Recreational Team	Development Team	Competitive Team
Practice Days/Times: Mondays & Wednesdays 4:15-5:45pm (1.5 hours) Fall Season:Sept - December Winter Season: January - March Spring Season: April- mid June Ages 9+	**Practice Days/Times**: Tuesdays & Thursdays U13 Team: 4:15-6:15pm (2 hours) U18 Team: 4:45-6:45pm (2 hours) Fall Season: Sept - December Winter Season: January - March Spring Season: April - mid June U13: ages 9-13 U18: ages 13-18	**Practice Days/Times**: Mondays, Wednesdays 4-6:30pm & Fridays 3-5:30pm (2.5 hours) Fall Season: Sept-December Winter Season: January - March Spring Season: April - mid June Ages 11+ (unless approved by coaches)
Cost: $175 a month (membership included)	Cost: $225 a month (membership included)	Cost: $300 a month (membership included) $25 competition fee
Goals: Foster a love for climbing in a fun, social, and low-pressure environment. Develop foundational climbing skills through games, skill-building exercises, and teamwork. Encourage confidence, respect, and community-building. Provide a flexible, interest-driven approach rather than a focus on training.	**Goals:** Strengthen technical climbing skills and overall understanding of the sport through structured training. Support athletes in setting and achieving personal goals while maintaining a balanced approach to training. Cultivate a growth-oriented mindset, self-motivation, and a commitment to long-term development. Introduce competition as an optional, low-pressure opportunity for those who are interested (Spring Season) Foster mutual respect, teamwork, and a positive team culture where every climber can progress at their own pace.	**Goals:** Develop high-level technical climbing skills, strength, endurance and movement through structured training. Support athletes in setting and pursuing personal goals, nurturing intrinsic motivation to train, grow, and push beyond their comfort zones. Instill a strong work ethic and dedication to consistent training, understanding that success stems from sustained effort and perseverance. Develop athletes' physical and mental skills to support success in USAC competitions and high-performance climbing. Foster a supportive team environment where athletes find joy in both personal progress and their role within the larger climbing community.

The **Recreational Team** is designed for climbers who love the sport and want to improve their skills in a fun, supportive environment. This team focuses on movement, teamwork, and community-building, providing a structured yet low-pressure space for exploration and growth. Rather than emphasizing competition or rigorous training, the Rec Team nurtures confidence, curiosity, and a strong foundation for enjoyment of climbing. **This team is a great fit for:** ● Climbers looking for a consistent team experience with structured coaching in a relaxed, social setting. ● Multi-sport athletes who love to climb but want to balance it with other athletic pursuits or hobbies. ● Climbers who enjoy supervised climbing with peers, want to develop skills at their own pace, and prefer a playful, interest-driven approach over structured training.	The **Development Team** is designed for athletes who are ready to take their climbing to the next level through structured training, increased commitment, and a focus on growth. This team helps climbers refine their skills and progress in a supportive, goal-oriented environment without the pressures of competition. With coach guidance and a balance of challenge and enjoyment, athletes develop technical proficiency and training habits suited to their individual goals. **This team is a great fit for:** ● Athletes passionate about improving and seeking structured coaching. ● Athletes with personal climbing goals who want coach support and guidance. ● Athletes who are not interested in competing or those considering competition and want to explore it in a low pressure environment. ● Multi-sport Athletes who want to balance climbing with other activities.	The **Competitive Team** is for dedicated athletes who are fully committed to training, growth as a climber, and high-level competition. This team provides an intensive training environment where athletes are expected to show up mentally and physically prepared, work hard, embrace coaching feedback, and support their teammates. Climbing should be the primary sport for Competitive Team athletes. **This team is a great fit for:** ● Climbers who are intrinsically motivated to improve, compete and climb at a high level. ● Athletes who are committed to rigorous training and technical mastery. ● Those who thrive in a structured and focused training environment. ● Competing will be required for the Competitive team: All athletes are required to participate in USAC events.