

METROROCK CLIMBING TEAM
2018-2019 SEASON
EVERETT

Welcome returning team members and new teammates! The coaches and staff are looking forward to another great season. The “Team” is more than just climbing; it’s listening, learning, and developing an awesome attitude. Whether you have never climbed before or you are a seasoned competitive climber, there is always more to learn and improve upon. Get ready for a great season with the MetroRock Climbing Team!

ABOUT OUR TEAM

We are very proud of our team. Our coaches come from a variety of competitive and outdoor climbing backgrounds. Our Director Of Coaching Obe Carrion and coaching staff have lots of team experience and have designed the Team MetroRock programs to offer something to everyone. Our goal is to create a fun, safe, and constructive community for kids to develop life skills through the sport of rock climbing.

Obe Carrion - Director of Coaching Obe@metrorock.com

TEAM STRUCTURE

MetroRock has 3 locations with youth teams: Everett MA, Newburyport MA, and Burlington VT. The Everett team is divided into 3 groups.

Team Programs

- Junior Varsity
- Varsity
- Varsity Plus

In order to determine which Team is best for your climber, please review the descriptions of each Team below.

Note - the schedules listed below are subject to change.

Junior Varsity

Designed for ages 8 to 15, this team is great for excited climbers that are new to the climbing team format. This team will focus on the basics of climbing, including efficient movement, basic strength training, and mental awareness. Your climber will take part in 2 practices weekly.* Participation in USAC climbing competitions is not required, but is highly recommended and will be offered to all team members.

Requirements:

- Must compete at 2 Metrorock hosted climbing competitions during the 2018/2019 season.

Junior Varsity Practice Times:

Monday	4:00pm - 7:00pm
Wednesday	4:00pm - 7:00pm

*Missed Junior Varsity practices cannot be made up by attending a varsity practice

Varsity Team

Designed for ages 8-18, this team is an invite-based team for moderate to more experienced climbers. This is the perfect spot for those dedicated and committed to improving their climbing skills and achieving individual goals. Varsity team members are required to compete at USA Climbing Regionals Competition in both Bouldering and Sport. This team is dedicated to training for competitions - whether it be at the Dark Horse or USAC local to the Youth Nationals. The Varsity team is focused on a high level of training and members of this group are required to attend 3 practices a week. All Varsity members must sign up as a [USAC](#) climbing member in order to compete at USAC events.

Requirements:

- One year of previous Team experience from the 2018/2019 season.
- Must compete at USAC Regionals in Bouldering and Sport during the 2018/2019 season.

Varsity Team Practice Times

Tuesday	4:00pm - 7:00pm
Thursday	4:00pm - 7:00pm
Sunday	1:00pm - 4:00pm

Varsity Plus Team

Designed for ages 11-18, this team is an invite-based team for our elite team members. This team is dedicated and committed to helping our most experienced climbers reach the highest level of competition climbing possible. Members of this team are required to compete at 2 Dark Horse competitions, as well as compete at USA Climbing Regionals Competition in both Bouldering and Sport. The Varsity Plus team is focused on an elite level of training and members of this group are required to attend 4 practices a week. All Varsity members must sign up as a [USAC](#) climbing member in order to compete at USAC events.

Requirements:

- One year of previous Team experience from the 2018/2019 season.
- Must have previously competed at the USAC Divisional level in either Bouldering or Sport during the 2017/2018 season.
- Must compete at USAC Regionals in Bouldering and Sport during the 2018/2019 season.

Varsity Team Practice Times

Monday	4:00pm - 7:00pm
Tuesday	4:00pm - 7:00pm
Thursday	4:00pm - 7:00pm
Sunday	1:00pm - 4:00pm

Note - Saturdays are reserved for the following - competitions, outdoor trips, private training, guest coaching, and mental health training. Saturdays are busy days!

- No Practice for Varsity/Varsity Plus the next practice day after Dark Horse, Regionals, and Divisionals
- No Practice for Varsity/Varsity Plus for 2 weeks after Nationals.

Indoor / Outdoor Climbing Trips:

MetroRock prides itself with the array of trips we offer to the team. See below for a list of trips being offered this year. Stay posted for further information and details. Trips are optional and expenses are not included in the team fees. For upcoming trip info please contact Obe@metrorock.com

*** For pricing, please inquire by sending an email to Obe@Metrorock.com

Parents' orientation meeting: Tuesday, September 11th 2018 6:00pm -7:30pm

Team members' orientation and first practice of the 2018/2019 season is on

Tuesday, September 18th 2018 4pm- 7pm Varsity

Junior Varsity -Wednesday, September 19th 2018 4pm- 7pm

***Please have your child complete the *Team Questionnaire* and bring it with them to Team Members' Orientation. This meeting will provide an opportunity to find the best fit for your child among our three groups based on age, experience level, and personal goals. Please plan on attending the Parent's Orientation to meet with the coaches and set up billing.