

2011 Banff Climbing Conference

SPECIAL PRESENTATIONS

The following presentations will highlight each evening of the main conference.

Friday, October 7 – TBA

Saturday, October 8 – The Evolution of a Climbing Coach, Andrew Wilson, Director of Competition Climbing Canada

Sunday, October 9 – Slide Show and Discussion with Beth Rodden, Professional Climber and former member of the American Youth National Climbing Team

CLASSROOM SESSIONS

Traditional Training Methods for Young Climbers (Andrew Wilson, Director of Competition Climbing Canada)

Are climbing training methods such as campus board, hangboard, system wall or H.I.T. strips and bouldering intervals safe and beneficial for young athletes? Join former National Youth Team coach of 12 years, Andrew Wilson, for an examination of each training method including:

- Identifying the potential dangers for developing bodies.
- Descriptions of the posture and muscular control markers that athletes should demonstrate to avoid injury.
- Introduction of drills to help athletes acquire the necessary posture and muscular control.
- Ways to modify these training methods to make them safer and more developmentally appropriate for young athletes.

An Examination of Learning Styles and Teaching Methods for Coaching Rock Climbing (David Schwab, MSc, Vertical Endeavors)

This presentation will outline the various learning styles, multiple intelligences and sensory perceptions that students use to process and organize information. It will focus on the best models to teach and convey information to students by using appropriate teaching methods and the teaching pattern. A review of Maslow's Hierarchy of Needs and how it relates to coaching rock climbing will take place.

What Research Tells the Coach and Athlete about Climbing (Dr. Phil Watts, Northern Michigan University and Dr. Vanesa España Romero, University of South Carolina)

This presentation will develop a Performance Model for climbing with a review of what research has taught us about the climber as an athlete (athlete analysis) and about the

particular physical stresses of climbing as an activity (activity analysis). This would be a combined presentation by Dr. España Romero and Dr. Watts with a summary to put everything together in a performance model upon which one may base specific training for climbing.

Developing a Climbing-Specific Training Program (Dr. Phil Watts, Northern Michigan University)

In general, exercise is good for us all; however, when top-level performance is a goal, the exercise becomes specific training. Management of the stress of training becomes important for optimal results and performance. Serious athletes often ride the “fence” between high performance and the crash of overtraining. This presentation will provide ideas for making the “fence” wide. Specific topics will include determining appropriate training levels, periodization of training stress, rest and recovery, and minimizing the risk of overtraining. Additional concerns specific to children and females will also be covered. Young climbers and female climbers can train and climb hard; however, there are some specific concerns to consider. These concerns include: early activity specialization versus multi-activity practice for young people, exercising for performance versus exercising for health, the female athlete triad, and health and growth-development consequences of controlling diet to lose weight.

Performance Model Assessments (Dr. Vanesa España Romero, University of South Carolina)

This is an “applied” follow-up session where participants can actually do and practice some of the athlete analysis factors that were presented in the presentation – *What Research Tells the Coach and Athlete About Climbing*. A selection of measurement devices will be available for assessment of handgrip force, finger curl force (open grip and crimp), basic body composition, ape-index, and other tests. Participants will have an opportunity to practice with the instruments and learn how to do the tests and interpret the results.

Use of Video as a Self-Assessment of Climbing Technique (Dr. Phil Watts, Northern Michigan University and Dr. Vanesa España Romero, University of South Carolina)

Coaches and athletes have found video to be a valuable tool for assessment of performance technique. Video images are relatively easy to get. However, knowing what to look for in the video is not always obvious. This session will provide coaches and athletes with a simple set of specific things on which to focus when reviewing video.

Coaching Movement Tools (Heather Reynolds, MScKin, Dalhousie University)

Elite athletes and even amateur athletes all have a belief that if only they were stronger, they would be better. This is certainly perpetuated with training resources that expose the strength to weight ratios of athletes, the benefits of VO2 max training and real push on setting on smaller holds, further apart. In the context of training youth, more and more research is pointing toward long term negative effects of strength training.

After 20 plus years of coaching climbing throughout North America, I propose that it is fundamentally more beneficial to focus on training the whole athlete, with a focus on developing movement skills and mental training first and strength training second. This session will cover the following topics:

- Moving in balance – many climbers move up the wall, controlling or resisting the pull of gravity with their strength. If you see a climber pull through the bicep, you can be pretty sure that translates to taking more weight into the upper body and away from the lower body – the core.
 - Identifying how to see balance in movement (30 min)
 - Identifying activities that force balanced movement (30 min)
- Tricks of the Breath – Inhaling and exhaling are pivotal to success for athletes. The engagement of the core muscles can restrict the flow of breath and have a negative impact on climbing performance. (40 min)
 - Recognizing the flow of breath and learning to balance the breath, quiet the mind.
 - Making breath rhythm instinctive.
 - Using breath to for better redpointing.
 - Using breath for better onsighting.
- Incorporating the above activities into a daily, weekly and monthly training program for athletes. (20-30 min)

Red Flags for Injuries – Know Your Athlete (Hugh Simson, BScHK, MScPT, ART - owner of Active Motion Physiotherapy located at The Banff Centre)

This dynamic session will take you inside the human body exploring the anatomy and physiology associated with common climbing injuries and the circumstances that can lead to them. Hugh Simson works closely with the climbers at The Banff Centre to help ensure each athlete is performing at his or her best. Hugh is great at making connections as to what is causing tightness, muscle imbalances, and inefficient movement. To prepare for this session think about injuries some of your athletes have experienced.

