



2023/2024 CCC TEAM PROGRAM

Information Package



CALGARY
CLIMBING
CENTRE



Since the Calgary Climbing Centre began in 1995, it has always been on the forefront of training athletes to compete at the highest levels at local, regional, national and international competitions. The CCC has supported hundreds of athletes in their pursuit of their climbing goals, inside our gyms and outside on the rocks, and we are looking forward to continuing this in future seasons.

Here are some highlights for this year's program:

The Sport Cup Circuit was a huge success last season - this year will be even better! Ranking were loosely monitored last season as we tried to find the best way to incorporate all the different disciplines into a cohesive ranking system but that has now been formalized and there will be a ranking for each discipline for each age category. We will culminate the season at the Sport Cup Championship with a celebration of the season and the unveiling of the Sport Cup Championship Trophy that will forever carry the names of the climbers who demonstrated consistency and ability through our Sport Cup Circuit.

Climbing-specific NCCP training for Competition Introduction and Community Initiation for coaches is finally here and our coaches will be amongst the first in Canada to take part in this training. It is another step towards certification that our coaches will be involved in, making our program the most comprehensive coaching training in the country.

Our Redpoint Teams, the start of our non-competitive side of the program, were huge successes last season, and we have moved to add another component this season. Youth D Teams, for climbers that are 10 and 11 years old, will be introduced at several of our gyms this season and they are a perfect way for our youngest climbers to be introduced to a more progressive training program than can be found in more club orientated programs at the CCC.

Every season, we lose several climbers who have been a part of our program for many years, just due to the fact that they aged out of the youth categories they have progressed through. At this point, there was nowhere for those climbers to continue to train at a high level. This season, we have a place for them: the Senior Performance Team. With a more limited weekly commitment to a training schedule, this team will be coached and has the goal of continuing a climber's progression through participation on the Senior Climbing Circuit within Alberta and Canada.

As you read through the following information, I hope you feel our commitment and dedication to ensuring your climber has the best experience they can within our Team Program for this coming season! We are very much looking forward to spending another season with these incredible youth athletes!

Chris Neve

High Performance Manager, CCC

GENERAL PROGRAM DETAILS

The CCC Team Program follows the many principles around training and responsible youth team programming that are found within Canada's sporting culture. Please review the following to get a more clear understanding of the components we will be including in our program.

Long-Term Development (LTD)

This concept was developed by Canadian sport scientists to address what they saw as a lack of fundamental skill development in athletes coming into senior national team programs. Instead of working with these athletes to build them into Olympic and World Champions, many coaches at this level found they were forced to regress their training focus to build more well-rounded athletes first before moving onto other goals.

LTD provides a framework to assist sports in determining what athletes at all stages of development require before they can move on to higher level skill development. In this way, athletes are being built to succeed in a progressive manner that will hopefully support their ability to be successfully at the highest levels of their sport.

Climbing Escalade Canada (CEC) has recently developed their LTD for all climbing team programs to consider, and this is something the CCC will be referencing constantly as we continue to develop our team programs. You can find the LTD for climbing [here](#).

Specialization

This is always a huge debate in every sport: at what point do you allow an athlete to start focusing mainly on one aspect or discipline of their sport?

In climbing, we have three disciplines: bouldering, ropes (lead and top rope), and speed. Invariably, a climber will take to one or two of these disciplines over trying to work on all three. And from a coaching perspective, programming training for an athlete to be successful in all three is very challenging. It would be easier if we were to just start a climber in what they liked the most and forgot about the others.

The problem with this path is that we start creating imbalances in a climber's overall development, and by extension their total capacity to become the best climber they can. Each discipline has components that will benefit the others so by training all three we are looking to provide the most balanced approach for total skill development amongst all of our climbers.

However, there does come a point where an athlete does need to make a choice of what they want to do. To provide each climber with enough experience in each discipline to gain the most benefits from them to make a decision, we will be allowing climbers to start choosing the disciplines to focus on when they enter their first year of Youth A, provided they have been with the program for at least two years previously. All other athletes will continue to train and compete in all three disciplines, if all three are available at their gym (i.e. speed is currently not in all CCC gyms), to obtain the best training possible for their future climbing development.

GENERAL PROGRAM DETAILS

Training & Climbing Age

This concept relates to the experience level of an athlete in their sport: how many years they have trained in a structured and progressive manner. Many climbers come to climbing from other sports and they bring with them their experiences that are very beneficial to their development in climbing; however, until they have spent some time in climbing generally, and climbing competitions specifically, they may not be able to progress optimally due to their lack of experience in the sport - even if all of their physical attributes are pointing to the fact that they should be progressing to higher levels of the program quicker. We are looking to provide a balance for the climber so they can gain the experience they require to become competent competitors with the likely rapid progression in their physical skills that could indicate they are ready to compete before they really are.

