

METROROCK ADULT CLIMBING TEAM

2018 - 2019 SEASON

Everett

Welcome new teammates! The coaches and staff are looking forward to another year of coaching the Adult Climbing Team. The “Team” is more than just climbing; it’s training, learning technique, gaining confidence, and exceeding goals. 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 and get ready to crush!

For info on coaching and program matters:

Coaches - Scott Haller Scott@metrorock.com, & MacKenzie Mitchell mackenzm32@gmail.com

Obe Carrion - Director of Coaching Obe@metrorock.com

For billing/admin contact:

Scott Haller - Billing Admin Scott@metrorock.com

TEAM STRUCTURE

MetroRock’s coaches are committed to giving team members the best training possible. This years adult team training structure will be based on 3 semesters (9 weeks semester one and 11 weeks semesters 2 & 3) - fall, winter, and spring. Between each semester there will be a 2 week break to prevent burn out and injury. The first practice, held on Monday, October 22nd at 7pm, will be an opportunity for the coaches to get to know you better and watch you climb to assess your strengths and weaknesses. After coaches have made these assessments, they will break team members into groups to better help each climber begin their training program.

TEAM PRICING

There are two elements of costs to belong to the Team. Firstly, each participant **MUST** have a membership to the MetroRock gym facility. The membership options are as follows:

1. GYM MEMBERSHIP FEES

A membership to the gym **IS NOT** a membership on the Team. A membership can be purchased at any time and must be valid to participate in team practice. We have two options for gym memberships:

Annual: You pay for the 12 months all at once (best overall value): \$735 for students/military, \$900 adults.

Monthly EFT: You are automatically charged once a month until you want to cancel. \$75 per month with \$29 activation fee for students/military. \$90 per month with \$29 activation fee for adults.

Note – Gym Memberships are Non-Refundable

Gym memberships have the following benefits:

- 15% discount on all gear purchased in the MetroRock gear shop
- Unlimited access to all 3 New England MetroRock locations, and four monthly visits to the Brooklyn location
- Free yoga
- 2 guest passes per month
- Personal pass for 1 hour on our High Ropes Challenge Course. 1 pass every 3 months.

2. TEAM FEES

To join the Team participants must pay.

Semester 1 Fee \$355.00 (pro-rated for shorter semester)

Semesters 2 & 3 Fee: \$435.00

All 3 Semesters: \$1,225.00

*Monthly Payment options available

TEAM BENEFITS

- Climbing shoes and harnesses at wholesale prices (approx. 55% of retail).
- Discounted admission to all MetroRock Competitions.
- Access to private team outdoor trips and outdoor day trips.

Team Practice Schedule:

- Fall Semester: Bouldering Oct 22nd - Dec 19th, Mondays 7-10pm, Wednesdays 7-10pm
- Winter Semester: Bouldering/Ropes Jan 2nd - Mar 20th, Mondays 7-10pm, Wednesdays 7-10pm
- Spring Semester: Ropes Apr 8th - Jun 19th, Mondays 7-10pm, Wednesdays 7-10pm

THE FIRST PRACTICE WILL BE Monday October 22nd 7-10 PM.

Thank you,

Director of Coaching Obe Carrion

Obe@metrorock.com

