



2022/2023 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.

Each season we look to improve our program, and the focus this season will be coach training and certification. In conjunction with the Coaches Association of Canada (CAC) and the National Coaching Certification Program (NCCP), all of our coaches will be required to take a variety of courses designed to improve their ability to provide the best environment for all of our climbers to reach their goals. We will also be ensuring all coaches have completed a Vulnerable Sector Check and signed the CCC's Coaches Conduct Agreement before they start the season.

Building off of last season, where we emphasized the direction of this program being around competitions, we will be looking for all of climbers on our competition teams to make the commitment to compete at all of the competitions designated for their team level. This will create the environment around training and competing we feel will help our program to excel at all levels. All climbers must be aware of what is expected of them from the competition side of the sport when they commit to this program for the season.

In contrast to the competitive side of the program, new this season will be the development of our first non-competitive team program, the Redpoint Team. In the past, there has been nothing for the climbers who want to train hard but who are not as interested in competing. This program will allow that to now happen with the option to compete if the climber is interested.

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 Athlete Development (LTAD)

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.

LTAD 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 LTAD 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 LTAD 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 graphic with white text. At the top is the True Sport logo. Below it is the title 'True Sport Principles'. The graphic 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

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

- [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](#) (completed by December 31, 2022)
- [Mental Health in Sport](#) (completed by December 31, 2022)

We will look each season for professional development opportunities for our coaches so they are continually updating their skills.

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.

A huge addition to our program this season will be the development of a non-competitive team stream for those who are still interested in training to become better climbers but who are not necessarily using competitions as their main motivation to reach those goals. We want everyone who is interested in climbing to have space within our program so this new direction will hopefully help climbers stay in the sport they love and with others who feel the same way.

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 19, 2022 and finish on May 27, 2023.

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:

- Youth C and older climbers (must be 11 years old by December 31, 2022)
- 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
- Each gym will have two teams with training twice per week for 2.5 hours each session
- 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

OVERVIEW OF CCC TEAMS

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.

- Youth C and older climbers (must be 11 years old by December 31, 2022)
- Must attend local ACA competitions, including the provincial championships, and beyond if they qualify; they can participate in any of the CCC in-house Sport Cups as well
- 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 will be from 8:00am – 11:00am
- Some extended sessions on Saturdays for competition training will occur
- 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
 - ◆ Mental performance assessment at the start 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

Performance Team

Participation in a two-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.

- Youth B and older climbers (must be 13 years old by December 31, 2022)
- Is training to perform at provincial, regional and national championships as they qualify
- Two training groups:
 - ◆ Performance A – trains Mondays (Rocky) and Wednesdays (Chinook) from 5:30pm – 8:30pm, Saturdays at gyms to be decided from 8:00am – 11:00am

OVERVIEW OF CCC TEAMS

- ◆ Performance B – trains Tuesdays (Chinook) 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
 - ◆ Mental performance assessment at the start 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. Additional training over and above what a climber is currently doing may be suggested but will not be required.

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

- November 24 - 28, Senior National Boulder & Lead Championships, Toronto, ON
- February 18 - 19, Senior & Youth Speed National Championships, Montreal, QC
- April 21 - 24, Youth Western Regional Boulder & Lead Championships, Vancouver, BC
- May 18 - 22, Youth National Boulder & Lead Championships, Calgary, AB

Speed Team

This is the first year we are splitting the training of our speed climbers from their regular team training times. In doing this, we can provide more directed coaching for this discipline for climbers from all of the gyms. October/November will be the start date for this as the national championships are scheduled for February 2023.

- Must attend ACA Speed competitions, including the provincial championships, and beyond if they qualify; they can participate in any of the Sport Cups as well
- This team will be for climbers who are 13 years or older by December 31, 2022 as training will focus on the 15-metre tall course only

OVERVIEW OF CCC TEAMS

- Qualification standards will be developed for each climbing gym on specific speed courses set there
 - ◆ Once a climber reaches the standard in their gym, they will be contacted to discuss the Speed Team
- This team will train together at Rocky on Fridays from 6:00pm – 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.
- 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, technical and mental performance assessments specific to speed

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 still expected to put in their best efforts each training session, although the goal will be more around personal climbing projects rather than competitions. We want to encourage everyone to keep climbing in their lives in whatever way that works best for them because it is more than just competitions – it is a sport for life.

