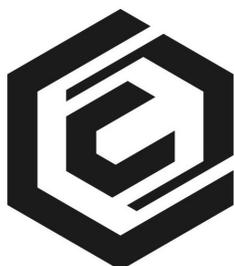




2021/2022 CCC TEAM PROGRAM

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 and we are looking forward to continuing that in this season.

The first thing every climber joining our team program needs to know is that we are focused on competition: preparing for competitions, performing at competitions, and then doing it all over again for the next competitions. That being said, we are just as excited about progressive individual improvement as we are about podium finishes as every climber entering our program should be leaving it a better overall climber than when they started with us.

We are continually updating what we are doing with training to keep on track of new developments at the provincial and national levels. You will see some changes coming to the program for this season as a result. We have aligned ourselves with what is happening provincially with the Alberta Climbing Association (ACA) so any athlete in our program can seamlessly transition into their additional programs as they reach certain competition levels.

We know that there are many ways for an athlete to reach their competition goals and their path may not always be a straight line, so we want to offer as many opportunities for them to progress in the manner that works for them.

In the following pages, you will see that we have kept our program names of Sport, Development and Performance intact, with the Elite team being combined with Performance. Within these levels, a more concise mandate around who can be a part of each level has been defined based on the age category of the climber. There will also be considerations made around the training age and experience level in climbing when we are looking to place athletes on teams. We want to make sure we are taking care of how fast a climber progresses through our program to minimize the risk of injuries and extended time away from training.

Lastly, we have re-developed our High-Performance program in such a way that any athlete on any team could be a part of it if they reach certain levels of competition. This creates those athlete pathways previously discussed.

It is always exciting preparing for a new season! I hope you too will feel the same way as we look forward to the 2021/2022 season.

Chris Neve, High Performance Manager

GENERAL PROGRAM DETAILS

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](#).

CCC Team Program

All climbers within the CCC Team Program will be placed into one of three programs to start the season:

- Sport - the entry level into the CCC Team Program, all new climbers will be required to complete one year in Sport, regardless of their age, before they are able to progress to another program; this program will focus on overall skill development and introduction to competitions
- Development - climbers here will continue their skill and competition development skills; there will also be the opportunity to progress the amount of training hours per week to reduce the gap in this area between Development and Performance
- Performance - this is a combination of our Performance, High-Performance and Elite programs from the previous season; athletes here are selected through a three-week selection camp at the start of the season and demonstrate the highest abilities in skill and competition development

Regardless of the level of the program a climber is placed, they can be assured that they will receive the coaching to progress their skills and to challenge them to improve. Any climber at

GENERAL PROGRAM DETAILS

any level can see the improvements they are looking for when they are dedicated and determined to do their best each session. There is work to be done by the coaches but also by the climbers - together, we can reach any goal.

High-Performance Program

In conjunction with the ACA's Performance Plan, this program will support every climber who qualifies for competitions beyond the Provincial Championships, regardless of the program they are selected for at the beginning of the season. Additional coaching support will be provided through the CCC Team Program and possibly the ACA for climbers in this program to best prepare them for the next level of competitions.

Age Categories

Within these programs you will find age categories based on the climber's age on December 31, 2022. For the 2021/2022 season, the age categories will be as follows:

- Level 1 - Junior & Youth A (birth years 2003 - 2006)
- Level 2 - Youth B (birth years 2007 - 2008)
- Level 3 - Youth C (birth years 2009 - 2010)
- Level 4 - Youth D (birth years 2011 - 2012)

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.

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

GENERAL PROGRAM DETAILS

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 are 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, 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.

GENERAL PROGRAM DETAILS

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.

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

SUMMARY

LTAD - the framework in which athlete development is broken down into different progressions to guide team programs in their training choices; the CEC has created a LTAD program specifically for climbing that the CCC references

CCC Team Program - our division into three programs of our climbers that are best suited for their current stage of development in climbing and competition; climbers entering the program at any age will be required to complete one year of Sport before moving to another program

High-Performance Program - any climber in any program that reaches certain benchmarks in competition will become a part of this program meant to assist them in preparing for higher level competitions outside of the provincial championships

Age Categories - our sport is separated into categories based on the age of the climber, using the age they are when the season is completed to determine what age category they fit into for that season