Training Protocols for Developing Athletes

A big part of our role is to ensure the training that is being programmed for each athlete is based on principles developed by the latest research in sport science. Although there is not as much information regarding training younger athletes as compared with adult athletes, we are able to make many determinations that are considered best practices for our sport.

One of the biggest debates is around finger training for youth athletes. The major concern around young fingers is that they are not completely formed until after they have finished their final growth spurt. Every long bone in the body - including fingers - has a growth plate at the end of it that is actually detached to facilitate the body's ability to grow. Until these growth plates are closed, we need to be very aware of what training the athlete is being asked to do.

As a result, we will be looking to limit the amount of finger-specific training for any climber in Youth B or younger as a general rule with exceptions made only on a case-by-case basis. This means that the use of small campus rungs and hangboarding will not be used in these younger categories until an athlete has demonstrated they have finished their growth spurt and it is safe to include these activities.

We do need to have climbers with strong fingers and the basis for developing this strength will come from the most traditional training tool we have: actually climbing. There is still a risk of finger injuries when using smaller holds and jumping to holds from distance that will have to be monitored, but the benefit of using climbing to increase finger strength comes from the need for climbers to incorporate technical skill, like footwork, and body position and tension when performing these moves. These are all building blocks for increased climbing performance that cannot be found in finger-specific training that only focuses on one area. We are looking to increase the whole before we start working on the parts.

It is important to also note that any climber entering our program at an older age will still not be permitted to use these finger-specific training exercises until they have been in our program for at least two years. Starting as an older climber does not mean their fingers are ready to take on these very demanding training drills, even if they have finished their growth spurts. We will be needing to develop their fingers in a slow manner to ensure they are not injuring themselves unduly.

GENERAL PROGRAM DETAILS

True Sport Principles

The True Sport Principles express an approach to sport that the vast majority of Canadians already believe in and practice. Although widely embraced, these principles often go unspoken. So when they are violated — when people’s attitudes and actions threaten healthy and respectful competition — supporters of good sport can be caught off guard, unsure how to stand up for the sport they believe in.

The True Sport Principles are a rallying point for True Sport members — they are universal. The principles can be brought to life in any sport at any level, from playground to podium. An Olympic rowing squad can embrace these principles with the same sense of pride and purpose as an elementary school, an old-timers' league, or a community hockey arena.

For sport to be truly good and have the opportunity to make the greatest difference, all seven of these principles need to be in play at all times, working in perfect balance with one another.

A red rectangular infographic with white text. At the top is the True Sport logo. Below it is the title 'True Sport Principles'. The infographic lists seven principles, each with a title and a short description. At the bottom is the website 'truesport.ca'.

**TRUE
SPORT**

True Sport Principles

Go For It
Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair
Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others
Show respect for everyone involved in creating your sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun
Find the joy in sport and share it with others.
Remember what you love about sport and why you play.

Stay Healthy
Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone
Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back
Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.

truesport.ca

GENERAL PROGRAM DETAILS

Climbing Equipment

All CCC team members are expected to have the following with them for each training session;

- Climbing shoes
- Climbing harness
- GriGri Plus belay device
- Chalk bag and chalk
- Training shoes for conditioning

All of our gyms sell these items, please stop by your gym to get this equipment before the start of the season.

Prerequisite Belay & Climbing Skills

All climbers in our program will be top rope and lead climbing/belaying as they progress through the age categories. Lead climbing in competition is required for climbers who are in Youth B and older age categories while those that are younger will be top roping, although they may lead climb and belay during training.

Having these skills before entering the Team Program is definitely encouraged, and these skills can be learned by going to the Calgary Climbing Centres website to book a lesson. Top rope belay skills are definitely taught in the Junior Climbing Club programs as well.

For lead climbing and belaying, if a climber has not taken a lesson our coaches will be able to assist in the learning of these skills but, again it is better if the climber comes into the program with these skills already under their belts.

Team Uniforms

The CCC Team Program is proud of its climbers and we want to show everyone you are part of our team when you are training in the gym and when you travel to competitions around the province and beyond. Climbers are **required** to wear a CCC Team top from any season provided it is a black top when they are training and competing. If you do not have a team top to start the season, you can purchase one at Rocky Mountain CCC starting September 1.

Competition Circuits

Our team is fortunate to participate in three competition circuits, all of which have something different to offer our climbers.

Sport Cup Series & Championship

This circuit is our internal competition circuit for Sport climbers to participate in competitions for the first time or to hone their skills in preparation for the other two circuits. This entry point will provide a relaxed way to compete within our own facilities: there are no extra fees for this circuit.

GENERAL PROGRAM DETAILS

Attendance in each of these Sport Cups is required as a condition of your acceptance to your sport team offer: if climbers are to improve at competitions, they need the opportunity to practice their skills in competitive environments.