Redpoint Teams

- Climbers must be 13 years old by December 31, 2022
- 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
- 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
- Outdoor sessions are being explored and may be programmed throughout the year to encourage the exploration of this aspect of the sport

OVERVIEW OF CCC TEAMS

Climbing Equipment and Safety Skills

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.

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 expected to wear a CCC Team top from this season, or any previous season, when they are training and competing. If you do not have a team top to start the season, we will make sure they are available as soon as possible.

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 2022/2023 season, the age categories will be as follows:

- Youth C (birth years 2010—2011)
- Youth B (birth years 2008—2009)
- Youth A (birth years 2006—2007)
- Junior (birth years 2004—2005)

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.

Team Tryouts

We have tryouts for each of the main teams in our Competitive Team program. Registration for the tryout can be found on the main CCC website and 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.

OVERVIEW OF CCC TEAMS

Climbers will be notified by September 17, 2022 at the latest through an email offer if they have been invited to join a team. This offer will list the gym, team and weekly schedule for training - the climber will need to reply within 24 hours to accept or decline this offer.

Sport Team Tryouts

- September 7 & 8, 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 6, Hanger CCC - this is only for invited climbers who were in the program last season, or who are transferring from another team program

Performance Team Selection Camp

- September 5 - 17, Rocky and Chinook 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 for the first week of training, which will include 2 weeknights and a Saturday session on September 10
- After the Saturday session, climbers will be notified if they have made the team, will not be considered further, or will be invited to a second week of training; a schedule for the following week of the camp will then be provided

Season Schedule

Our season starts regular team training on September 19, 2022 and finishes on May 28, 2023. There will be days off for school breaks and holidays, please refer to the following schedule for all of those dates:

- September 19, 2022 - first day of training
- October 7 - 10, 2022 - no training, Thanksgiving Weekend
- November 11, 2022 - no training, Remembrance Day
- December 21, 2022 - last day of training before Winter Break
- December 22, 2022 - January 8, 2023 - no training, Winter Break
- January 9, 2023 - first day of training after Winter Break
- February 17 - 20, 2023 - no training, Family Day Weekend
- March 24, 2023 - last day of training before Spring Break
- March 25, 2023 - April 2, 2023 - no training, Spring Break
- April 3, 2023 - first day of training after Spring Break
- April 7 - 9, 2023 - no training, Good Friday & Easter Sunday
- May 19 - 22, 2023 - no training, Victoria Day Weekend

OVERVIEW OF CCC TEAMS

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 and Development climbers to participate in competitions for the first time and 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.

As the Series progresses through the season, the competition formats will change to allow climbers to gain new experiences. Rankings will be kept after each event for each age category for a final ranking at the end of the season, plus we will be ranking each team in Sport and Development for a Team Championship as well.

The following is the tentative schedule for the series (subject to change), culminating in the Sport Cup Championships at the end of the season:

- October 15, Bouldering, Chinook CCC - scramble event
- November 19, Routes, Hanger CCC - scramble event
- December 10, Speed, Rocky CCC - variety of courses
- February 11, Bouldering, South Calgary CCC - modified scramble
- March 18, Routes, Hanger CCC - modified scramble
- April 15, Speed, Rocky CCC - 15 metre & modified course
- May 13, Championships for all disciplines, Rocky CCC

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.

OVERVIEW OF CCC TEAMS

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 climber's 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.

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 24 - 28, Senior National Boulder & Lead Championships, Toronto, ON
- February 18 - 19, Senior & Youth Speed National Championships, Montreal, QC
- April 21 - 24, Youth Western Regional Boulder & Lead Championships, Vancouver, BC
- May 18 - 22, Youth National Boulder & Lead Championships, Calgary, AB