The Nutrition Advantage at Every Stage (Kelly Drager, MSc candidate, BPE, RD, Dietitian for CSCC, Talisman Centre and Canada Games)

The nutrition edge encompasses more than seeking the advantage over competitors on competition day – it is one of the pillars of support in the development of athletes. Incorporating appropriate nutrition strategies to support health, growth, and performance for a developing climber starts early. In this session, gain an understanding of what the various developmental stages require for nutrition support and walk away with practical resources and tools to help our athletes obtain optimal nutrition at every age.

Sleep, Recovery, and Human Performance in Elite Athletes (Dr. Charles Samuels, Centre for Sleep & Human Performance)

This session will provide participants with a clear understanding of the importance of sleep for athletes. Sleep is a heightened anabolic state, accentuating the growth and rejuvenation of the immune, nervous, skeletal and muscular systems. Join Dr. Samuels for a review of current research and clinical practice.

Flow (Peter Gilliver, MScKin, University of Derby)

This is a theory dealing with a state of mind needed to reach a flow state or peak performance within a climber. This would be an overview of Flow and the issues with gaining flow from a climber's perspective. This also links into anxiety control and motor movement.

Is It Not Just a Piece of Rock? (Peter Gilliver, MScKin, University of Derby)

An overview on the basic functions of novice climbers in relation to expert climbers will be discussed. This would include an expert's ability to solve problems and differences in information processing systems. We will also delve into the use of chunking information for speeding up processing and decision making.

Visualization and Movement Imagery (Peter Gilliver, MScKin, University of Derby)

What is it and how does it work? What can you expect from a novice imaging compared to an expert. This will be linked into movement production and kinaesthetic imagery.

PHYSICAL ACTIVITY SESSIONS

These sessions will be activity-based – the participant will be able to select which they would like to attend. The goal is to provide some insight on cross-training exercises that may be incorporate into your team or personal climbing training. Each activity will be offered twice at different time slots if possible. Proper exercise wear is recommended.

Yoga Flight School

TRX Training

Boxing/MMA

Weight Training for Climbers

Pilates

Foam Rollers

Medicine Ball Workouts

Core training

Spin

Swimming

Balance Training

ROUTE SETTING COURSE (OCTOBER 5 & 6)

This two-day course (separate from the conference) will be hosted by Andrew Wilson, director of Competition Climbing Canada, and Head Coach of Canada's Youth National Climbing Team for 14 years. He will be joined by Seth Mason of Teknik Handholds Inc. who was one of a handful of Canadian route setters who just completed their international certification at the recent Canmore Boulder World Cup.

The first day will focus on setting for boulder versus rope competitions for both youth and adult competitors. The second day will focus on how to set up specific training drills for youth competitors.

All participants will be involved in setting problems and routes so be prepared to be active.

CLIMBING SEMINARS (not included in conference)

Beth Rodden, professional climber and former US National Team member will be hosting two clinics on Monday, October 10. The first is a women's only seminar for beginner to intermediate climbers running from 8am – 12pm. The second is an invitational session for female competitive youth climbers and runs from 1pm – 5pm.

Heather Reynolds, author of *Climbing Your Best*, will host a seminar on Saturday, October 8 from 9am – 12pm. Heather is widely regarded as the most technically proficient climbing coaches around and will focus on movement analysis. She has worked extensively with climbers all over North America, including Beth Rodden and Tommy Caldwell.

FEES

Early registration is up to an including August 31, 2011:

Conference only (October 7 – 10, 2011):	\$150.00 per person
Conference & route setting course (October 5 – 10, 2011):	\$225.00 per person
Conference, route setting course, & DVD (October 5 – 10, 2011):	\$250.00 per person
Route setting course only:	\$115.00 per person
DVD only (2-disc set):	\$75.00 per person

Late registration is from September 1, 2011 until October 5, 2011:

Conference only (October 7 – 10, 2011):	\$200.00 per person
Conference & route setting course (October 5 – 10, 2011):	\$275.00 per person
Conference, route setting course, & DVD (October 5 – 10, 2011):	\$300.00 per person
Route setting course only:	\$115.00 per person
DVD only (2-disc set):	\$75.00 per person

HOTEL BOOKINGS

The Banff Centre is offering a special rate for all participants to the 2011 Banff Climbing Conference.

- \$95.00 per night for a double room at Lloyd Hall
- \$125.00 per night for a double room at the Professional Development Centre

Please contact Reservations at 1.800.884.7574 or by email @ reservations@banffcentre.ca and quote **"2011 Banff Climbing Conference"** to get the following rates.