

BoulderWorld Youth Squad and Regional Academy Information



This group is ideal for motivated young climbers who want a little extra after the academy sessions. The group aims to encourage those wanting to improve in competition climbing, outdoor climbing or simply progress up through the grades within the centre or learn more about each discipline. Climbers will be encouraged to work with other squad members during training sessions, in order to develop good climbing technique and a more thoughtful and tactics based approach to their climbing.

All youth climbers that have been climbing for a minimum of 6 sessions either within a coached group environment or with parents / guardians are eligible to apply to join the BoulderWorld Youth Squad / Irish Regional Academy.

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

BoulderWorld Youth Squad + 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 Youth Squad + Regional Academy Intake Form



Name :

Age :

Local climbing gym :

Number of climbing sessions a week (On average) :

Climbing Competitions you have attended in 2024/2025 (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 Squad + 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 :