

# Performance Coaching

## Course details



# **Performance coaching course**

## **(The secret to becoming a better rock climber)**

### **Is it for men and women?**

This course is designed for women and men. As The iconic climber Don Whillans said on being asked it if was possible for a woman to be a better rock climber than a man. "never noticed a female monkey not climbing aswell as a male, have you"

### **What grade do you need to climb at?**

It is ideal for anyone with previous climbing experience and is designed to give you the movement skills to break into the extreme grade. Learning good movement at the start of your climbing career is vital because bad movement patterns, once ingrained, are more difficult to overcome. Unfortunately, most of the coaching of movement occurs when climbers have already learned to move badly!If you are already climbing extreme this course can help you to break into the higher E grades.

### **How does the course work? Aren't you simply born a good climber?**

You are not born a good climber - the genetic advantages and disadvantages your parents handed down to you dictate you physical attributes but they can be improved or repressed by your upbringing and nurturing. None of us know what our potential is until we try to reach it. The best climbers and mountaineers are not necessarily those with the best genes; they are often the most pigheaded and determined ones. The next time you envy a talented climber do not blame your genetics or lack of fitness. Strength and stamina undoubtedly become more important as you climb harder routes, but the best way to become a better climber is to develop better movement skills first. Strength and stamina will improve alongside learning climbing movement.

### **Will it definitely work for me?**

Yes (as many of our clients will testify) as long as you understand that there is no easy way to improve. Learning the infinite variety of movements required to be a good rock climber, and making them automatic even under stress, takes practice and time. Some say that it is a life long journey and the closer you get to the physical limitations laid down by your genes the harder it is to improve.

The time scale for it work is individual for some the metaphorical light goes on during the course, for others it may take months. You must not expect immediate success - a movement must be repeated a thousand times before it is ingrained and climbing consists of millions of subtle movements - you must therefore practice, practice, practice.

The exercises we show you can used to explore movement after the course and continue improving.

### **What are the benefits of learning good movement?**

Your foot and body movements become more accurate

Good, correct movements become more consistent

Less energy is used

You will be able to anticipate movements ahead

Your confidence will grow

You will climb harder routes with ease and in style

### **Must I stay in your accommodation?**

No, we try to be as flexible as possible, but the accommodation is where we hold lectures and start the courses. It is also good value and will allow you to mix with other participants.

### **What happens if the weather is poor?**

We will do everything we can to run the course outside but if the weather is poor then we will go to a local climbing wall (1hour drive away). The cost of this is not included in the course fees.

### **How do I get to Pembroke?**

See travel download on the spa page of the web site

### **How do I book**

Download the booking form and conditions, then email it back to me. Also post your deposit or full fee to Climbing, Flat 3, the Mews, Upper Frog Street, Tenby, Pembrokeshire, SA70 7JD.

## Day one

### **Meet at 9am finish at 5ish**

Introduction

Lecture - The way we learn movement

Assessment of belaying skills and spotting

Warming up

Movement assessment – where your at!

Look at centre of gravity and balance

Work on basic movement skills

## Day two

### **Meet at 9am finish at 5ish**

Review the previous day

Refocus on feet, link this to the transfer of weight

Work on the bouldering wall then on climbs

An approach to steep routes the left right rule

Mental preparation

Lecture on physical training