing.
- Team members will do their best to arrive on time for practices and competitions, and to only miss practice when necessary.
- Team members will do their best to inform coaches if missing a practice.
- Team members will refrain from talking or disruptive behavior while coaches are addressing the group.
- Team members’ communication and contact with each other will be supportive and encouraging.
- Team members will follow all other standard rules of the climbing gym.

ZERO TOLLERANCE:

Our goal is to maintain a welcoming environment for ALL of our team members, staff, and community. Discrimination, Harassment, or Bullying of any kind will not be tolerated, and will lead to disciplinary action which may include suspension or expulsion.

Consequences

In the event that team members break these rules or fail to meet the expectations laid out by the Team Code of Conduct, coaches may elect to have them sit out of the activity/drill, eject the climber from practice, and contact the climber’s parents. This is entirely up to the discretion of the coach.

Disagreements may be brought to the Head Coach. In situations where team members repeatedly or egregiously fail to meet expectations laid out in this document, a conversation will be had with the climber and their parent(s) about remaining on the Climbing Team. A climber’s eligibility for the climbing team is entirely up to the Head Coach and Gym Director.



Team Memberships & Billing Procedures:

Team	Monthly Price
Introductory Team	\$120
Intermediate Team	\$175
Advanced Team	\$190
Competitive Team	\$280

Monthly Recurring Billing

Monthly dues are withdrawn during the calendar month to which they apply. Billing takes place on the 1st of every calendar month. All changes to the membership are due 5 days in advance of the 1st, and take effect on the 1st. There is a \$10 service fee for all items returned as declined. If payment is more than 45 days past due your membership may be canceled by Earth Treks.

- Billing account changes can be submitted at: <https://www.earthtreksclimbing.com/members/>

Full Access Team Membership

Membership includes access to all Planet Granite and Earth Treks facilities! All membership benefits and perks apply including guest passes and the gear shop discount. Please see www.earthtreksclimbing.com for more information.

Changing Days/ Quantity of Day

Any and all changes to practice days and team type must be approved by the Head Coach and a new agreement completed and signed.

Membership Freezes

All freezes must begin on the 1st of a calendar month and must last for a minimum of 1 month. The deadline to request a freeze is 5 days before the 1st of the month that the freeze begins (for example, to freeze June 1st, deadline is May 26th). All members pay a \$10 per month freeze fee except in the case of medical reasons. Any team membership that remains frozen for longer than 3 months will be cancelled, unless a longer freeze is approved by the head coach.

Billing Discrepancies

All payment or billing discrepancies must be brought to Earth Trek's attention within 90 days. Membership payments more than 90 days old will not be refunded.

Membership Changes

The membership fees and membership rules may change at any time. For additional membership information, and to see a list of FAQs, please visit our website: <https://www.earthtreksclimbing.com/membership-faq/>

Membership Cancellation

Team members must cancel their membership in writing, via email request to membership@earthtreksclimbing.com or in person at any of our facilities. Cancellation requests cannot be made over the phone. Cancellation of a monthly membership must be submitted 5 days before the 1st in order to be removed from billing for the upcoming month. Pre-paid membership dues are not refundable.

Contact Info:

Climbing Team Management:

- Englewood Head Coach, Ross Landino
RossL@earthtreksclimbing.com
- Golden Head Coach, Carissa Gross
Carissa@earthtreksclimbing.com

Climbing Center Management:

- Englewood Assistant Director of Instruction, Dan Lefever
DanL@earthtreksclimbing.com
303-242-3555 x 712
- Golden Assistant Director of Instruction, Brent Smith
Brents@earthtreksclimbing.com
303-222.9564 x 407
- Englewood Climbing Center Director, Berta Garcia
Berta@earthtreksclimbing.com
303-242-3555 x 710
- Golden Climbing Center Director, Maren Olson
Maren@earthtreksclimbing.com
303-222.9564 x405

Corporate Management:

- Assistant Director of Programs, Tim Rice
TimR@earthtreksclimbing.com
- Chief Operating Officer, Renee DeAngelis
renee@planetgrantie.com

Our priority is the safety and well-being of the youth who participate on the teams. **If at any time a parent, coach, or team member has a concern about the well-being of a team member, we encourage them to reach out to the [Youth Protection Committee](#).** This web form allows direct communication to Earth Treks' non-coaching management including Robert Cohen, Renee DeAngelis and Chris Jenkins. If you suspect abuse, your first step should be to call 911 or your local child welfare agency. Childhelp.org can assist with lists of child welfare agencies by state.