



# CLIMBING TEAM GENERAL INFO

## Join 318 Climb's New Youth Climbing Team!

If you love to climb, or want to learn, 318 Climbing Team is ready for you. Sign-ups are on-going and climbers can enroll any time. All new climbers go through a basic skills orientation the first few sessions, to ensure all Team participants have a strong understanding of the terminology and basics of the sport.

Learn the skills of bouldering, top rope, and sport climbing. Gain the ability and confidence to belay others and climb on belay. Develop the strength, power, and endurance needed for climbing with our professionally developed training program.

All team members will have the opportunity to participate in local competitions. Challenge yourself, compete with friends, and track your progress. First two practices are free to try. Come on out and meet our coaches, volunteers, and team captain. Climb On!

To get registered fill out the application or stop by the front desk.

Still Have Questions? Email [kyra@318climb.com](mailto:kyra@318climb.com) for additional information.



-Practices -  
Tuesdays  
4:00-5:30pm

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-Dues -  
\$25/mo.- members  
\$60/mo.- non-  
members

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-Ages-  
8 - 18

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All Skill Levels

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Led by a Certified  
Climbing Instructor

318 CLIMB  
731 American Way  
Shreveport, LA 71106  
(318) 585-0235

[www.318climb.com](http://www.318climb.com)





# TEAM INFO

## WHAT TO KNOW ABOUT CLIMBING TEAM

### General Practice Outline

#### Warm Up:

- General Warm-Up
- Climbing Warm-Up

#### Climbing Skills:

- Coached climbs
- Technical work
- Top rope, boulder, or speed drills

#### General Fitness:

- Core Strength
- Strength Exercises
- Power Exercises

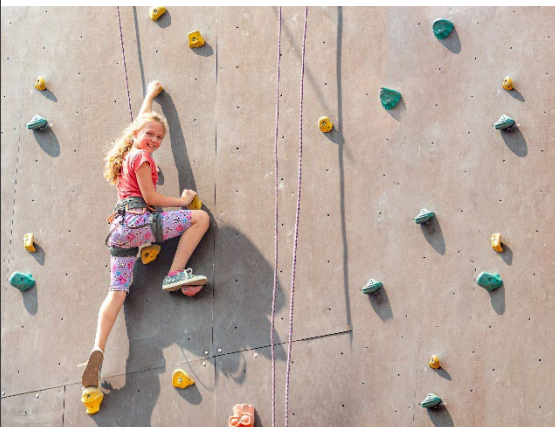
#### Cool Down and Stretch

This is a general outline

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The sport of climbing is physical and requires proper equipment to be performed safely and to its fullest potential. You will need the following items to participate:

- *Athletic clothes* – mid length shorts, or sport capris/tights. Comfortable athletic shirt. (not baggy)
- *Climbing Shoes* – tigh fitting, non slip, rubber toes and soles
- *Climbing Harness* – Must include 2 tie in points and a vertical belay loop; be fitted properly and safety rated for climbing. (UIAA, CE, or 3-Sigma tested)
- *Optional* – Chalk and Chalk bag. Helps grip.

Starter Equipment Packages are offered through our store. It is encouraged for Team climbers to have their own equipment if they want to compete. Rental equipment may be used for practices, but not outside competitions. Rental options are available for shoes, harnesses, and chalk bags available for an additional monthly fee.

318 Climb strives to provide a fun, safe, and competitive environment where young climbers can grow their skill and interest in the sport of climbing. We provide coaches, team mentors, and volunteers to support each climber on the team. Climbers will receive group and individual instruction based on their experience and skill level. Team practices cover aspects of climbing to include bouldering, top rope, speed and sport, as well as belay and other technical skills.

Practices will follow the general outline as listed, and it is encouraged that athletes are there for each part. We understand school times vary and will accommodate schedules as best as possible.

For more information or if you have any questions you can reach out to Kyra Brookins at [Kyra@318climb.com](mailto:Kyra@318climb.com)

### MEET THE TEAM

#### Team Coordinator – **Grey Rogers**

Grey is our Certified Climbing Instructor with years of experience in the sport. She is the lead instructor of Team and ensures practices are run safely.

#### Team Captain – **Jacob Cristler**

Jacob is a student at Calvary with a passion for climbing. His enthusiasm for the sport spearheaded the climbing team here at 318 Climb. He is registered with USAC and is part of Summit Climbing, out of Plano, TX, when not training locally.

#### Performance Coach – **Kyra Brookins**

Kyra is a nationally certified strength and conditioning coach with the NSCA and has worked with athletes of all ages to improve their sport performance.