

COMPETITION TEAM INFORMATION

2025/26 SEASON

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COACHING ETHOS

Our coaching ethos emphasises teaching athletes how to perform at their personal best. We view our job as constantly improving our athlete's total performance, through offering more resources, skills, strength, power and knowledge. All we will ask is that our athletes give their best effort!

We undertake a holistic coaching philosophy, improving on an athlete's skills and abilities without compromising their health and safety. We also believe that competition climbing should still be enjoyable climbing.

The goal for our athletes is to gain positive learning outcomes from competitions and events. As such, **event selection and registration will be decided by the coaching team** in collaboration with athletes to prioritize success for their plan and potential.

Our Values:

- Transparent communication and honest feedback
- A knowledge base developed through collaboration with other coaches
- Learning from innovative setting- understand trends, changes, and new fundamentals
- Finding opportunities for diversity in training partners and other athletes
- Understanding the importance of growth and continually evolving our skills and coaching abilities will ensure the development of a complete athlete
- Identifying and addressing underlying needs of the athletes in developing skills
- Prioritizing resourcefulness, learning, and skill application

COACHES BIOS

Malek Taleb

Malek is a Chartered Professional Coach and has been coaching climbing for 22 years. He has coached at all levels of competition including Youth World Championships, World Cups, World Championships, Olympic Qualifying Series and Olympic Games. As a Mechanical Engineering Graduate, his expertise in coaching was focused on movement. Malek will be overseeing all training plans for the season and supporting the rest of the coaches in their continued development and learning.

Emma Mills

Emma has over ten years experience in a variety of high-level sports, and has coached volleyball at the provincial level. This is her second year coaching the competitive climbing team and her focus this past year was on the youth competitive and pre-competitive programs. Emma is majoring in economics and minoring in health studies at Queen's University, and is hoping to apply her course work to help athletes stay mentally resilient and perform at their best.

Christian Au

Chris has been coaching climbing for 3 years in both competitive and recreational formats. With his time spent setting routes, coaching technique courses, and developing his own climbing, Chris puts an emphasis on learning concepts in a way that encourages personal adaptation and independent discovery

STRENGTH AND CONDITIONING TEAM

Rebecca Greer

Rebecca is a graduate of the Fitness and Health Promotion program and a Certified Personal Trainer through the Ontario Fitness Council. Rebecca brings fresh energy and a strong foundation in strength and conditioning. While studying at St. Lawrence College, she served as team captain of the Surge Cross Country Team, where she led the team's strength programming. She's also worked with the RMC Women's Soccer Team, developing strength and conditioning plans to help athletes perform at their best.

Ben Robinson

As a CSEP-Certified Personal Trainer with a background in Psychology and Fitness & Health Promotion, Ben specializes in strength and conditioning for competitive sport climbers. Ben is currently completing his CSCS through the National Strength and Conditioning Association to further elevate the performance science behind his programming. He has worked with members of the Canadian National Sport Climbing Team, including both youth and adult athletes, and had the privilege of preparing a professional climber who qualified for and competed in the Paris 2024 Olympics.

ATHLETE DESCRIPTION & EXPECTATIONS

We believe that certain characteristics are important for an athlete to compete and train in a successful manner. While recognizing that each athlete brings unique characteristics, abilities, and personalities, we strive towards developing the following traits for a sustainable and healthy athlete-coach relationship.

We desire for our athletes to be:

- **Healthy**
 - Climbing is a demanding sport physically and mentally, our athletes have a smart approach to training and competing that minimises the risk of injury or potential burn out
 - Our athletes understand the importance of fueling and recovery
- **Utilizing their climbing skills outside of climbing**
 - Our athletes are able to apply skills such as problem solving, adaptability, and resourcefulness learned through training to approach challenges faced in other aspects of their lives
- **Resilient**
 - Our athletes are able to persevere and accept short-term highs and lows within the larger scope of long-term progression
 - Our athletes are able to embrace and enjoy the difficulties presented in climbing
- **Performance focused rather than result focused**
 - Our athletes strive to do their best regardless of the circumstance
 - Our athletes are aware of their capacity and still choose to give 100% of what they have
- **Resourceful**
 - Our athletes trust in their coaches and believe that they can improve their skills and give good advice
 - Our athletes trust in their training plan and believe that it will optimize their training and give them strength and power
 - Our athletes trust in their teammates and believe that they will learn from them, receive support from them, and overcome obstacles with their help

YOUTH TRAINING SCHEDULE

Team training will be scheduled 3 times a week by age categories, At this time, it is not possible to switch training times.