Each disciplines will be scheduled during the following months, with dates to be firmed up once we receive the ACA schedule:

- October 2023 & February 2024: Bouldering @ SoCal CCC - modified scramble format
- November 2023 & March 2024: Routes @ Hanger CCC - modified scramble event
- December 2023 & April 2024: Speed @ Rocky CCC - official and other courses
- May 11, 2024: Sport Cup Championships @ Rocky CCC - all disciplines

Rankings will be kept after each event for each age category for a final ranking at the end of the season per discipline.

Alberta Climbing Association (ACA) Provincial Circuit

The ACA is responsible for sanctioning local and provincial events for their members to gain points towards their provincial ranking. These competitions are organized within Alberta but the ACA also includes gyms in Saskatoon and Cranbrook, so events can be organized there as well.

A climber's provincial ranking will determine if they will be invited to compete at the Western Regional Championships for bouldering and lead in April 2023.

Climbers on the Development and Performance Teams are expected to train with the goal of attending the provincial championships; this circuit is optional, but encouraged, for Sport Team climbers. The ACA will require a membership for any climber is competing in one of their sanctioned events. It is best to familiarize yourself with the ACA by going to their website located [here](#).

At this time, there is no schedule for ACA youth and senior events currently published.

Climbing Escalade Canada (CEC) Regional and National Circuit

The CEC is climbing's National Sport Organization (NSO) and is responsible for organizing the Regional and National Championships in all disciplines, selecting the youth and senior national teams for international events and hosting High Performance competitions and camps.

Climbers qualify for these events first through their provincial rankings for any Regional Championship, and then by their ranking from that event to qualify for the National Championships. To attend High Performance events, a climbers rankings from senior-level events only will determine if an invite will be sent.

Climbers with the Performance Team will have attendance at each of these events as one of their main goals for the season. We encourage all Development climbers to also aspire to this as well, especially since the boulder and lead national championships will be hosted by the CCC this season.

GENERAL PROGRAM DETAILS

A CEC membership will be required for any climber who is hoping to participate in these events. All information on the CEC can be found [here](#).

Here is the schedule for the Regional and National Championships scheduled by the CEC for this season:

- November 23 - 27, Senior National Boulder & Lead Championships, Surrey & Richmond, BC
- February 17 - 18, Senior & Youth Speed National Championships, Calgary, AB
- April 19 - 22, Youth Western Regional Boulder & Lead Championships, Calgary, AB
- May 16 - 21, Youth National Boulder & Lead Championships, Montreal, QC

BAND: Team Communication Platform

Our program uses a communication platform called BAND where all of our team information is posted and updated, and where you can find the schedule for the season among many other important details of the season. It is also the place where coaches, climbers and parents can connect with each other.

The entire platform is secure and access to it is by invitation only. Each climber and/or parent will receive an invite to join their team's BAND page at the start of the season, based on the contact email provided during registration, and this should not be shared with anyone outside of our program. Parents are kindly requested to indicate on their profile which climber(s) they have on the team so everyone knows who is with who.

Once the season begins, this will be the only form of communication for team announcements, updates and anything else related to the organization of the team. We will not be using group emails for this purpose so each family must have at least one person on the team's page to ensure all information is received.

Season Schedule

Please refer to the following schedule for all of important dates in our general training schedule:

- September 11, 2023 - first day of training - all teams start this week but not this day
- October 6 - 9, 2023 - no training, Thanksgiving Weekend
- November 11, 2023 - no training, Remembrance Day
- December 21, 2023 - last day of training before Winter Break
- December 22, 2023 - January 8, 2023 - no training, Winter Break
- January 8, 2024 - first day of training after Winter Break
- February 16 - 19, 2024 - no training, Family Day Weekend
- March 21, 2024 - last day of training before Team Break
- March 22 - 31, 2024 - no training, Team Break
- April 1, 2024 - first day of training after Team Break
- May 17 - 20, 2024 - no training, Victoria Day Weekend
- May 26, 2024 - last day of training for the season

GENERAL PROGRAM DETAILS

Coach Training & Certifications

The CCC is committed to ensuring your climbers have coaches that are properly trained for their role and who have been vetted to work with minors. Each coach will be responsible for having the following completed before they are able to start coaching this season:

CCC Organizational Requirements

- [CCC Coach Conduct document](#)
- Vulnerable sector check through Calgary Police Service

Coaching Certifications & Educational Requirements

We will look each season for professional development opportunities for our coaches so they are continually updating their skills. The following requirements were identified last season and any new coach to our program will be responsible for completing these:

- [NCCP Coach Initiation in Sport](#)
- [NCCP Creating a Positive Sport Environment](#)
- [Safe Sport Training](#)
- [Understanding the Rule of Two](#)
- [Anti-racism in Coaching](#)
- [Making Head Way in Sport](#)
- [Mental Health in Sport](#)

The following new requirements for this season are:

- NCCP Community Initiation - for all coaches working with our Redpoint and Youth D climbers
 - ◆ 8 hour in-person course
- NCCP Introduction to Competition - for all coaches working with our Sport, Development and Performance climbers
 - ◆ 16 hour in-person course

OVERVIEW OF CCC TEAMS

The CCC strives to provide the very best training for our athletes and support them in their pursuit of excellence. With over 25 years of Youth Team Programs, we combine proven training methods with experienced coaching to help them achieve their goals.

