

# Valley Rock Gym Competitive Climbing Team

## Application Form

### Participant Name:

First Name

Last Name

### How old are you?

### How long have you been climbing?

### What do you love about climbing?

### Why do you want to join the Valley Rock Gym Climbing Team?

### What are some of your short term climbing goals? (1-6 months)

**What are some of your long term goals? (6 months - years)**

**What are your climbing weaknesses? What are your climbing strengths?**

**Please describe your current climbing practice? How many days do you currently climb a week?**

**Please describe any other sports, practices, or exercise that you have invested significant time in.**

**Anything else you want to share about your climbing, training, or life?**