

## BoulderWorld Regional Academy Information



Our regional academy is the 2nd stage on the performance pathway of competition climbing. It is 1 of 4 accredited regional academies across Ireland.

Our regional academy delivers weekly 90 minute sessions on a 12 week term basis, with 2 terms a year.

Our intake for each term is based on some attitude and ambition questions, a climbing review, a competition commitment and a climber agreement.

Our regional academy is open to all youth climbers in the region who meet the above criteria.

There will be two age groups within our academy.

Ages 8-13

Ages 14-19

Both ages groups of our academy meet on Wednesday evenings 18.00-19.30.

Our next term of classes will run from Wednesday 15th January 2025 to Wednesday 9th April 2025.

There will be no session on Wednesday 13th February as it is half term holidays.

The cost of joining our academy is £150 per term per climber.

## BoulderWorld Regional Climber Agreement

I ..... agree to the following statements.

1. I would like to join and take part in Boulderworld Regional Academy weekly sessions.
2. I am willing to try by best and give it my all during the sessions.
3. I agree to pack my bag before my sessions and ensure I have my climbing shoes, chalk bag and water bottle for every session. (This is my responsibly, not my parents/guardians)
4. I agree to show respect to everyone I climb with (my teammates, my friends, my competitors, my coaches, my parents and any officials I meet)
5. I agree to play fairly and follow all the rules and regulations in climbing centres I climb at and competitions I take part in.
6. I agree to demonstrate good sportsmanship before, during and after games.
7. I agree to aim to attend 2 BWB/MI Grassroots competitions this season (There will be coach attendance for support and guidance) (*Competition provisionally running Saturday 1st March and Saturday 3rd of May at Boulderworld Belfast*)

Signed by the Climber :

Signed by the Parent / Guardian :

Signed by the Coach :

Date :

## **BoulderWorld Regional Academy Intake Form**



Name :

Age :

Local climbing gym :

Number of climbing sessions a week (On average) :

Climbing Competitions you have attended in 2024 (If any)

Name of Competition :

Discipline of Competition :

Ranking within Competition :

Favourite thing about the competition :

Name of Competition :

Discipline of Competition :

Ranking within Competition :

Favourite thing about the competition :

Favourite things about climbing, and why :

Least favourite things about climbing, and why :

Climbing goals for 2025 :

## BoulderWorld Regional Academy

### Climbing Overview

For this overview you have 2 hours to complete as much as you can on this sheet. (1 session)  
 You can work through this with a friend, a parent / guardian or a coach.  
 You will need to get each section signed off by one of the above.  
 If you have any questions, please come and ask !  
 ... and most importantly enjoy it! This is not about performance, it is about your attitude and enthusiasm.

#### Section 1

Flash circuit - Please choose the colour circuit you feel comfortable climbing.  
 (It shouldn't be super easy, but you want to be capable of consistently completing 80% of climbs at this colour)

Colour of climbs :

Please attempt 10 different climbs of the coloured circuit you picked. You get only 1 attempt on each climb.  
 Please note down what number of hand hold you got to, or if you got to the top, please write 'Top'

Climb 1 :	Climb 2 :
Climb 3 :	Climb 4 :
Climb 5 :	Climb 6 :
Climb 7 :	Climb 8 :
Climb 9 :	Climb 10 :

Signed :

#### Section 2

Multiple climbs / Sets of climbs - Please choose the coloured circuit below the circuit you chose for the 'flash circuit'

Colour of climbs :

Please choose 5 climbs in this coloured circuit.  
 You are going to try to climb each climb 4 times in a row. (You climb up, come down and immediately begin again - even if you are tired)  
 Between each different climb you have a 3 minute rest.  
 Please note down how many times you managed to get to the top. (Circle the number)

Climb 1 :	1	2	3	4
Climb 2 :	1	2	3	4
Climb 3 :	1	2	3	4
Climb 4 :	1	2	3	4
Climb 5 :	1	2	3	4

Signed :

#### Section 3

Number of pull ups in 1 minute :  
 Number of push ups in 1 minute :  
 Number of squats in 1 minute :  
 Number of burpees in 1 minute :  
 Can you hold plank for 1 minute : Yes / No

Signed :