An exciting addition to our program this season will be the organization of Youth D Teams for climbers who are born in 2013 and 2014. Although attending competitions will be possible, this team is included in our Non-Competitive program as it is a recreational start to organized and progressive programming for this age category.

Team Tryouts

We have tryouts for each of the main teams in our Competitive Team program. Registration links for each tryout will be emailed by the end of July; we will require the climber's name, age and preferred gym to train out of. We will try out best to match the climber with their preferred gym if they are offered a spot on a team, but that is not always possible.

Sport Team Tryouts

- September 5 & 6, Hanger CCC - this is only for climbers who are new to the program, it is not required to attend both nights

Development Team Tryouts

- September 7, Hanger CCC - this is only for invited climbers who were in the program last season, or who are transferring from another team program

Youth Performance Team Selection Camp

- September 4 - 9, Rocky and SoCal CCC - this is only for invited climbers who were in the program last season, or who are transferring from another team program
- The training schedule will be provided by August 31 and will include 2 weeknights and a Saturday session on September 9
- After the Saturday session, climbers will be notified if they have made the team by Head Coach Dallas Mix; the climber will need to reply within 24 hours to accept or decline this offer.

OVERVIEW OF CCC TEAMS

Climbing Age Categories

Within these programs you will find age categories based on the climber's age at the end of the current season, not the current age of the climber at the start of the season. For the 2023/2024 season, the age categories will be as follows:

- Youth D (birth years 2013—2014)
- Youth C (birth years 2011—2012)
- Youth B (birth years 2009—2010)
- Youth A (birth years 2007—2008)
- Junior (birth years 2005—2006)
- Senior (birth year 2007 & older)

Please note: not all age categories will be available in each program. Movement through the CCC Team Program needs to be done in a developmental way that will support each climber's individual growth; we are not looking to move athletes through the program any faster than is necessary. Restricting which ages can be represented in each program is our effort to ensure that athletes are properly prepared for each program they progress to so they have the most success possible.

Competitive Program

This program is for the climber who wants to compete, is motivated and driven to train for competitions and who wants to be in a group of climbers who have those same goals. Since these teams are focused on competition, there will be an expectation for each climber to compete at the level of events indicated. These teams will start September 11, 2023 and finish on May 26, 2024.

Sport Teams

The entry level into the CCC Team Program, all new climbers will be required to complete one season in Sport, regardless of their age, before they are able to progress to another level of team. This program will focus on overall skill development and an introduction to competitions. Please review the following requirements for all climbers on this team:

- For climbers born in 2012 or earlier (Youth C and older)
- Must attend all of the scheduled in-house Sport Cups, including the Sport Cup Championships; they can participate in any provincial ACA events as well
 - ◆ Seven total events will be scheduled throughout the season: two bouldering, two routes, two speed, and one Sport Cup Championship
 - ◆ All Sport Cups will take place on a Saturday morning; there are no extra fees for these events

OVERVIEW OF CCC TEAMS

- Each gym will have two teams with training twice per week for 2.5 hours each session
 - ◆ due to the number of Fridays and Sundays with no training scheduled, all Sport B Teams scheduled on these days will have one additional training session per month added on a weekday
- A single gym membership is required
- The following assessments will be provided to assist coaches in creating individual development plans, and for climbers to follow their progress during the season:
 - ◆ Fitness testing at the start, middle and end of season
 - ◆ Technical assessments at the start and end of season

Development Teams

Climbers on these teams will continue their skill and competition development skills from the Sport Team, but an additional focus on competitions is required. The main difference between this team and the Performance Team is the training commitment per week and the location of the team at one gym.

- For climbers born in 2012 or earlier (Youth C and older)
- Attendance at local ACA competitions, including the provincial championships, is a requirement for being a part of these teams (Speed Climbing competitions are exempt from this requirement)
 - ◆ Climbers must commit to attend competitions to improve their ability to compete
 - ◆ Events in Calgary, Edmonton and/or Lethbridge require your attendance; events in Cranbrook and/or Saskatoon are not required to attend but are encouraged
 - ◆ Participation in the Sport Cup Circuit is permitted
- Each gym will have one or two teams with training twice a week plus an optional Saturday morning session
 - ◆ Weekday sessions will be from 5:00pm to 8:00pm; Saturdays from 8:00am – 11:00am
- A single gym membership is required for two days per week; a multi-gym membership is required for three day per week
- The following assessments will be provided to assist coaches in creating individual development plans, and for climbers to follow their progress during the season:
 - ◆ Fitness testing at the start, middle and end of season
 - ◆ Technical assessments at the start and end of season
- ACA membership fees will be required; CEC membership fees may be necessary depending on the events the climber qualifies for
- Competition fees will accompany each registered event

OVERVIEW OF CCC TEAMS

Youth Performance Team

Participation in a one-week selection camp at the start of the season is required to be invited to this team. Climbers here will demonstrate the highest abilities in skill and competition development as they look towards participation in the major Senior and Youth competitions across Canada.

