

YOUTH TEAM

PARENT HANDBOOK 2021-2022



The Blue Swan Boulders Climbing Team is an opportunity for youth to develop as both climbers and humans in a safe, supportive community while training to compete on a variety of levels. Our team is separated into three sections based on the climber's desire, experience, skill and personal goals – Developmental, Intermediate and Competitive (*see next page for details*).

There are two USAC youth seasons throughout year and, even for those not interested in competing, we will align our schedule and training with the seasons as follows:

Bouldering season occurs September through January.

Rope season occurs February through May.

Seasons may last longer if climbers qualify to compete at the Regional or Division Championships.

Official tryouts will be held in August of each year but climbers are permitted to join the team throughout the season by emailing the head coach and setting up a personal tryout. All prospective climbers must complete this questionnaire prior to trying out or joining the team.

CORE VALUES

SAFETY	We will first and foremost maintain the physical, emotional, social, and mental safety of our climbers.
INTENTIONALITY	We will make every decision, no matter how large or small, with intentionality.
ENGAGEMENT	We will always be fully present and engaged with one another and with the activity at hand.
CURIOSITY	We will remain curious by asking questions, taking risks and exploring new ways of doing things.
GROWTH	We will stretch our comfort zones and challenge ourselves knowing this is the only way we'll grow.
PLAYFULNESS	We will embrace the childlikeness within us, allowing ourselves to have fun and play.

TEAMS STRUCTURE

DEVELOPMENT TEAM

DETAILS	The Development Team is “learning to compete.” This team is for youth interested in developing their climbing skills and participating in a team environment. Development athletes are expected to attend one practice per week and will not prepare for USAC competitions. At any point during the season, a Development Team athlete may be invited to try out for the Intermediate Team or may request a tryout by speaking to the coaches.
AGE	9-19*
PRACTICE	Saturday 8:30 – 11:00 AM
COST	\$155/month (10 hours of direct contact hours coaching per month)
INCLUDED	Monthly membership, weekly coaching/instruction sessions, team uniform, scan tag, sticker, end of year party.

INTERMEDIATE TEAM

DETAILS	The Intermediate Team is “competing to perform.” This team is for youth ready to train multiple times each week, pushing themselves mentally and physically towards the goal of competing. Intermediate athletes are expected to attend all practices and will prepare for USAC competitions, but it is not required for them to compete. At any point during the season, an Intermediate athlete may be invited to try out for the Competitive Team or may request a tryout by speaking to the coaches.
AGE	9-19*
PRACTICE	Monday 5:00 – 7:00 PM Saturday 8:30 – 11:00 AM
COST	\$195/month (18 hours of direct contact hours coaching per month)
INCLUDED	Monthly membership, weekly coaching/instruction sessions, team uniforms, scan tag, sticker, end of year party.

COMPETITIVE TEAM

DETAILS	The Competitive Team is “performing to win.” This team is for youth who display a high level of climbing ability and a strong commitment to training and climbing. Competitive athletes will prepare for USAC competitions and are expected to attend all practices and qualifying events during the bouldering season.
AGE	9-19*
PRACTICE	Monday 5:00 – 7:00 PM Wednesday 5:00 – 7:00 PM Saturday 8:30 – 11:00 AM
COST	\$245/month (26 hours of direct coaching hours per month)
INCLUDED	Monthly membership, weekly coaching/instruction sessions, team uniforms, scan tag, sticker, end of year party.

***Exceptions can be made for younger climbers to tryout and make the team if they show to be a good fit.
All competitors must be 19 years of age or younger on December 31st of the year of the Youth National Championship. ***

BOULDERING SEASON INFORMATION

The following section outlines what the competition expectations are for the different levels of team. This will also explain most of what you should need to know leading into competitions and the day of. There are two competition seasons within a year - Bouldering and Sport/Speed. Bouldering runs September through January and Sport/Speed runs February through May. We compete in the Southeast Region 71 and Division 7.

EXPECTATIONS

These expectations are the minimum of what we expect out of an athlete at that level. We always encourage athletes to attend more competitions, especially if they are interested in moving up teams in the future.

Development: Development athletes are not expected to participate in competitions.

Intermediate: Intermediate athletes are encouraged to participate in Qualification Events and will need to register for a USAC membership if competing.

Competitive: Competitive athletes will need to register for a USAC membership and are expected to compete in the minimum number of required Qualification Events.

USAC CATEGORIES (2021-2022 SEASON)

Athletes will compete in age categories based on the year they were born.

Juniors: 2003-2004

Youth A: 2005-2006

Youth B: 2007-2008

Youth C: 2009-2010

Youth D: 2011 or later

QUALIFICATION EVENTS

Qualification Events are any USAC sanctioned events that are not regionals/divisionals/nationals. Our region consists of Florida, Georgia and Alabama. Qualification Events will be held in these states for you to participate in. You may also participate in Qualification Events outside our region to qualify for Regionals. Non-USAC sanctioned events also exist, but do not count towards qualifying for championship events.

USAC MEMBERSHIPS

All athletes are expected to have an active USAC membership. Memberships last from the start of bouldering season until the end of sport/speed season. If you purchase your membership in between these seasons it will still only last until the end of sport/speed season. The options below should help to decide which membership is right for your athlete. Memberships can be purchased through usaclimbing.org.

- **Introductory Membership:** This membership is for athletes only planning to compete in Qualification Events. Development team athletes may purchase this membership if they are not planning to compete in any championship events.
- **Competitor Membership:** This membership is valid for all Qualification Events and championship competitions. All levels of team besides Development Team are expected to purchase this membership.