During competition weeks, the schedule will remain the same, with the addition of team travel for the competition on the weekend.

Age Categories

Youth E (2017-2016)	Youth D (2015-2014)	Youth C (2013-2012)	Senior (2009 & earlier)
Youth B (2011-2010)	Youth A (2009-2008)	Junior (2007-2006)	

Schedule

	Monday	Wednesday	Friday
E/D	4:00-6:00	4:00-6:00	4:00-6:00
B Girls and C	3:00-5:00	3:00-6:00	3:00-5:00
B Boys and A	5:00-7:00	5:00-7:00	4:00-7:00**

**B Girls and C will have optional additional S&C from 3:00-5:00 on Wednesdays, they will train from 4-6 on Wednesdays*

*** B Boys and A will have mandatory S&C from 4:00-5:00 on Fridays*

EVENTS

The 2025/2026 event calendar and fees are based upon the age categories mentioned above. Events past the Provincial Championship level are excluded from this list.

Speed

Speed Q1	10/5/2025	All	Pinnacle - Bowmanville
Speed Q2	10/11/2025	All	Boiler Room - Kingston
Speed Provincials	11/1/2025	All	Boiler Room - Kingston

Boulder & Ropes (Difficulty) E/D/C

Boulder Q1	11/15/2025	E/D/C	RockHaus - Vaughan
Boulder Q2	1/31/2026	E/D/C	Steel Peak - Vaughan
Boulder Provincials	3/14/2026	D/C	Gravity - Hamilton

Rope Q1	1/11/2026	E/D/C	Boiler Room - Kingston
Rope Q2	2/7/2026	E/D/C	Boulderz - Etobicoke
Ropes Provincials	04/25/2026	D/C	Climb Muskoka - Bracebridge

Boulder & Lead B/A/Jr.

Lead Q1	11/29/2025	B/A/Jr	Junction - London
Lead Q2	1/24/2026	B/A/Jr	Gravity - Hamilton
Ropes Provincials*	04/11/2026	B/A/Jr	Altitude - Ottawa

Boulder Q1*	12/06/2025	B/A/Jr	Conquer - Brantford
Boulder Q2*	1/17/2026	B/A/Jr	Reach - Aurora
Boulder Provincials*	03/26/2026	B/A/Jr	Boulderz** - Etobicoke

*2 day event ** Midweek event

Boulder & Ropes Sr.

Boulder Q	9/27/2025	Senior	J2 - London
Boulder Provincials	12/13/2025	Senior	Boiler Room - Belleville
Lead Q	11/8/2025	Senior	Hub - Mississauga
Lead Provincials	01/10/2026	Senior	Boiler Room - Kingston

FEES

Fees include:

- Team Uniform
- OCF licence and competition fees for youth athletes
- Event registrations to be managed by the coaching staff
- Team transportation to single day competitions
- On site coaching and support during competitions
- Gym membership from September to June
- Strength and Conditioning (S&C) program as an optional add on
- Prices listed below do not include HST

Category	Competitions	August (Deposit)	Monthly (Sep-Jun)	
			Without S&C	With S&C
E(2017-2016)	Boulder Only	\$500.00	\$310.00	N/A
	Ropes Only	\$500.00	\$310.00	N/A
	Boulder and Ropes Only	\$500.00	\$370.00	N/A
D(2015-2014) C(2013-2012) B(2011-2010) A(2009-2008) Junior(2007-2006) <i>**Please note that S&C is mandatory for B/A and J</i>	No Comps (training only)	\$500.00	\$270.00	\$345.00
	Boulder Only	\$500.00	\$340.00	\$415.00
	Ropes Only	\$500.00	\$340.00	\$415.00
	Speed Only	\$500.00	\$290.00	\$365.00
	Speed and Boulder or Ropes	\$500.00	\$380.00	\$455.00
	Boulder and Ropes Only	\$500.00	\$430.00	\$505.00
	All Disciplines	\$500.00	\$470.00	\$545.00
Senior Only (2005 and older)	Single Discipline	**Comp and registration fees not included** \$450		
	Two Disciplines	**Comp and registration fees not included** \$550		