- For climbers born in 2010 or earlier (Youth B and older)
- The training focus is to perform at provincial, regional and national championships as they qualify
- Two training groups:
 - ◆ Performance A – trains Mondays (Rocky) and Wednesdays (SoCal) from 5:30pm – 8:30pm, Saturdays at gyms to be decided from 8:00am – 11:00am
 - ◆ Performance B – trains Tuesdays (SoCal) and Thursdays (Rocky) from 5:30pm – 8:30pm, Saturdays at gyms to be decided from 8:00am – 11:00am
- Some extended sessions on Saturdays for competition training will occur
- One day a week of training on their own is expected – programming will be provided
- A multi-gym membership is required
- The following assessments will be provided to assist coaches in creating individual development plans, and for climbers to follow their progress during the season:
 - ◆ Fitness testing at the start, middle and end of season
 - ◆ Technical assessments at the start and end of season
- ACA and CEC membership fees will be required
- Competition fees will accompany each registered event

High-Performance Teams

Any climber from any team will be included in the High-Performance Program when they qualify for specific events. This will allow climbers to work with others who will also be attending these events.

Climbers who qualify for the following events will be added to the High-Performance Team:

- November 23 - 27, Senior National Boulder & Lead Championships, Surrey & Richmond, BC
- January 27 - 28, High Performance Competition, Richmond, BC
- February 17 - 18, Senior & Youth Speed National Championships, Calgary, AB
- April 19 - 22, Youth Western Regional Boulder & Lead Championships, Calgary, AB
- May 16 - 21, Youth National Boulder & Lead Championships, Montreal, QC
-

OVERVIEW OF CCC TEAMS

Senior Performance Team

This season, we will provide a competitive training program for climbers who have aged out of the youth circuit but who still want to train and compete. The amount of scheduled training is reduced per week to accommodate a climber's work or school schedule. The focus will be on the ACA and CEC Senior Circuit and is open to anyone aged 16 years and older who are not a part of any of the youth teams.

- For climbers born in 2010 or earlier (Youth A and older)
- The training focus is to perform at Senior provincial, regional and national championships
- Training will be on Tuesday evenings and Saturday mornings
 - ◆ Some extended sessions on Saturdays for competition training will occur
- Two days a week of training on their own is expected – programming will be provided
- A multi-gym membership is required
- The following assessments will be provided to assist coaches in creating individual development plans, and for climbers to follow their progress during the season:
 - ◆ Fitness testing at the start, middle and end of season
 - ◆ Technical assessments at the start and end of season
- ACA and CEC membership fees will be required
- Competition fees will accompany each registered event

Speed Team

The CCC will be hosting the Speed National Championships in February 2024 and we want to prepare for this event by increasing the training opportunities for any climbers who are looking to attend. Tryouts for the speed team will be in September and the team will be selected to start speed-specific training starting in October.

- Must attend ACA Speed competitions, including the provincial championships
- This team will be for climbers who are born in 2010 and earlier as training will focus on the 15-metre course only
- This team will train together at Rocky on Fridays from 5:30pm – 8:30pm and/or Saturdays from 12:00pm - 3:00pm
 - ◆ Each session will include on the wall (general and course-specific drills) and off the wall (speed-specific physical training) programming
 - ◆ Competition simulations will also be scheduled in preparation for upcoming events
- Membership access to Rocky will be required.

OVERVIEW OF CCC TEAMS

Non-Competitive Program

Competition climbing is not for everyone. For this reason, we are offering teams that do not have competitions as their main focus. Climbers on these teams will still be guided by a coach, and are still expected to put in their best efforts each training session, although the goal will be more around personal climbing projects rather than competitions.

