

The **2012 Banff Climbing Conference** is set! This is the only conference for professional development specifically aimed at climbing coaches and this year it is paired up with the world famous **Banff Mountain Film & Book Festivals!** If you have never been to Banff before, this is definitely the year to attend – enjoy the conference during the day and the film and book festivals in the evenings and on the main weekend.

The conference will run for three days from **Wednesday, October 31 until Friday, November 2, 2012** at The Banff Centre, located in beautiful Banff, Alberta, Canada. The festivals start on Friday, October 27 and runs until the awards night on Sunday, November 4. Check out www.banffcentre.ca/mountainfestival/ for more details and get your tickets early, the shows all tend to sell out fast!

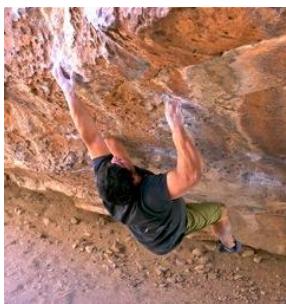
As for the conference, we have another amazing line-up this with special guests, panel discussions, classroom sessions, and practical sessions including the famous Coaches Comp! Here are some details...

Special Guest Presentations



Dave MacLeod, Scotland: climbing coach, MSc in sport and exercise science, and author of *9 out of 10 Climbers Make the Same Mistakes*

Dave will be giving a presentation on his climbing career and how he has transitioned into the realm of personal climbing coach. There will be an opportunity to buy his book after the presentation along with a book-signing session. Besides his book, he also maintains a very popular training blog at <http://www.onlineclimbingcoach.blogspot.ca/>. Dave will be providing a classroom session and special training sessions for the public. For the film festival, he will be presenting his new film, The Long Hope.



Obe Carrion, United States: climbing coach and former top-ranked boulderer

Obe has taken a long and adventurous path to becoming a climbing coach, as detailed in the Reel Rocks film, *Origins: Obe & Ashima*. Obe will be sitting in for a discussion about anything and everything he has gone through in his climbing career, why he got into coaching, and why he loves it so much. This will be a gloves-off, no holds barred discussion with everything on the table that could only be had with Obe – not to be missed!

Panel Discussions

Athlete Panel

This was a very popular panel a couple of years ago so we had to bring it back! A panel of former youth competitors will be up front discussing their experiences through their competitive years where some have continued into the open circuit, coaching themselves, or maybe right out of climbing. A great opportunity every coach wishes they could have with their own athletes: getting into the athlete's mind and seeing what the heck is going on in there!

Injury Panel

Even wonder what the difference is between a physiotherapist and chiropractor, an athletic therapist and a massage therapist? More importantly, which of these should you send an injured athlete to? This panel will feature a certified practitioner in each of these fields who have worked with top level athletes of a variety of sports – each will be ready to discuss their field and answer your questions.

Sessions

A variety of topics will be covered again this year, including:

Michael Cook and Lindsey Materi, Strength and Conditioning Coaches with Alberta Sport Development Centre – Capital Region:

- Debunking the myths and fallacies surrounding strength and conditioning for adolescents
- Useful strategies and training methodologies for developmental athletes (Practical Session)
- Planning and Organization of Training – Annual Plan Vs. Reactionary Periodization

Kelly Anne Erdman, Sport Dietician for Canadian 2012 Summer Olympics Team and former Olympian (cycling):

- Basic Sport Nutrition
- Sport Supplements & Youth Athletes

Alayne Hing, Sport Psychologist and owner of Elite Edge Performance Consulting:

- Goal Setting - Changing how you think about goal setting
- Emotional Control - Staying cool under pressure

Dr. Charles Samuels, Medical Director for the Centre for Sleep and Human Performance:

- Sleep, Recovery, and Human Performance: A Comprehensive Strategy for Long-Term Athletic Development

Julie Booke, PhD, Department of Physical Education & Recreation Studies Business & Entrepreneur - Sport and Recreation, Mount Royal University:

- Planning Effective and Efficient Instruction

Hugh Simson, Physiotherapist and owner of Active Motion Physiotherapy:

- Red Flags for Injuries

Many more are being confirmed. The days will start at 8:30am and finish by 7:00pm to allow for attendance of festival shows.

Conference Rates

The three-day conference is **\$200 + taxes** per person. Online registration will be available soon!

Accommodations at The Banff Centre

One of the advantages of The Banff Centre is that we have a hotel and food services right on site. Conference participants can pre-book a room with two double beds for \$90 + taxes per night for the evenings of October 30, October 31, and November 1. If you require further nights, the standard rates of \$120 + taxes per night will apply. There are a lot of other accommodations options in Banff if you prefer – check out the following link for the options: <http://www.banffhotels.org/>.

If you would like to book with The Banff Centre, please contact Reservations at 1.800.884.7574, email them at reservations@banffcentre.ca, and please remember to quote the following ID: **BCC1210**.

Special Canadian Gym Networking Session

This will be a meeting for owners and managers of Canadian climbing gyms to network with other gyms across the country. The hope is to create some conversation around the varied needs of Canadian climbing gyms and then some direction on how these could be addressed at this conference in the future. Topics already put forward include: staffing; programming, specifically for children; route setting; developing youth and adult climbing teams; insurance; risk and safety management; auto-belay's; climbing gyms located in smaller markets; and more. Pre-registration will be required so there is an idea on numbers but there will **NO FEE** for attending this meeting. An agenda will be created from input by the participants and a moderator will lead the discussion.

**Looking forward to seeing you all out this year! Please contact me at 403.762.7545 or
chris_neve@banffcentre.ca if you require any further information!**