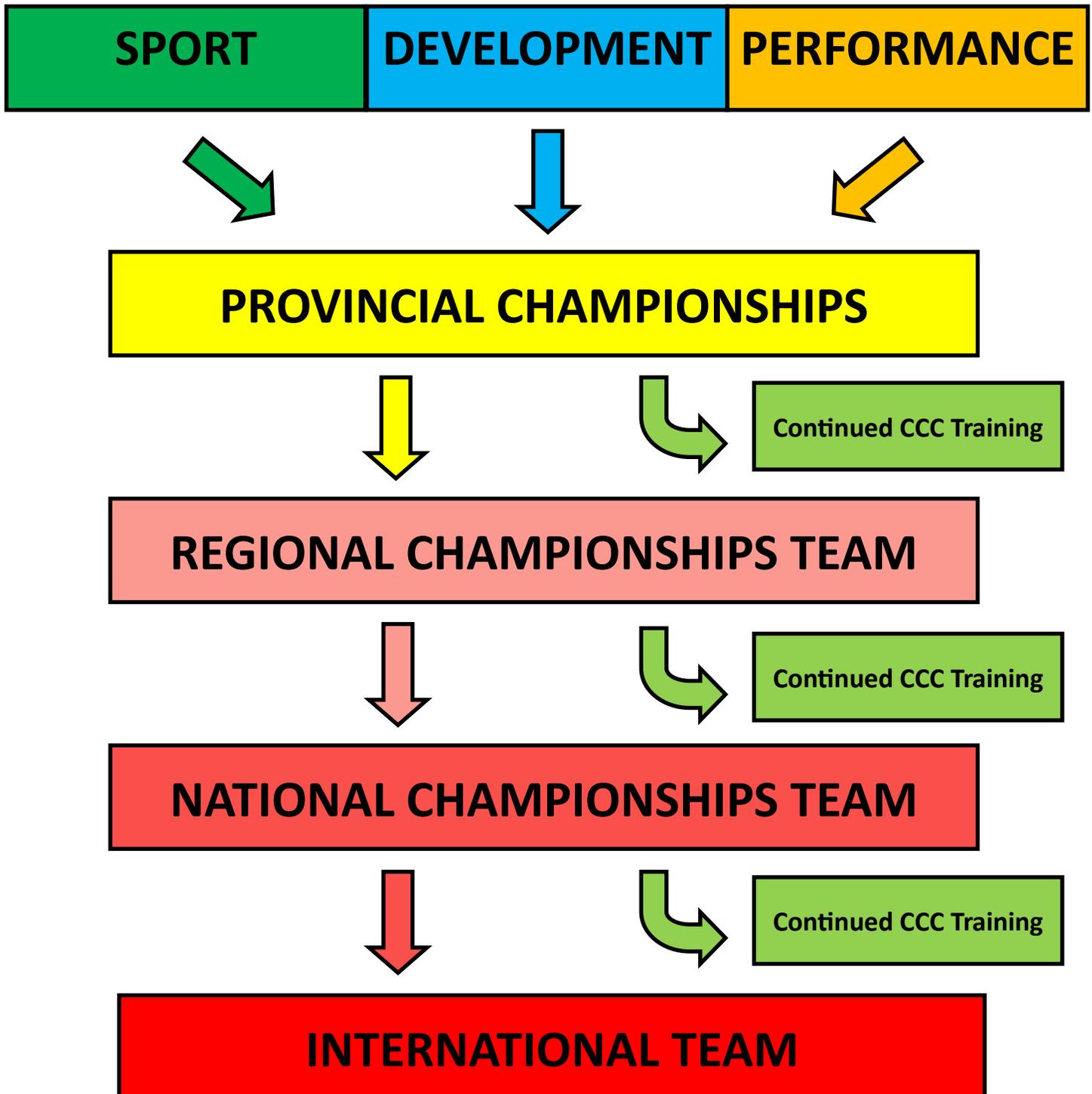
Training & Climbing Age - the concept of where a climber actually is in their experience level in training and competing in climbing as compared to their actual chronological age; we are looking to monitor the progression of climbers through the programs so they are moving at an appropriate rate for their current development level

Training Protocols for Developing Athletes - designed to ensure we are practicing best practices in our training programming based on current sport science research; to limit the impact of training on young climbers' fingers until they are finished their growth spurt, protocols are in place to guide coaches and climbers on which exercises are permitted at each age and years of training

Specialization - climbing has three disciplines and although climbers tend to gravitate to one or two but perhaps not all three, guidelines are in place to ensure they are not specializing too early in their climbing development; any climber who is entering Youth A will be permitted to start looking at specializing in one discipline for competition if they have also been a part of the team program for at least two years

ATHLETE PATHWAYS

Every athlete in our team program has the ability and opportunity to compete at the highest levels possible, regardless of the Program Level they begin the season in. 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

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 & Levels:

- Level 1: Youth A & Junior
- Level 2: Youth B
- Level 3: Youth C
- Level 4: Youth D

Training Commitment:

- Levels 1 & 2: 2 sessions/week, 2.5 hours/session
- Levels 3 & 4: 2 sessions/week, 2 hours/session

Competitions:

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

DEVELOPMENT

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 & Levels:

- Level 1: Youth A & Junior
- Level 2: Youth B
- Level 3: Youth C

Training Commitment:

Levels 1 & 2:

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

Level 3:

- 2 - 3 sessions/week, 2.5 hours/session

Competitions:

- ACA and CEC events are main focus; CCC Sport Cups are encouraged
- competition fees, ACA and/or CEC memberships may be required

PERFORMANCE

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
- Level 1 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 & Levels:

- Level 1: Youth A & Junior
- Level 2: Youth B

Training Commitment:

- Levels 1 & 2: 3 sessions/week, 3 hours/session
- additional training programs outside of these hours may be required

Competitions:

- ACA and CEC events are main focus; CCC Sport Cups are encouraged for the fun nature of these events
- competition fees, ACA and/or CEC memberships will be required

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>Ages & Levels:</p> <ul style="list-style-type: none"> Level 1: Youth A & Junior Level 2: Youth B Level 3: Youth C 	<p>Ages & Levels:</p> <ul style="list-style-type: none"> Level 1: Youth A & Junior Level 2: Youth B 	<p>Ages & Levels:</p> <ul style="list-style-type: none"> Level 1: Youth A & Junior Level 2: Youth B
<p>Training Commitment:</p> <ul style="list-style-type: none"> Levels 1 & 2: 3 sessions/week, 3 hours/session Levels 3: 2-3 sessions/week, 2.5 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"> Levels 1 & 2: 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"> Levels 1 & 2: 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)