

High School Climbing Team Club Packet

The information within this packet will be used to help you better understand the High School Climbing Team Club Program. The table of contents below lists all of the information sheets within the packet and also states who receives which sheet.

High School Climbing Team Club Program (For Everyone)

- An explanation of the High School Climbing Team Club Program.

Starting a High School Climbing Club Team (For Student Leader)

- A step-by-step process detailing the easiest way to start a climbing team club.

Leading a High School Climbing Team Club (For Student Leader)

- Outlines the duties and expectations of the student leader.

Joining a High School Climbing Team Club (For Everyone)

- This sheet will not have to be distributed to students, they will receive it the first night (FREE night) they come.

Flyer for sign-ups (For Student Leader)

- This flyer can be used to advertise your first meeting to start your club.

High School Climbing Team Club Program

High School Climbing Team Club is a program offered at Roca Climbing & Fitness that is run through student effort and participation. The teams are formed under their own power and are organized as a club sport through the school. Teams will attend weekly practices and compete in four competitions throughout the school year.

The implementation of the High School Climbing Team Club Program can benefit a high school and its students in many ways. Not only does it contain all the elements of a high school student's mindset - learning, socializing, forming bonds with their peers, staying active and competitive - it also offers an alternative option to conventional sports. Students will be confronted with obstacles they never knew existed, then be forced to learn how to work through these mentally and physically exhausting challenges. Although climbing is a physical activity, socializing is a natural aspect of the sport. Each student will need to interact with their teammates, climbing partners, and other climbers within the community. These interactions will form bonds of trust and friendship that will stick with students forever. The obligation of a two-hour weekly practice and four competitions throughout the year encourages an active lifestyle along with healthy competition. Lastly, for those students that do not play the conventional football, basketball, baseball, soccer, etc., climbing team offers an alternative way to stay healthy, active, and social all year round.

If you would like to start a club team at your school, please contact Bob Kryzer (bob@climbroca.com) or stop by Roca Climbing & Fitness to obtain more information.

Roca Climbing & Fitness
6071 Rome Circle NW
Rochester, MN 55901
507-218-1500



Jeremy & Karen Schaar, Owners

Starting a High School Climbing Team Club

Interested in starting a climbing team club at your school? Here is a step-by-step approach, detailing how to start a team at your school.

Starting a climbing team is all about advertising and informing - many of your peers may not even know about the possibility of having a climbing team at your school! Set-up a date, time, and room to meet with students and give them some information about the program. When promoting the climbing team, be sure you follow your school's rules on advertising (announcements, flyers, posters, etc.) Your advertisement should include the date, time, room, and any additional information about your meeting time.

The day you meet, here is some information to relay to students:

- Explain the program
- Establish a tentative practice day that works for the majority of the students and e-mail Bob Kryzer with this date and time (bob@climbroca.com)
 - Practices are held weekly and are 2 hours long
 - Tentative practice time is subject to be changed to accommodate other teams and ongoing Roca programs
- First practice at Roca is FREE for all climb team
- 4 competitions are held throughout the year, 2 each semester.
- Students may participate for the whole year or only a semester
- Climbing team is for all ability levels!

The first day of practice, participants will receive a more detailed explanation of the program. Information about membership options, costs, practices, competitions, clinics and an outline of the upcoming season will be addressed; along with any additional questions and/or concerns.

Leading a High School Climbing Team Club

Like all sports, every team needs a leader. The leader of the team must be enthusiastic, passionate, dedicated, hardworking, and have certain level of climbing experience. Every week the leader will conduct a two-hour mandatory practice; whether it be structured or a free climbing day. The leader is also asked to go above and beyond by arranging days to climb with the team aside from the scheduled practice time.

Duties of the leader:

- Recruit 10 participants (including the leader)
- Attend all weekly practices
- Attend the 4 scheduled competitions through the year.
- Create a Facebook group page for the climbing team
 - Update climbing team group page
 - Inform teammates of the events. (Practices, competitions, Clinics, etc.)
 - Keep current with Roca events

Benefits:

- Free annual membership. (Rental gear included)
- Free clinics for technique and advice from Roca's USA Climbing Certified Coaches

The leader is the heart and soul of every team. They keep the team motivated, psyched, stoked, and enthusiastic about climbing. A good leader is able to push themselves, their teammates, and create unity throughout the whole team. Think you're right for the job?

Please contact Bob Kryzer (bob@climbroca.com) with any questions in regards to the High School Climbing Team Club program.

Joining a High School Climbing Team Club

If climbing is a sport that sparks your interest, the next step is to join your schools climbing team club. By joining the climbing team, you will receive a membership to Roca Climbing & Fitness and commit to a weekly two-hour practice as well as 2 competitions per semester. Every member of a team will receive basic training that covers knot tying, belaying, and climbing technique. Clinics may also be offered at an additional cost to teach alternative climbing styles, techniques, and training tools for those looking to take their climbing to the next level.

The first day of your High School Climbing Team Club is FREE. On this day, you will receive your basic training.

Membership Options:

By the Semester (Oct. 1st-Jan. 31st and Feb. 1st-May 31st)

- \$200/Semester Paid in Full or \$50/month (Rental Gear INCLUDED)
- \$160/Semester Paid in Full or \$40/month (Rental Gear NOT included)

Annual

- \$400 paid in full (Rental Gear NOT included)

Gear Packages

- Purchase a package including harness, climbing shoes, belay tool and locking carabineer, and chalk bag and receive 20% off

Basic Skill Training (Beginning of each semester)

- Week 1 – Knot tying and belaying
- Week 2 – Basic technique and body movement

Competitions (All competitions are held on Fridays from 6:00pm-9:00pm)

If you have additional questions, please contact Bob Kryzer (bob@climbroca.com) or stop by Roca Climbing & Fitness to obtain more information

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Jeremy & Karen Schaar, Owners

Climb to New Heights



High School Rock Climbing Club

MEETING ROOM: _____

TIME: _____

DATE: _____

Grab your friends and soar to new heights by joining a Rock Climbing Club.

Great way to meet friends,
build confidence and skills

To sign up or learn more:
Contact Bob Kryzer (bob@climbroca.com)
or stop by Roca Climbing & Fitness.

