

Cliffhanger Volunteer Training and Mock Competition Information Pack

Overview & Purpose

For the volunteer:

To give volunteer training with the opportunity to practice judging within a comp format.

For the climber:

Competition climbing requires a lot of training and preparation to perform well, and it's important that the period leading into competition is utilised effectively. It's more than just the physical training to be strong for the competition; knowing how to structure a warm up in a comp setting where space might be limited, managing stress and preparing for it and the pressures associated on the day, can make a huge difference in climbing performance. Attending a mock comp can help prepare your mindset and give you the opportunity to practice the above before the real thing.

This session aims to:

- allow volunteers and climbers to familiarise themselves with comp conditions
- gain understanding of the rules of competition climbing
- give the climber opportunity to practice on comp style climbs
- opportunity for volunteers to up skill (perhaps you are the next JP or HJ)
- help with confidence leading into comp season
- provide some strategies for managing stress and maintaining focus during

Qualifications for both volunteers and climbers

- practice warming up in a new or very small environment
- meet the folk at Cliffhanger

There will also be an opportunity to learn relaxation and mind centering breathing with Lulu Mackenzie

Cliffhanger Climbing Gym

Cliffhanger Climbing Gym

Westgate Sports and Entertainment Complex

Rear of Westgate Sports Centre

61-65 Doherty's Rd

Altona North, VIC 3025

Australia

Date: 10th Feb 2019

Time: 2pm for Volunteers and 4pm for climbers or a bit earlier to fill in waiver forms if it is your first time at Altona,

Waiver form also available:

<https://app.rockgympro.com/waiver/esign/cliffhangerau/5108c240-100b-4b59-861b-a17b96ec0357>

Cost: Free entry for volunteers
\$16 for children 11-17 and \$18 for adults

