



## **Private Coaching Program**

### General Information

Private coaching is available for climbers looking to get personalized instruction, coaching, and feedback. Private sessions are approximately an hour and a half long and a two-session minimum is required. Every first session will include a climber assessment to properly put a personalized development plan together. The second session is designed to target climber goals and implement the development plan.

### Coach Bio

Ciera Stone is a passionate rock climber with extensive competition experience including 14 USA Climbing National Championship events as well multiple local citizen and outdoor competitions such as the Triple Crown Bouldering Series. Ciera also enjoys outdoor bouldering and sport climbing as well as yoga and running.

As a coach, Ciera's goal is to provide in-depth technique, mental, and strength training detailed to a climbers' specific needs and goals.

"For youth competition training I focus on strategy, creativity, and grit, in addition to strength and technique. My goal is to help young competitors grow into their own style while also giving them the skills to be well rounded climbers and to climb to their full potential."

### Cost

Cost: \$55/person/session (2 session minimum). Each session is approximately 1.5 hours.

### Sign-Up Procedures

1. Participants will inquire about Private Coaching by completing the inquiry form online.
2. Coach will reach out to the inquiry contact to start a conversation about coaching needs and to schedule sessions.
3. Once an initial session date is agreed upon, the Coach will send the main contact a link with the specific session sign up and payment information.
4. Sessions are confirmed once payment is received.
5. Payment is non-refundable but can be applied to other services and classes.

### Lesson Outline

Lessons will primarily focus on movement, technique, and mental aspects of climbing &/or competition climbing. (1 hour and 30 minutes sessions)

- 5 minutes – Introduction and Review of goals
- 10 minutes – Warm up
- 60-75 minutes – Instruction time (based on individual's goals)
- 10 minutes – Cool down/fun climbs/light stretching
- 5 minutes – Reviews/questions/evaluation