

## **BoulderWorld Youth Team Information**

### **BoulderWorld Youth Team (8-19 years)**

The Youth Team is chosen largely on an invitational basis (based on participation throughout the year in the current Youth Team, Youth Squad, performance in both the Boulderworld and regional academy classes, a range of competition participation and ranking, attitude in the centre and potential.

If you are new to the centre or haven't been able to participate fully in the criteria above this year but wish to put your name forward for selection please do so:  
[lucy@boulderworldbelfastclimbingcentre.co.uk](mailto:lucy@boulderworldbelfastclimbingcentre.co.uk)

Our Youth Team have the options to meet weekly :  
Tuesday 18.00-20.30  
Wednesday 19.30 - 21.00  
Thursday 18.00-20.30

We also meet monthly for a large weekend training session / competition simulation

This term is  
Sunday 4th May 12.00-17.00  
Sunday 15th June 12.00-17.00

Our intake for each term is based on some attitude and ambition questions, a climbing review, a competition commitment and a climber agreement.  
Our Youth Team is open to all youth climbers who meet the above criteria.

## BoulderWorld Youth Team Agreement



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

1. I would like to join and take part in Boulderworld Youth Team weekly / Monthly sessions.
2. I am willing to try by best and give it my all during the sessions.
3. 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)
4. I agree to play fairly and follow all the rules and regulations in climbing centres I climb at and competitions I take part in.
5. I agree to demonstrate good sportsmanship before, during and after games.
6. I agree to aim to attend at least 2 Local Regional competitions (BWB/MI Grassroots comps, BoulderBash, Boulder Bonanza, Blocstock, Gforce etc) and at least 2 rounds YCS competitions this season (If applicable).
7. I agree to be open and honest with my coaches about my ambitions and desires, what motivates me, what helps me and what hinders me.

Signed by the Climber :

Signed by the Parent / Guardian :

Signed by the Coach :

Date :

## **BoulderWorld Youth Team 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 Youth Team

### Climbing Overview

#### Session 1

For this session you have 2 hours to complete as much as you can on this sheet.  
 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!

#### 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 :

Date :

## BoulderWorld Youth Team Climbing Overview

### Session 2

For this session you have 2 hours to complete as much as you can on this sheet.

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!

### Board climbing

Kilter Board at 40 degree

	Flash	Complete	All feet	Campus
Bell of the Wall 6b	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Group Therapy 6b+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Children Under The Stairs 6c	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Control the Swing 6c	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drawing the Priest 7a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Little Squeeze 7a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Lockdown 7a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The 7th Chamber 7a+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tell By the Way 7b	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Push the Button 7b	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compress the Breast 7b	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tenderizing the Beef 7b+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Floater 7b+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Rainbow 7c	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Matcher 7c	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Fruits 7c	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Signed :

Date :