



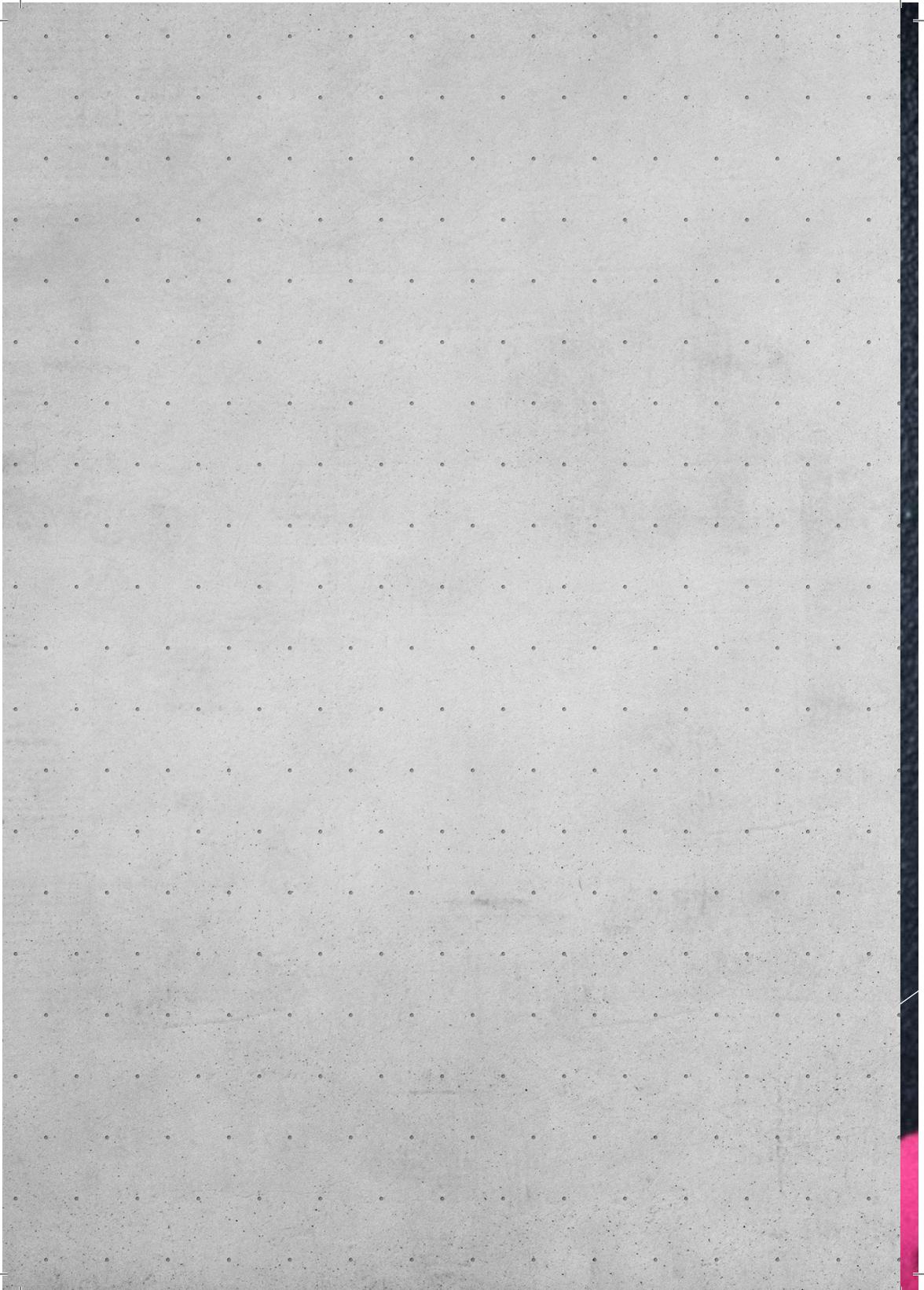
**THE
FONT**

CLIMB. TRAIN. CONNECT.

CLIMBING DEVELOPMENT PROGRAMME LOGBOOK



A guided pathway for development from beginner through to high performance competition athlete



CLIMBER DETAILS

Name:

D.O.B.:

Climber No:

Centre:

Level 1 Start Date:

Level 1 Pass Date:

Coach Signature:

Level 2 Start Date:

Level 2 Pass Date:

Coach Signature:

Level 3 Start Date:

Level 3 Pass Date:

Coach Signature:

Level 4 Start Date:

Level 4 Pass Date:

Coach Signature:

DUKE OF EDINBURGH AWARD

ID number:

Level:

Section:

Goal:

Welcome to The Font Climbing Development Programme. This is a structured long-term climbing and athletic development programme, designed to provide a guided pathway and enable climbing development, from beginner climber through to High performance competition climbing athlete.

