



YOUTH***SQUAD***

FOR FUN | *FOR PERFORMANCE* | FOR LIFE

INFORMATION PACK 2017-18

1. ABOUT THE HIGHBALL YOUTHSQUAD

“The Highball Youth Squad has been created to bring together talented young climbers to learn, improve and achieve their individual climbing goals. Our aim is to provide a dynamic program packed with fun, physical training and performance coaching, which will help develop them as independent climbers and as a collective group.” - **Mike Surtees (Managing Director)**

1.1 ABOUT:

‘Youth Squad’ is for super psyched young people who aspire to become high performing climbers. The focus of the squad isn’t solely on competition; the skills, techniques, tactics and training methods we share, will apply to any young climber wanting to improving their indoor, outdoor or competition performance.

1.2 AIMS:

- Support young climbers to achieve *their* climbing goals
- Create independent climbers and competitors
- Promote the Highball way – ‘For Fun; For Fitness; For Life’ and ‘Never Stand Still’
- Give exposure to our squad partners
- Inspire our Squad Members to continue climbing into adulthood and enjoy a life time of participation from the sport

1.3 BENEFITS

- Year round weekly training sessions
- Structured group training programs with increasing personalisation and periodisation as the athlete develops
- Unlimited entry to Highball Climbing Centre. Under 18’s will need parental supervision unless they have achieved their Green Card (age 14+)
- Regular coaching, conditioning and training workshops
- Strength and Conditioning Workshops
- Coaching Workshops with Nationally Recognised Coaches
- Coached Competition Trips

1.4 COACHING SET UP:

- Training sessions will generally take place on Monday evening for 2 – 3 hours: Start time approx.. 6pm.
- During competition season this may increase to two sessions per week totalling 4-5 hours per week.
- Performance and Competition Squad will receive additional monthly coaching.
- In addition to squad training sessions, squad members will be expected to climb/train at least one additional day per week and/or complete ‘off the wall’ training at home.
- Aside from formal training, the squad are strongly encouraged to meet for regular social climbing sessions; *fun, active rest sessions should not be underestimated.*
- All squad members will be expected to wear their kit both when training and when competing at local and national competitions and events.
- Our in-house team will be supplemented by nationally recognised coaches who will work alongside us on a consultative basis.
- We have engaged some key partners to provide specialist training, knowledge or resource, including: Body Transform Fitness (Strength and Conditioning) and Climbing Physio (Injury Prevention and Screening)

2. REQUIREMENTS AND SELECTION

2.1 REQUIREMENTS (FOR 2018)

- Born 1999 to 2006
- Climbing for at least 6 months
- Achieved at least NICAS / NIBAS level 3, or can demonstrate comparable knowledge, ability and behaviour
- Committed to climbing at least 2 times a week.
- Has entered at least 2 local or regional competitions
- Can commit to an ongoing program for minimum 3 months
- Focused on their own development and supports their team mates

2.2 SQUAD SELECTION:

- Recruitment will take place two times a year; normally summer and winter
- Recruitment will be based on:
 1. Attitude
 2. Commitment
 3. Ability
- Aspirant squad members can gain the climbing experience and knowledge required by attending Highball's Youth Academy or similar programs provided by external sources
- Once selected, the junior athlete, their parent/guardian and the head coach will be required to sign a written 'athlete code of conduct' to ensure all parties understand the commitment and philosophy of the Highball Youth Squad

3. SQUAD MEMBERSHIP PACKAGES & FEES

“We want the Highball Youth Squad to be a high quality, bespoke training and coaching program for talented young climbers. Our ambition is to operate Youth Squad on a ‘non-profit’ basis and progressively subsidise talented young athletes who show the focus and commitment required to achieve their goals ” - Mike Surtees (Director)

The table below illustrates the progressive membership tiers:

	FOUNDATION	DEVELOPMENT	PERFORMANCE	COMPETITION
Monthly Subscription	£90 (£20.77 /week)	£80 (£18.46 /week)	£70 (£16.15 /week)	£60 (£13.84 /week)
Expected Minimum Commitment	3 Months	6 Months	12 Months	12 Months

Note: All prices include VAT (20%) and will be reviewed annually to ensure they reflect operating and development costs.

The following discounts are available:

New Recruit – Prepay for your first 3 months and get 10% Off.

Additional Siblings – 20% Discount (Foundation and Development Only)

Low Income Families – Subsidies Available

3.1 WHAT IS INCLUDED?

We have taken an inclusive approach to membership subscriptions, steering away from having optional extras where possible. This will ensure maximum participation in all our training activities and make it a lot easier for us to plan and budget for longer term training plans and activities.

	FOUNDATION	DEVELOPMENT	PERFORMANCE	COMPETITION
Weekly Training Session/s 2 to 5 hours per week	✓	✓	✓	✓
Additional Coaching	X	X	✓ 1 Hour / Month	✓ 2 Hours / Month
V12 Membership (Unlimited Climbing)	✓	✓	✓	✓
Coaching Workshops (4 Per Year)	✓	✓	✓	✓
Coached Events (4 Per Season)	✓	✓	✓	✓
Training Workshops at Other Venues	<i>Optional / Subsidised</i>	<i>Optional / Subsidised</i>	<i>Optional / Subsidised</i>	<i>Optional / Subsidised</i>
Outdoor Climbing Trips	<i>Optional / Subsidised</i>	<i>Optional / Subsidised</i>	<i>Optional / Subsidised</i>	<i>Optional / Subsidised</i>
Climbing Physio (Screening & Injury Prevention Sessions)	✓	✓	✓	✓
Climbing Physio Discount (Consultation and Treatments)	10%	10%	10%	10%
BTF (Strength & Conditioning Sessions)	✓	✓	✓	✓
Subsidised Climbing Shoes	20% Off*	30% Off*	40% Off*	Free*
Discounted Private Coaching	10%	15%	20%	25%

*Available 3 month probation period; limited to 1 pair per 6 months or 'fair usage'.

3.2 ATHLETE SPONSORSHIP:

The pricing across our Youth Development Program has been structured in such a way that it allows us to progressively subsidise all Youth Squad members as they develop, improve, and hopefully perform on the regional/national competition stage.

Highball will only consider formal athlete sponsorship once the Squad Member has been selected for Competition Squad and we are happy the additional pressure and responsibility will not affect their focus, motivation, or there sporting or academic performance.

4. KEY PARTNERS:

- Climbing Physio: <http://www.climbingphysio.com/>
- Body Transform Fitness (BTF): <http://www.bodytransformfitness.com/>
- Tenaya Climbing Shoes / Beta Climbing Designs <http://www.betaclimbingdesigns.com/>
- Scarpa Climbing Shoes / Mountain Boot Company <http://www.scarpa.co.uk/>

5. ADDITIONAL INFORMATION

5.1 SQUAD UNIFORM AND WELCOME PACK

New recruits are invited to buy a welcome pack (Price TBC) which, aside from squad kit, may consist of various items/equipment to complement their training program. The equipment required will also vary from tier to tier.

Additional kit will be available to purchase separately to replace lost/worn items.