COMPETITION FEES

USA Climbing Competitor memberships are required to compete in sanctioned competitions & the chance to qualify for regional and national championships.

- USAC Memberships are approximately \$115
- Qualification Events are \$40 - \$100 (varies on location hosting the competition)
- Regional & Divisional Competitions are \$100 - \$150
- National Championships are \$200 + \$50 per event

Entry fees are estimations and subject to change based on the event host

Competition fees are due upfront at the time of entry. Prepare for additional travel expenses. If the competition is 2+ hours away and the start time is early morning, you may want to reserve a hotel room for your athlete and family. This is optional, but highly recommended to avoid a possible late arrival and to help your athlete become better mentally and physically prepared.

COMPETITION DAY

Below are the highlights of what is expected of your athlete on competition day.

- Be sure to bring climbing gear, water, snacks, and team shirt.
- Arrive at least half an hour before rules meeting to ensure an adequate amount of warmup time.
- Wear team shirt worn while competing and team apparel while in the facility on competition days. This includes days when they are just cheering, not competing.
- Expected to stay at competition until after awards unless discussed with coaches prior to event.
- We will always take a team picture following awards.

2021-2022 COMPETITION SCHEDULE

	QUALIFYING EVENTS	REGIONALS	DIVISIONALS	OTHER EVENTS
BOULDERING	<p>October 23rd at <i>Project Rock</i> in Ft. Lauderdale</p> <p>November 6th at <i>The Edge</i> in Jacksonville</p> <p>December 4th at <i>Blue Swan Boulders</i> in Orlando</p>	<p>January 15th at <i>The Overlook</i> in Atlanta GA</p>	<p>February 19-20th at <i>Blue Swan Boulders</i></p>	<p>June 17th – 19th C & D Category Youth Climbing Festival</p> <p>July 8th – 17th Youth National Championship</p>
ROPE CLIMBING	<p>February 26th at <i>Vertical Ventures</i> in St. Pete</p> <p>March 5th at <i>The Edge</i> in Miami</p> <p>March 26th at <i>The Edge</i> in Jacksonville</p>	<p>April 9-10th at <i>The Edge Melbourne</i></p>	<p>May 14-15th at <i>Project Rock</i> in Easley SC</p>	<p>August 22nd – 31st Youth World Championship in the USA</p>

SHOLARSHIP INFORMATION

At Moments Climbing we value inclusion and we acknowledge the barriers that prevent so many from participating in this sport we love. If one of those barriers for you is finances, please contact Austin Hill at austin.hill@momentsclimbing.com for information about our scholarship opportunity.

HELPFUL INFORMATION

HEAD COACH	Austin Hill Austin.Hill@momentsclimbing.com 407-601-0752
GYM DIRECTORS	Roberta Garcia - Gym Director Roberta.Garcia@momentsclimbing.com
BLUE SWAN BOULDERS	https://blueswanboulders.com/
USA CLIMBING	https://usacimbing.org/compete/
SOUTHEAST REGION FACEBOOK	https://www.facebook.com/groups/usayouthregion71

YOUTH PROTECTION POLICY

All Moments Climbing coaches have undergone background checks and have current First Aid, CPR and SafeSport certifications.

Moments Climbing USA is committed to the awareness and prevention of abuse within our organization. Our commitment to safety includes all aspects of physical and emotional wellbeing of our members, especially the youth. Our goal is to foster a culture where child abuse is not tolerated, the warning signs are widely recognized, and everyone feels comfortable with reporting concerns.

Moments Climbing USA is committed to:

- providing a safe environment and to prevent child abuse and sexual misconduct.
- making every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will sign and abide by the Moments Climbing Youth Protection Code of Conduct guidelines.
- making every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- performing a criminal background check on every person offered a position at our organization.
- taking appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation
- training and encouraging employees to “push up” any concerns about misconduct with any youth.

The following are the preventive measures that Moments Climbing USA are committed to with regard to abuse:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.
- All physical contact with youth will be of an appropriate and professional nature.
- We will provide more than one adult working at or overseeing every activity whenever possible and seek to avoid one-on-one situations. If a child needs special attention, it will be handled with the assistance or presence of another adult.
- Employees/coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization. All communication with youth will be limited by the context of the role’s responsibilities.
- Employees/coaches/trainers should never ride alone with a child or participant in the car. Procedures will be established for employees/coaches/trainers to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.
- Anyone convicted of a crime of violence or a crime against another person will not be considered for employment.

CODE OF CONDUCT

Upon hire, all employees will be trained on the protecting youth from child abuse which will cover the code of conduct in detail. Once the training is complete, all Moments Climbing USA employees must sign the Youth Protection - Code of Conduct. By signing this statement, the employee acknowledges that they are informed and educated in this policy and is committed to enforcing program guidelines.

1. I will always put the well-being of youth first.
2. My relationship with youth at Moments Climbing is professional, not personal.
3. I’ll adhere to the Rule of Threes and ensure that I do not isolate myself with a child.
4. My language, attire, and behaviors shall be age appropriate and professional.
5. My physical contact with youth will be of an appropriate and professional nature.
6. The nature of my communication with the youth that I work with will be limited by the context of my professional responsibilities.
7. I will not tolerate bullying and will take appropriate actions to protect the targeted minor and discipline the individual(s) who are engaged in bullying or hazing.
8. I will learn to recognize the warning signs of abuse.
9. I will take personal responsibility for “pushing it up” by reporting any warning signs I witness.