

Squad Summer Benchmark Sheet

Name: _____

This is a sheet of activities to try yourself before the squad sessions resume in September. You can complete these over as many sessions as you like, by yourself or with some friends. If you aren't sure about anything, please ask someone at reception and they can help you. Try hard and have fun!

Circuit: Choose a coloured circuit that will challenge you and try to complete every boulder in it. Top tip: Use the Blocify app to help keep track of which ones you have completed.

Colour:

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24

Spray Wall: Try to complete the 8 Squad Summer boulders, these can be found by searching for "squad summer" on the Stokt app. For all the boulders, use any footholds except woods. Tick the box for each boulder you complete.

1	2	3	4	5	6	7	8
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If you tried all 8 boulders, you can make one of your own too!

What did you call it?

And how hard was it?

Kilter Board: Try to complete the 8 Squad Summer boulders, these can be found by searching for "squad summer" on the kilter board app.

Tick the box for each boulder you complete

1	2	3	4	5	6	7	8
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If you tried all 8 boulders, you can make one of your own too!

What did you call it?

And how hard was it?

Comp Wall: Use the scorecard on the next page to try the boulders on the competition wall. Even if you have tried these boulders before, the scoring format is different this time, you only have three tries so make them count! Make sure to add up your score at the end.

Number	1st try (10pts)	2nd try (7pts)	3rd try (4pts)	Number	1st try (10pts)	2nd try (7pts)	3rd try (4pts)
1				26			
2				27			
3				28			
4				29			
5				30			
6				31			
7				32			
8				33			
9				34			
10				35			
11				36			
12				37			
13				38			
14				39			
15				40			
16				41			
17				42			
18				43			
19				44			
20				45			
21				46			
22				47			
23				48			
24				49			
25				50			

Total :