BAND: Team Communication Platform

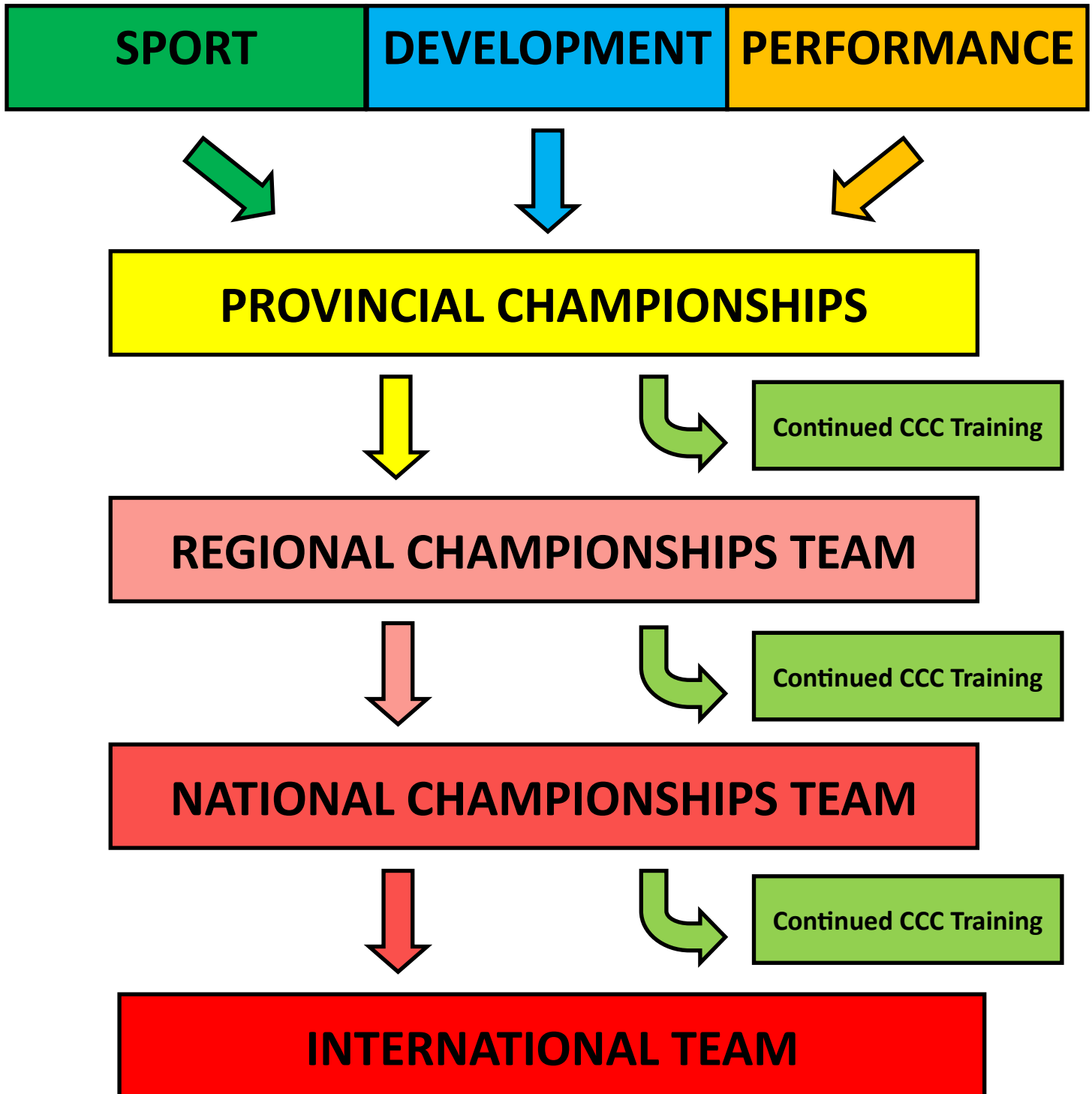
Our program uses a communication platform called BAND where all of our team information is posted and updated, and where you can find the schedule for the season among many other important details of the season. It is also the place where coaches, climbers and parents can connect with each other.

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.

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, 2022
- Youth B: 14—15 years, must be 13 year old by December 31, 2022
- Youth A: 16—17 years, must be 15 years old by December 31, 2022
- Junior: 18—19 years, must be 17 years old by December 31, 2022

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, 2022
- Youth B: 14—15 years, must be 13 year old by December 31, 2022
- Youth A: 16—17 years, must be 15 years old by December 31, 2022
- Junior: 18—19 years, must be 17 years old by December 31, 2022

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
- competition fees, ACA and/or CEC memberships may be required

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
- climbing/training (inside and/or outside) over the off-season in preparation for the selection camp is strongly encouraged

Ages Categories:

- Youth B: 14—15 years, must be 13 year old by December 31, 2022
- Youth A: 16—17 years, must be 15 years old by December 31, 2022
- Junior: 18—19 years, must be 17 years old by December 31, 2022

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/or 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, 2022
- Youth A: 16—17 years, must be 15 years old by December 31, 2022
- Junior: 18—19 years, must be 17 years old by December 31, 2022

Training Commitment:

- 1 session/week, 2.5 hours/session; Friday evenings or Saturday afternoons
- additional training programs to be completed during their regular team training will be provided

Competitions:

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

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)