Youth D Teams

- Climbers must be born in either 2013 or 2014
- This will be an introduction to progressive training with a focus on technical development
- No participation in competitions is required on these teams, but is welcomed if they choose to attend - especially the Sport Cup Circuit
- There will be teams at Hanger and Chinook to start the season, and then at Stronghold in January

Redpoint Teams

- Climbers must be born in 2010 or earlier to join this team
- Train with the focus on personal climbing growth/goals and climbing for life
- No participation in competitions is required on these teams, but is welcomed if they choose to attend
- Each gym will have at least one team, running on Fridays and Sundays
 - ◆ NEW: due to the number of Fridays and Sundays with no training scheduled, these teams will have one additional training session per month added on a weekday
- A single gym membership is required
- The following assessments will be provided to assist coaches in creating individual development plans, and for climbers to follow their progress during the season:
 - ◆ Fitness testing at the start, middle and end of season
 - ◆ Technical assessments at the start and end of season
- NEW: an end-of-the-season guided outdoor session will be organized for each Redpoint Team (included in the team fees)

OVERVIEW OF CCC TEAMS

Competition Formats

There are a variety of formats competitions can be organized in - this is a quick primer to help explain the most common formats you will likely encounter:

Modified Scrambles

Seen mostly in bouldering events, this format has a number of boulder problems assigned to a category (although problems can be shared between more than one category) and climbers can attempt them as many times as they want in any order they want, for the time limit they have for the round. You will see this format in our bouldering and route Sport Cups, and for most qualifying rounds at ACA boulder events.

Flash Format

Most route competitions will use this format for the qualifying round, and it is also being seen more often in bouldering events as well. This is where the routes or boulder problems are able to be seen climbed before the climber makes their own attempt(s). A running order is created to let the climbers know when their turn is and everyone can watch all the other climbers listed ahead of them, if they choose to; for the first climber, a video is provided by the route setters so they get to see one person before they climb themselves.

Onsight Format

In this format, climbers do not get to see anyone else climb their problems or routes before they make their own attempts. This requires all climbers and coaches to be put into an isolation zone where no one else is allowed access; then, the climbers come out one at a time based on how they did the previous round (lowest ranked out first) to make their attempt(s) without knowing what any previous climbers had done.

For route semifinals and finals, and the final round of most boulder competitions, there is a period of time climbers can preview their route or problems they will be attempting - this will be the only information they will get before their turn to climb. Climbers are welcome to discuss the routes and problems with anyone else that is in isolation, even coaches, but only the climbers are allowed out for previews.