The programme consists of four certificated levels, which increase in complexity, and technical and physical requirements, as the climber progresses through each level.

Completion and certification at each level is achieved by demonstrating to your coach during the sessions that you have demonstrated competence in each of the criteria at that level, on all levels these skills need to be demonstrated more than once in separate climbing sessions, before the level can be awarded.

LEVEL ONE

This is an entry-level and foundation skills award for climbers who wish to learn and develop a good basic understanding of how to use a bouldering wall correctly.

Climbers will learn the fundamental skills involved in climbing, gain awareness of safety protocols, and understand correct and appropriate behaviour on a bouldering wall.

LEVEL TWO

This is a key stage in a boulderers development as it involves a development of kinaesthetic awareness and movement skills that will form the base from which to improve their climbing using more complex and physically demanding techniques.

Basic global strength and mobility exercises are now introduced into the sessions, as well as an understanding of basic route reading and tactics that may be required.

Climbers that are awarded a level 2 certification must have consistently demonstrated behaviour and decisions in the climbing environment, that keeps themselves and others safe from harm.

LEVEL THREE

This level concentrates on enabling young climbers to start taking ownership of their own personal climbing development, and establish goals that are important to them in their personal climbing pathway. They will also begin to demonstrate an understanding of their own physical and technical strengths and weaknesses.

Physical training becomes more relevant at this level, as does a focus on more advanced climbing technique, and refining of previously learnt skills, to improve performance.

The focus is on improving personal skill and performance levels, that are relevant and important to you and your goals, not a comparison with others or their performance levels.

A junior test is also incorporated into this level, and once a climber has demonstrated to their coach that they fulfil all the criteria of this test, they will be allowed independent access to the climbing wall (note that 12 years of age is the minimum requirement for this certification).

LEVEL FOUR

This is all about Climbing performance and the requirements of climbing at a high competition level.

Climbers will learn how to analyse their own climbing and assess their personal TTPP (Technical, Tactical, Physical, Psychological) strengths and weaknesses.

Physical training, specifically to address self-identified weaknesses, will form a part of the programme, as will the use of in-depth technique analysis and micro-beta, and the use of sports arena skills, to increase performance levels.

Climbing competition and outdoor climbing will be integral to this level, and climbers will learn how to structure their own climbing training sessions to effectively achieve their goals.

DUKE OF EDINBURGH AWARD SCHEME

The Font Climbing Development Programme is the perfect vehicle for completing DofE Awards, and meets all the criteria required by that scheme.

Once you have registered with the scheme; simply fill in the details in this logbook, discuss your goal with your coach, and when you are ready – ask your Coach or Head Coach to complete an assessor's report for you.

LEVEL ONE

1. Demonstrate general awareness of the safety rules, and hazards in a bouldering wall, and what to do to keep you and others safe.

2. Demonstrate consistent safe and appropriate behaviour in a bouldering wall.

3. Demonstrate a basic safe warm-up, and understand the reasons for doing this.

4. Demonstrate an awareness and understanding of the language and terminology used in bouldering.

1. Vert		2. Overhang		3. Slab	
4. Barrel		5. Arete		6. Cave	
7. Traverse		8. Bloc		9. Flash	

5. Demonstrate knowledge of different types of holds and how to use them.

1. Jug		2. Sloper	
3. Crimp		4. Pinch	
5. Pocket		6. Undercling	

6. Demonstrate consistent safe descents from blocs, and the ability to see escape routes before climbing, and on the wall.

1. Demonstrates correct landing technique				
2. Consistently descends safely				
3. Can identify escape routes from blocs				

7. Understand the centre grading system, and be able to use it appropriately.

8. Demonstrate correct application of the following techniques on a regular basis.

1. Uses correct part of foot on holds

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2. Looks at foot and places carefully on holds

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3. Able to perform a foot swap

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4. Able to perform a smear on a slab and vert wall

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5. Uses correct part of Handholds

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6. Moves feet up in preference to over-reaching

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9. Successfully complete 60 coach selected blocs at VB or above.

10. Physical Literary Matrix, practice the below skills to the best of your ability.

	Demo	Completed			
Inchworm					
4 Direction Hop and Balance					
Frogger					
Lawnmowers					
Kneeling Superman					
Scorpions					
Single Leg 30 Second Balance @ Leg					
Body-length Sticky Landing					

LEVEL TWO

1. Demonstrate a range of warm-ups as shown below.

1. Games based warm-ups		
2. Warm-ups using equipment		
3. Warm-ups in a confined space		

2. Identify and correctly explain and use the following climbing equipment.

1. Liquid chalk		
2. Chalk bag and loose chalk/chalk ball		
3. Telescopic brush and small brush		
4. Climbing shoes		

3. Demonstrate route reading on 3 separate blocs, chosen by your coach.

1st bloc	
2nd bloc	
3rd bloc	

4. Participate in a self marked climbing competition, and correctly fill out a scorecard.

Name of comp:	
Date:	Score:

5. Demonstrate good basic climbing movement and correctly use the following climbing principles and techniques.

1. Uses legs to generate movement in preference to arms	
2. Careful, deliberate, and precise foot placement	
3. Weighted feet and correct heel position on holds and volumes	
4. Can identify and appropriately use inside/outside edge and toe	
5. Can correctly step through when required	
6. Can swap feet carefully and precisely on small footholds	
7. Understands and uses weight transfer from foot holds utilising hip movement	
8. Able to generate dynamic movement when required on a move	
9. Capable of accurately deadpointing on climbing moves when required	
10. Can find stable, balanced, and relaxed positions without overgripping	
11. Able to use an active flag to maintain a balanced position	

6. Improve your current Redpoint grade (the hardest grade you have climbed on 3 separate blocs) over the course of the level.

Current Redpoint grade			
Target Redpoint grade			
Date Target achieved			

7. Physical literacy matrix - Practice all the below skills to the best of your ability.

Complete any remaining requirements from Level 1 physical literacy matrix					
Squat Matrix					
Lunge Matrix					
Jump and Landing Mechanics					
Incline Press-ups					
Scap engaged hang up to 60 seconds					

8. Successfully complete 60 blocs at V0 or above.

9. Successfully complete 60 blocs at V1 or above.

LEVEL THREE

1. Demonstrate knowledge and correct execution of the following techniques.

1. Active footwork tension - Pushing/Pulling/Pivoting			
2. Bridging, including the use of smears			
3. Palming			
4. Foot to hand match			
5. Rockovers, low to medium height			
6. High rockovers			
7. Cross throughs and shoulder rolling			
8. Twisting on steep ground			
9. Drop-knees			
10. Laybacking			
11. Inside flag			
12. Outside flag			
13. Back flag			
14. Heel hooking			
15. Toe hooking			

2. Demonstrate knowledge of route-reading, with the ability to identify rest positions and crux moves, and use the correct descriptive terminology, on 3 separate blocs.

1st bloc	
2nd bloc	
3rd bloc	

3. Demonstrate and correctly apply the following grip types, in isolation, and whilst climbing.

1. Full crimp	Used in isolation on a rail or fingerboard	
	Used whilst climbing a bloc	
2. Half crimp	Used in isolation on a rail or fingerboard	
	Used whilst climbing a bloc	
3. Open crimp	Used in isolation on a rail or fingerboard	
	Used whilst climbing a bloc	
4. 3 finger drag	Used in isolation on a rail or fingerboard	
	Used whilst climbing a bloc	

4. Identify the following items of equipment found in a climbing wall, and why they may be dangerous for junior climbers to use without coach supervision.

1. Training Board	
2. Fingerboard	
3. Campus Board	

5. Demonstrate possible exercise options available to improve movement competency and flexibility in the following areas.

1. Shoulder mobility		
2. Hip mobility		
3. Spinal mobility		
4. Ankle mobility		
5. Hamstring mobility		
6. Wrist mobility		

6. Improve your current Redpoint grade (the hardest grade you have climbed on 3 separate blocs) over the course of the level.

Current Redpoint grade			
Target Redpoint grade			
Date Target achieved			

7. Physical training base requirements – Practice the below movements, at a level appropriate to you, to improve your movement competency and strength.

Exercise:	Regression:	Standard:	Progression:
Bodyweight Squat			
Pullup			
Press-up			
Lunge			
Plank			

8. Demonstrate the behaviour and competency, on a consistent basis, that is required to understand the independent use of a bouldering wall and pass the Font junior test requirements.

Please note that the climber must be a minimum of 12-years of age and all other level 3 items must be complete before this permission becomes valid.

Climber signature	
Parent signature	
Coach signature	

9. Successfully complete 60 blocs at V1 or above.

10. Successfully complete 60 blocs at V2 or above.

Notes:

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LEVEL FOUR

1. Demonstrate knowledge of different types of physical training programmes and their fundamental criteria and how to apply these on a practical level.

Strength	
Power	
Endurance	

2. Demonstrate knowledge of the 3 different types of climbing sessions below, and how these sessions would be practically applied to learning a skill .

PRACTICE Session	TRAINING Session	PERFORMANCE Session

3. Demonstrate the knowledge and tactics required to successfully project hard blocs, and complete 3 blocs that are above your current Redpoint level.

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4. Identify strengths and weaknesses in your own personal climbing, and structure a session plan to address a weakness.

1	2	3

5. Use video analysis of your own and others climbing to identify possible solutions or micro-beta for difficult moves or sequences.

