

Belmont Climbing Academy

2024-25

KEY INFORMATION

This is a **year-long program** which will take place **inside the timetable** in the morning blocks. This program **may replace Physical Education Class**. Students will receive credit for Phys Ed plus one elective, or two electives for senior students.

PROGRAM GOALS

This program aims to foster a community where students share a sense of belonging through a common passion for climbing. Students will work towards building and developing a sense of self-empowerment as they overcome challenges and reach their personal goals, supporting each other in the process.

COURSE OBJECTIVES

CLIMBING ACADEMY 9-12 - REC

- Introduces students to bouldering on different wall types (*slab, cave, vertical, and overhang*).
- Explores various difficulty levels of bouldering through a circuit system.
- Develops basic skills and techniques such as *heel hooks, toe hooks, foot switches, smearing, and dynos*.
- Promotes strength, fitness, flexibility, endurance and motivation.
- Promotes personal goal-setting, problem-solving, personal and social awareness, safety management, and an active lifestyle.

CLIMBING ACADEMY 9-12 - ADVANCED

- This is a high performance class
- Develops climbing efficiency and versatility on different wall types
- Refines varying styles and levels of bouldering through a circuit system.
- Develops advanced skills and techniques such as *heel hooks, toe hooks, edging, smearing, knee bars, dynos, coordination dynos, paddle dynos, mantling, etc.*
- Increase strength, fitness, flexibility, endurance and motivation.
- Promotes personal goal-setting, problem-solving, personal and social awareness, safety management, and an active lifestyle.

EXPERIENCE

- **REC CLASS:** No experience necessary. Everyone is welcome! However, students must maintain a passing status in all their classes to stay in the academy.
- **ADVANCES CLASS:** students will be selected for the Advanced Class based on the following criteria:
 1. **Skill:** Students must be able to climb at a blue tape / V3 level with ease. An assessment may be conducted for new students.
 2. **Commitment:** Students must demonstrate dedication to climbing in the following ways:
 - a. Full participation in all class activities.
 - b. Practicing skills outside of class hours.
 - c. Always striving for a personal best.

EQUIPMENT

Shoes and chalk rentals are included in the fee. Students may want to purchase their own shoes for a more customized fit.

COST

Full Year (Sept-June): \$995 / student (subject to change based on school board decisions)

This includes a BoulderHouse membership*, shoe and chalk rental, specialized coaching, a personal trainer for strength and conditioning, access to Eagle Ridge weight training gym, competition and transportation fees, t-shirts, and the academy administration fee.

**Please note: The climbing membership includes non-peak hours and some time on the weekends. This may vary from year to year. Presently, the hours are after school-5:30 and weekends from 1:00-3:00.*

Academy fees are collected over 6 months. An initial deposit will be required upon registration followed by monthly payments.

ACADEMY REFUND POLICY

In the event that a student chooses to withdraw from an academy prior to the start of the program or within the first 2 weeks there is a non-refundable administration fee of \$115. If a student withdraws 2 weeks after the start of the academy there will be no refund.

FINANCIAL ASSISTANCE

School District 62 strives to not let financial barriers restrict student participation. There are several bursary programs that students can access to assist with funding, including the following:

- **KidSport** – <https://kidsportcanada.ca/>
- **Jumpstart** – <https://jumpstart.canadiantire.ca/pages/individual-child-grants>
- **Sport Assist** – <https://www.sportassist.ca/apply/application-information>
- **Athletics 4 Kids** – <https://www.a4k.ca/>
- **TLC Fund for Kids** – <https://tlcfund.ca/>
- There is also an affordability fund through Belmont Secondary school. Please contact the Belmont office directly for more information.

For assistance with financial support applications, please contact Wayne Kelly at wkelly@sd62.bc.ca or Claudia Pampin at cpampin@sd62.bc.ca.

SCHOLARSHIP OPPORTUNITIES

Grade 12 students are eligible to apply for the Physical Activity and Health District Scholarship. Application for this scholarship opens in April. The selection criteria is as follows:

Student must demonstrate:

- Evidence of excellence in one or more physical activities/sports.
- Commitment to continuing to pursue participation in physical activity/sports.
- Criteria included for consideration would be:
 - Sportsmanship
 - Leadership
 - Attitude
 - Dedication

All grade 12 Climbing Academy students will be encouraged to apply.

CONTACT

For further questions or additional information, please contact Ms. Pampin at cpampin@sd62.bc.ca.