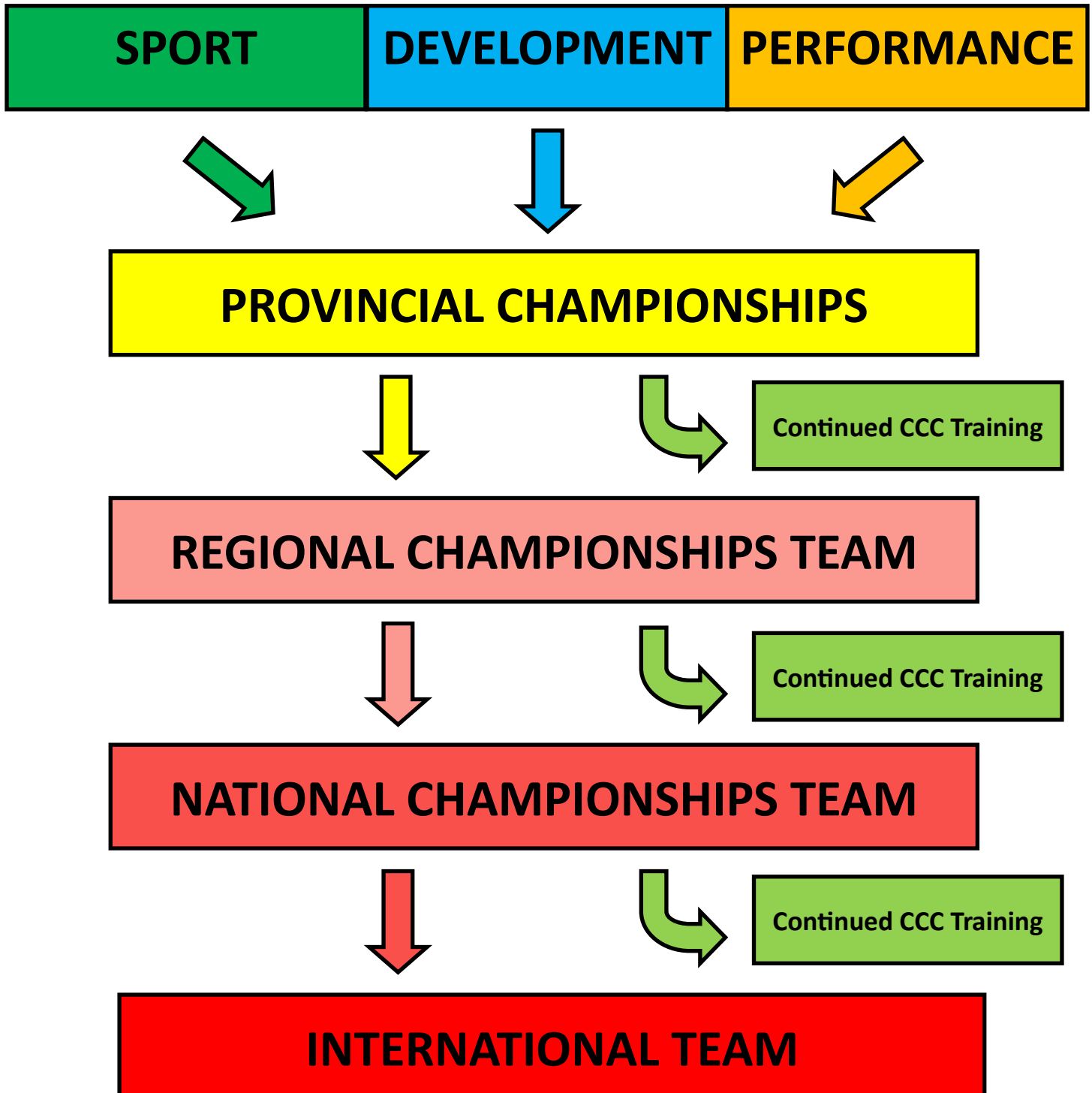
Speed Competitions

This event will see every climber climb twice in a practice round, and then twice more in the qualifying round - one attempt on the left and right course each. Once this has been completed, climbers are ranked by their best time in the qualifying round to the final round, which is arranged in a bracket with the fastest versus the slowest, the next fastest versus the next slowest and so on. Depending on how many climbers are in the qualifying round, there can be as many as 16 climbers in the final round and as little as 2.

Although time is important in the qualifying round, in finals it is all about which climber wins the head-to-head race. The winner of each race moves on until we get to the last two climbers to see who wins the event.

COMPETITION PATHWAYS

Every athlete in our team program has the ability and opportunity to compete at the highest levels possible, regardless of the team they begin the season with. We know that athletes will differ in how they want to train, how much time they can train and what they want their competition experiences to be, but that shouldn't stop them from striving to attain their overall competition goals - whatever they are. There is more than one path in competition climbing and we want our athletes to be able to take whichever works for them.



SPORT TEAM

Purpose:

- entry point into competition climbing - all new climbers to the team program must complete 1 year of Sport before moving to Development or Performance
- focus on global skill development and climbing experience
- introduction to all three disciplines: boulder, rope & speed

Entry Requirements:

- participation in a tryout is required
- previous participation in a CCC or related climbing program is recommended, i.e. CCC Junior Climbing Club
- no previous climbing competition experience is required

Ages Categories:

- Youth C: 12—13 years, must be 11 years old by December 31, 2023
- Youth B: 14—15 years, must be 13 year old by December 31, 2023
- Youth A: 16—17 years, must be 15 years old by December 31, 2023
- Junior: 18—19 years, must be 17 years old by December 31, 2023

Training Commitment:

- 2 sessions/week, 2.5 hours/session

Competitions:

- CCC Sport Cups are required
- ACA events may be encouraged by team coach; additional competition fees and memberships may be required

DEVELOPMENT TEAM

Purpose:

- competition skills and total athlete development are the focus
- progression of global skill development and climbing experience
- for 16+ years, separation of climbing disciplines can occur in competitions; 14 years and under are still expected to focus on developing all three disciplines

Entry Requirements:

- participation in a tryout is required if the athlete has not been on a team at this level the previous season
- previous participation in a CCC Sport level or related team program is required
- previous climbing competition experience required (CCC Sport Cups and/or ACC events)

Ages Categories:

- Youth C: 12—13 years, must be 11 years old by December 31, 2023
- Youth B: 14—15 years, must be 13 year old by December 31, 2023
- Youth A: 16—17 years, must be 15 years old by December 31, 2023
- Junior: 18—19 years, must be 17 years old by December 31, 2023

Training Commitment:

- 2 - 3 sessions/week, 3 hours/session

Competitions:

- training to compete at the ACA provincial championships is the focus; competing at CEC events is encouraged
- CCC Sport Cups are encouraged as a development tool for competition experience
- competition fees and ACA memberships will be required

YOUTH PERFORMANCE TEAM

Purpose:

- evolution of the athlete into a confident and experienced competitor
- focus on the progression of specific skill development and competition performance at the highest levels
- for 16+ years, separation of climbing disciplines can occur in competitions; 14 years and under are still expected to focus on developing all three disciplines

Entry Requirements:

- must attend a selection camp at the start of the season to be considered
- Youth A and older athletes should be considering climbing as their primary sport if excellence in competition is their goal
- off-season training in preparation for the selection camp is strongly encouraged

Ages Categories:

- Youth B: 14—15 years, must be 13 year old by December 31, 2023
- Youth A: 16—17 years, must be 15 years old by December 31, 2023
- Junior: 18—19 years, must be 17 years old by December 31, 2023

Training Commitment:

- 3 sessions/week, 3 hours/session
- additional training programs outside of these hours may be required

Competitions:

- training to compete at ACA and CEC events, Senior and Youth, is the main focus
- competition fees, ACA and CEC memberships will be required

SENIOR PERFORMANCE TEAM

Purpose:

- focus on the progression of specific skill development and competition performance at the highest levels

Entry Requirements:

- climbers are invited to this team
- climbing is their primary sport if excellence in competition is the goal

Ages Category:

- Senior: 16 years and older, must be 15 years old by December 31, 2023

Training Commitment:

- 2 coached sessions/week, 3 hours/session
- 2 additional training sessions outside of these hours will be required

Competitions:

- training to compete at Senior ACA and CEC events, locally, provincially, and nationally
- competition fees, ACA and CEC memberships will be required

SPEED TEAM

Purpose:

- to have directed training outside of regular training to focus on the specificity of speed climbing
- focus on the progression of specific skill development and competition performance at the highest levels
- training will only be towards the 15m course

Entry Requirements:

- must reach a certain time criteria at their gym on a created training course to be considered for this team
- must be able to attend additional training sessions outside of current team training schedule
- must be in Youth B or older age category

Ages Categories:

- Youth B: 14—15 years, must be 13 year old by December 31, 2023
- Youth A: 16—17 years, must be 15 years old by December 31, 2023
- Junior: 18—19 years, must be 17 years old by December 31, 2023

Training Commitment:

- 1 - 2 sessions/week, 2 hours/session
- additional training programs to be completed during their regular team training will be provided

Competitions:

- ACA and CEC events are main focus
- competition fees and ACA memberships will be required

YOUTH D TEAM

Purpose:

- to provide an opportunity for young climbers to train without the focus being on competitions
- focus on the progression of specific skill development and introduction to competition if desired

Entry Requirements:

- no previous experience on a climbing team or club is required, but recommended
- climbers should be proficient at top rope belaying; lead climbing and belaying skills are recommended

Ages:

- climbers must be born in 2013 or 2014

Training Commitment:

- 2 sessions/week, 2 hours/session

Competitions:

- none are required but any climber can participate in any competition they are interested in, especially the Sport Cup Circuit
- competition fees, ACA and/or CEC memberships may be required depending on the competition they are registered for

REDPOINT TEAM

Purpose:

- to provide an opportunity for climbers to train without the focus being on competitions
- focus on the progression of specific skill development

Entry Requirements:

- previous experience on a climbing team or club is recommended
- climbers should be proficient at top rope belaying; lead climbing and belaying skills are recommended

Ages:

- 13 years and older

Training Commitment:

- 2 sessions/week, 2.5 hours/session

Competitions:

- none are required but any climber can participate in any competition they are interested in
- competition fees, ACA and/or CEC memberships may be required depending on the competition they are registered for

HIGH-PERFORMANCE PROGRAM

REGIONAL CHAMPIONSHIPS TEAM	NATIONAL CHAMPIONSHIPS TEAM	INTERNATIONAL TEAM
<p>Purpose:</p> <ul style="list-style-type: none"> specific preparation for performance at Regional Championships 	<p>Purpose:</p> <ul style="list-style-type: none"> specific preparation for performance at National Championships 	<p>Purpose:</p> <ul style="list-style-type: none"> specific preparation for performance at International Competitions
<p>Entry Requirements:</p> <ul style="list-style-type: none"> any athlete that qualifies for a CEC Regional Championship from the ACA Provincial Championships will automatically be selected to this team 	<p>Entry Requirements:</p> <ul style="list-style-type: none"> any athlete from the Regional Championships Team that qualifies for a CEC National Championship will automatically be selected to this team 	<p>Entry Requirements:</p> <ul style="list-style-type: none"> any athlete from the National Championships Team that qualifies for a IFSC International Competition will automatically be selected to this team
<p>Age Categories:</p> <ul style="list-style-type: none"> Youth C Youth B Youth A Junior 	<p>Age Categories:</p> <ul style="list-style-type: none"> Youth B Youth A Junior 	<p>Age Categories:</p> <ul style="list-style-type: none"> Youth B Youth A Junior
<p>Training Commitment:</p> <ul style="list-style-type: none"> Youth B & older: 3 sessions/week, 3 hours/session Youth C: 2-3 sessions/week, 2.5 - 3 hours/session <p>Additional training opportunities with the ACA High Performance program will be encouraged.</p>	<p>Training Commitment:</p> <ul style="list-style-type: none"> 3 sessions/week, 3 hours/session <p>Additional training opportunities with the ACA High Performance Program will be required.</p>	<p>Training Commitment:</p> <ul style="list-style-type: none"> 3 sessions/week, 3 hours/session <p>Additional training opportunities with the ACA & CEC High Performance Programs will be required</p>
<p>Competitions:</p> <ul style="list-style-type: none"> CEC Regional Championships (boulder, rope and/or speed) 	<p>Competitions:</p> <ul style="list-style-type: none"> CEC National Championships (boulder, rope and/or speed) 	<p>Competitions:</p> <ul style="list-style-type: none"> IFSC International competitions (boulder, rope and/or speed)