



METROROCK CLIMBING TEAM 2009 SEASON

Welcome returning team members and new teammates. This past year has demonstratively been our strongest as a team ever. Below is a list of our accomplishments in 2008:

- MetroRock Team finished 3rd in the country.
- The largest MetroRock team ever invited to Nationals
- The largest MetroRock team to make the National team

PROGRAM HIGHLIGHTS:

Pre-Season Orientation Meetings:

- In Newburyport on Tue. 9/16 from 6 to 8pm
- In Everett on Wed. 9/17 from 6 to 8pm
- Please complete and bring Attachments 1 & 2 for this meeting.

First Practice:

- Newburyport – Sunday, Sept. 21st from 1pm to 4pm
- Everett – Sunday, Sept. 21st from 5pm to 8pm

More practices up in Newburyport:

- Newburyport will be moving to a twice a week practice schedule

Shoes:

- Participants can purchase as many shoes as they need (within reason) during the season at wholesale prices.

Climbing Outside:

- In an effort to promote “Total Climbing” twice monthly fieldtrips (weather permitting) to local climbing destinations will be planned. These trips will be on Saturdays and will be scheduled in advance.

PROGRAM SUMMARY:

TEAM STRUCTURE:

Although there are two locations (Everett & Newburyport) we are still “One” Team. USA climbing rules require that both groups practice together at least once a month. The Coaches will help with ensuring that this is enforced.

As in years past, the Everett Team will be divided between a Varsity Team and a Junior Varsity Team. The criteria for making these teams will be based upon a number of factors. These factors will be outlined during pre-season team meetings.

Newburyport will be adopting the Varsity/Junior Varsity practice concept this year. The criteria for making these teams will be based upon a number of factors. These factors will be outlined during pre-season team meetings.

PRE-SEASON ORIENTATION MEETINGS:

Orientation meetings will be held in advance of the season. These are one-on-one meetings between the Coaches and the individual. Please have your child complete the *Team Contract & Application* found on our website and bring it with them. Orientation meetings will be held:

- In Newburyport on Tue. 9/16 from 6 to 8
- In Everett on Wed. 9/17 from 6 to 8

Please plan on attending one of these meetings to meet with the Coaches. Completed attachments 1 & 2 are required at the time of this meeting.

PRACTICE SCHEDULE:

Practices in Newburyport are scheduled as follows:

Junior Varsity: Wednesday’s 4pm to 6pm and Sunday’s from 1pm to 4pm

Varsity: Wednesday’s 6pm to 8pm and Sunday’s from 1pm to 4pm

NOTE – this is a change to last year’s “once a week” practice schedule.

1st Day of Practice in Newburyport is – Sunday 9/21 from 1pm to 4pm.

Practices in Everett are scheduled as follows:

Junior Varsity: Wednesday’s 4pm to 7pm and Sunday’s from 5pm to 8pm

Varsity: Thursday’s 4pm to 7pm and Sunday’s from 5pm to 8pm

P

1st Day of Practice in Everett is – Sunday 9/21 from 5pm to 8pm.

NOTE – last year if kids couldn't make their scheduled practice we allowed the kids to attend ANY practice. We cannot be as flexible this year. It became too distracting to the Coaches and kids.

PRICE:

The total price of the Team is composed of two (2) elements: Membership to MetroRock and Team Fees. Every member of our team must purchase an annual membership to MetroRock. This membership can be purchased at any time and must be valid when team practices begin in September.

Team Fees Everett: Team Fees for this ten (10) month program are \$1,350. This fee has been increased slightly from last year because we no longer will be assessing members a coaching fee for big events (Divisionals, Nationals, etc.) as we did last year. The coaching fee is imbedded in the Team Fees. Team Fees are to be paid according to the following schedule:

- A one time payment of \$450 is due at the start of the season (Sept.)
- Monthly Credit Card payments will be assessed starting in Oct. and running thru June at \$100 per month.
- Team Fees are reduced by 10% for the second child

Team Fees Newburyport: Team Fees for this ten (10) month program are \$1,350. Team fees are to be paid according to the following schedule:

- A one time payment of \$450 is due at the start of the season (Sept.)
- Monthly Credit Card payments will be assessed starting in Oct. and running thru June at \$100 per month.
- Team Fees are reduced by 10% for the second child

TEAM BENEFITS:

All team members are eligible for the following benefits:

- Climbing shoes at wholesale prices
- Planned Overnights at each gym
- Scheduled fieldtrips to outside climbing destinations. Trips will be held on Saturdays and will be scheduled well in advance. Team members will need to arrange transportation on their own. Destinations to include Pawtuckaway N.H., Lincoln Woods, R.I. among others.
- Half priced admissions to all **MetroRock Bouldering comps**

ATTACHMENT #1: MetroRock Climbing Team Philosophy

It is the philosophy of MetroRock and the coaches that being selected as a member of MetroRock Climbing Team is a privilege. Climbing skill is secondary to the desire to learn and improve and maintain a positive attitude. Team members are expected to be aware that, wherever they are, they represent the gym and the team and their behavior is a reflection of both. The coaches' responsibilities are to provide encouragement, support and training. They, too, are expected to be conscious of their behavior.

MetroRock Climbing Team Contract

1. Climbers are expected to have a positive attitude.
2. Climbers are expected to demonstrate the desire to learn and improve their climbing skills.
3. Drugs, drinking, vulgar language and disrespectful behavior will result in the immediate dismissal from the team. Your membership will be revoked, with no refund of team fees. NO EXCEPTIONS!
4. The first practice is September 21, 2008 (1:00PM up North and 5:00PM in Everett).
5. Team members must be committed to practicing either on their own, or, with another team member 1-2 times per week. This is in addition to the Mid-week and Sunday practices.
6. Team members are expected to be supportive and respectful of other members
7. Team members are expected to demonstrate good sporting behavior and stay for awards after all competitions unless prior arrangements have been made.
8. Practices are not optional! If you cannot attend a practice you need to call Coach Buck (603) 620-1481.
9. Team members agree to compete for the MetroRock team only and NOT as an individual or with any other team.

I understand the responsibilities listed above and if I am selected as a member of MetroRock Climbing Team, agree to abide by the above Philosophy and Contract. Failure to abide could result in dismissal from the team.

Signature of Climbing Team Applicant

Date: ____/____/____

ATTACHMENT #2: MetroRock Climbing Team Application

Climber's Name: _____ Date of Birth ___/___/___

Parent's Name(s): _____

Address: _____

Telephone Number: _____

E-Mail: _____

Parent's Email _____

What team are you applying for? (Junior Varsity, Varsity)

Please list your top 3 climbing goals for the year.

- 1.
- 2.
- 3.

If you were a member of the team this past year, did you meet your goals? Why or why not?

Please answer the following questions as thoroughly as possible. If necessary, use extra paper.

- 1) What is your greatest strength as a climber? Why?
- 2) What do you bring to the Team – what can you contribute to others?
- 3) Why do you want to be on the climbing team?
- 4) What is the most amazing act of kindness you have witnessed this year?
- 5) Name other non-climbing activities that you would like to do with Team?