



## URBAN CORE CLIMBING TEAM TRY-OUT REQUIREMENTS

Please familiarize yourself with the team requirements. Gauge your appropriate conditioning and climbing skill level with the requirements expected for team selection.

Team Tryout Pre-requisites	RECREATION-CLUB TEAM <small>no try-outs required. Information below will help gauge skill level)</small>	RECREATION-JR. TEAM <small>(no try-outs required. Information below will help gauge skill level)</small>	JR. COMPETITIVE TEAM	COMPETITIVE TRAINING TEAM
Equipment	Climbers need to purchase required equipment before 1 <sup>st</sup> practice	Climbers need to purchase required equipment before 1 <sup>st</sup> practice	Must have all your own equipment for indoor climbing	Must have all your own equipment for indoor climbing and some equipment for outdoor climbing
Pre-requisites/ Certification	Private lessons, participation in the UCC Summer Camps, or UCC Programs. Knot certification	Private lessons, participation in the UCC Summer Camps, or UCC Programs. Knot and top rope belay certification	Private lessons, participation in the UCC Summer Camps, or UCC Programs. Knot and top rope belay certification. Climbing fundamentals, footwork skills	Private lessons, participation in the UCC Summer Camps, or UCC Programs. Knot and top rope belay certification. Climbing fundamentals, footwork skills, prior attendance to a USAC National Championship
On-sight top rope skill level	Climb to the top w/o falling	5.7	5.8	5.10
Red-point top rope skill level	5.5	5.7	5.9+	5.11
On-sight boulder skill level		V0	V0	V1
Red-point boulder skill level		V0	V1	V3
Cardiovascular		<input type="checkbox"/> Run ½ mi w/o stopping <input type="checkbox"/> Jump rope for 30 sec <input type="checkbox"/> 10 jumping jacks	<input type="checkbox"/> Run ½ mi w/o stopping <input type="checkbox"/> Jump rope for 1 min <input type="checkbox"/> 20 jumping jacks	<input type="checkbox"/> Run 1 mi w/o stopping <input type="checkbox"/> Jump rope for 2 min <input type="checkbox"/> 30 jumping jacks <input type="checkbox"/> 15 burpees <input type="checkbox"/> 10 nadias
Calisthenics		<input type="checkbox"/> 2-5 pull ups (unassisted) <input type="checkbox"/> 2-5 chin ups (un assisted) <input type="checkbox"/> 10 push ups <input type="checkbox"/> 15 sit ups <input type="checkbox"/> 10 dips <input type="checkbox"/> plank position 30 sec <input type="checkbox"/> hanging 30 sec	<input type="checkbox"/> 5 pull ups (unassisted) <input type="checkbox"/> 5 chin ups (un assisted) <input type="checkbox"/> 25 push ups <input type="checkbox"/> 25 sit ups <input type="checkbox"/> 15 dips <input type="checkbox"/> plank position 1 min <input type="checkbox"/> hanging 1 min	<input type="checkbox"/> 10 pull ups (unassisted) <input type="checkbox"/> 10 chin ups (un assisted) <input type="checkbox"/> 20 push ups <input type="checkbox"/> 30 sit ups <input type="checkbox"/> 20 dips <input type="checkbox"/> plank position 1 min to max time <input type="checkbox"/> hanging max time
Climbing Technique	Knowledge of gym rules and climbing safety, commands. Demonstrates an understanding for the 5 fundamentals and footwork. Comfortable with climbing on top rope & boulder traversing.	Knowledge of gym rules and climbing safety, commands. Demonstrates an understanding for the 5 fundamentals and footwork. Comfortable with climbing on top rope & boulder traversing.	Have a strong desire to learn to compete in the sport of indoor climbing. Commit to a 10 -month training program. Willingness to work as a team. Knowledge of climbing fundamentals, and basic footwork.	Have strong desire to learn to train at the sport of climbing. Have a strong desire to be a part of a winning team. Commitment to a 10-month training program. Knowledge and use of climbing techniques, foot control, control of body movement, and demonstration of efficient climbing.
Practice Commitments	<b>Tuesdays 4:30p-6:30p</b> Commit and attend practice days. Positive attitude. Ability to listen and follow directions. Climb in a cohesive environment. AccessFund community service project. Community Annual Fundraiser (participate in competitions and scheduled outdoor trips if desired)	<b>Tuesdays 4:30p-6:30p</b> Commit and attend practice days. Positive attitude. Ability to listen and follow directions. Climb in a cohesive environment. AccessFund community service project. Community Annual Fundraiser (participate in competitions and scheduled outdoor trips if desired)	<b>Tuesdays 6:35p-8:00p</b> <b>Thursdays 4:30p-7:30p</b> 3 spring rope comps & championships 1-2 training days outside AccessFund community service project. Community Annual Fundraiser Outdoor climbing trips	<b>Mondays &amp; Wednesdays 5:00p-8:00p</b> 3 spring rope comps & championships 2-3 training days Multi-gym and outdoor training Community Annual Fundraiser AccessFund community service project. Outdoor climbing trips Over-night climbing trips

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