

Stoneworks Climbing Team

2013 Packet

Rope Climbing Season (SCS)

Stoneworks Team Requirements

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Expectations

* Show up to all practices. No exceptions (unless you make prior arrangements). Practices run from 4:30 – 6:30 on Mondays and Thursdays.
* Try your best. There is no need to climb “a grade” to join the team, but you are expected to push yourselves each practice and competition you attend.
* Have a good attitude: this is the most important part to becoming a strong climber and joining the Stoneworks Team.
* Display a willingness to get along with your teammates. They will most likely be lifelong climbing friends!
* Climb at least one other day of the week besides practices, preferably two. Try to come in with one or more of your teammates.
* Represent Stoneworks at all events by showing sportsman/womanship. Be friendly to the judges and other competitors. Help out with spotting, etc.
* Support your teammates by cheering them on and watching them climb.
* Wear your Stoneworks Team Apparel at all events.

1. Team Fees, USAC Membership, & Our Region:

* **The Stoneworks Team Fees is $250 per season** and are due on the first practice. Additionally, team members will need to pay for a gym membership and uniforms.
* **USA Climbing Competitor Membership** (which includes access to competitions in sport climbing, speed climbing and bouldering) is $80.00.
* **Our region** is called the “Northwest Region” and includes Oregon, Idaho, and Montana. Here is a link to the website:

<http://usaclimbing.net/regional/regional_news.cfm?region=102>

* **If you have any technical issues** regarding scoring, membership, or participation in a competition please email Avery Cook, our regional coordinator, ASAP [averycook@gmail.com](mailto:averycook@gmail.com).  She is a volunteer, so please be nice and respectful!

1. Important Contact Info & Links:

Stoneworks Phone #: 503-644-3517

USAC Website: [www.usaclimbing.net](http://www.usaclimbing.net)

(Northwest Region: Oregon, Idaho, Montana)

Here is a quick link to the page: http://bit.ly/s76Z8d

Stoneworks Website: [www.belay.com](http://www.belay.com)

Coach Matt’s Email: [vegas514@hotmail.com](mailto:vegas514@hotmail.com)

\*ABS/SCS Memberships for both seasons are found on the USA Climbing Page :  [http://usaclimbing.net/shop\_main.cfm](http://usaclimbing.net/shop_main.cfm" \t "_blank) (**Make sure to sign up for your membership** **if you want to have your scores tracked and advance to championship level competitions**).

**Team-mate Phone #s and emails:**

**Please get your teammate’s contact info. I have a copy of all the emails. This will make arranging carpools much easier and will allow you to get in and climb together.**

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1. Determining Your Category:

**How do you know what category you are climbing in?** Category is based on the climber's birth year at the start of the climbing year

**ONLY on-line membership registration will be accepted**. Competitors MUST register before 11:59pm MST the Tuesday night immediately following the local competition for it to be counted. Competitors who have not registered for a membership before attending a competition will be subject to the $5 non-member day fee.

**USA Climbing youth age categories for the 2012-2013 season:**

**Junior: born in 1994 or 1995**

**Youth-A: 1996/1997**

**Youth-B: 1998/1999**

**Youth-C: 2000/2001**

**Youth-D: 2002+**

1. Day of Competition Stuff:

For a coach to attend a competition we need at least five (5) competitors to go. We will attempt to carpool as much as possible to get to events. Getting another teammate’s phone number is a good idea in order to arrange carpooling. Make sure to pack food, water bottle, extra money, **CLIMBING GEAR**, and **Junior Team apparel**. Always pre-register for the comps; it is cheaper, much easier on your stress levels, and allows you to get in and warming-up faster. **Get a new gym waiver signed for each event!**

1. Comp Days You Should Think About:

Remember - You CAN attend other region locals, but Oregon Teams must attend the Northwest Regional Championships to advance to Divisional Championships.

**LOCAL COMP**

March 16, 2013Rogue Rock Gym  
Medford, OR  
April 6, 2013  
ISU Reed Gymnasium Pocatello, IDGym  
April 6, 2013  
Multnomah Athletic Club Portland, OR  
April 13, 2013  
Spire Climbing Center Bozeman, MT

**April 20, 2013  
Stoneworks - Beaverton, OR**

**All gyms require a NEW WAIVER to be signed for each event (even if you have been there before get one signed!)**

1. **Fun Stuff:**

1. Climb X shoes sponsors the Stoneworks Junior Climbing Team! They are a great shoe company, which I also use for footwear, and have granted us a discount on their climbing shoes. Please let me know if you would like any of their shoes: you can check them out at [www.climbxgear.com](http://www.climbxgear.com) and also try them on at the US Outdoor Store in downtown Portland. They, Climb X, offers us %30 off their gear, but again, please let me know what you would like to order before ordering it. And don’t forget to thank them when you see them around town or at Stoneworks.

2. Weather permitting, **Stoneworks takes the Junior Team out to Smith Rock State Park** for a fun filled weekend of climbing at the end of the season(s). We encourage parents to come along (help chaperone) and climb too. We, Stoneworks, provide dinner and breakfast, but you will need to provide for other meals (there are stores and subways to get lunch and snacks). **There is a $50 fee for the weekend**. Keep this in mind and look out for emails…it is a very fun trip.

3. I encourage you all to exchange phone numbers (I know I have already said this but…) so that you guys and gals can come in with each other and push each other. It is much more fun to work out and climb with your friends than alone and it makes you try different/harder routes than you are usually used to. So, I would like to see you all climbing together on non-practice days! You will surely benefit from it.

RESPECT THE ZOOZOO!

She’s watching you…