1	2	3

6. Compete in a regional level competition, and discuss and agree any competition prep, or tactical plans that you may employ.

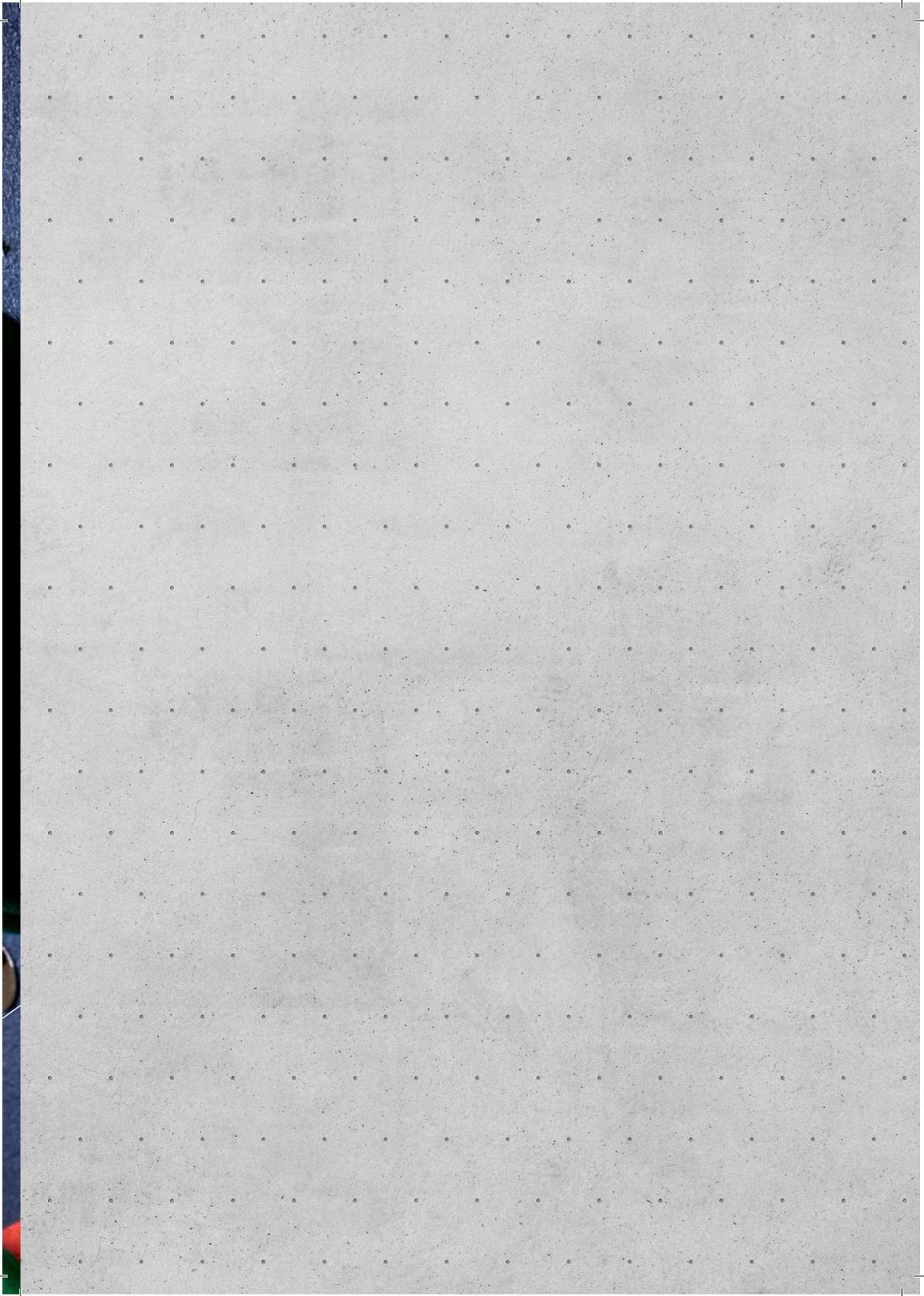
Competition:	Date:
Preparation or specific training:	
Tactics to focus upon:	

7. Demonstrate knowledge and correct use of the following pieces of equipment and gym based exercises, under coach supervision.

Climbing Board: <i>Kilter Board or similar</i>	Safety elements	
	Practical use and correct form	
Fingerboard: <i>Beastmaker or similar</i>	Safety elements	
	Practical use and correct form	
Bench Press: <i>D/B and Olympic Bar</i>	Safety elements	
	Practical use and correct form	
Squat: <i>D/B and Olympic Bar</i>	Safety elements	
	Practical use and correct form	
Deadlift: <i>Hex Bar and Olympic Bar</i>	Safety elements	
	Practical use and correct form	

8. Successfully FLASH 40 blocs at V2.

9. Successfully FLASH 40 blocs at V3.





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