

Recreational Team	Development Team	Competitive Team
<p>Practice Days/Times: Tuesdays & Thursdays 4:00-5:30pm (1.5 hours)</p> <p>Fall Season: Sept - December Winter Season: January - mid March Spring Season: April - mid June</p> <p>1 optional parent-coach conference per season Ages 9+ Coach/Instructor Recommendation</p>	<p>Practice Days/Times: Tuesdays & Thursdays 4:30-6:30pm (2 hours)</p> <p>Fall Season: Sept - December Winter Season: January - mid March Spring Season: April - mid June</p> <p>1 mandatory parent-coach conference per season Ages 11+ (unless approved by coaches) Coach/Instructor Recommendation</p>	<p>Practice Days/Times: Mondays, Wednesdays & Fridays 4-6:30 (2.5 hours)</p> <p>Fall Season: Sept-December Winter Season: January - mid March Spring Season: April - mid June</p> <p>1 mandatory parent-coach conference per season Ages 11+ (unless approved by coaches) Coach/Instructor Recommendation</p>
Cost: \$175 a month (membership included)	Cost: \$225 a month (membership included)	Cost: \$300 a month (membership included) \$25 competition fee

<p>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.</p> <p>This team is a great fit for:</p> <ul style="list-style-type: none"> • 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. 	<p>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.</p> <p>This team is a great fit for:</p> <ul style="list-style-type: none"> • 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. 	<p>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.</p> <p>This team is a great fit for:</p> <ul style="list-style-type: none"> • 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.
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