CLIMBING TRAINING GROUP

WHAT? A Climbing Training Group that operates within the Green & Gold Athlete Academy. The members of this group benefit from a comprehensive technical, tactical, physical, and mental training program that is delivered by the U of A’s coaching staff and integrated into the school day. This training program is designed to enhance our student-athletes’ current and future performance, in all climbing disciplines.

WHY? We believe there is a better way to develop the elite climbers of the future, while creating a better sport-life balance in the process. Our student-athletes’ Climbing skills are greatly enhanced through the extensive training that is built into their school week. Our students benefit from the unique timetable at Vimy Ridge Academy and the credits they receive in Physical Education and Career and Technology Studies (CTS).

WHO? Everyone included in the Climbing Training Group is considered to have the potential to compete at the provincial level. Specifically, this group is made up of student-athletes in Grades 10, 11, and 12.

WHEN? The Climbing Training Group operates from Monday to Thursday between 1:00 and 4:00 pm. This totals 12 hours of weekly training delivered by our expert coaches. Friday afternoon is reserved for a teacher-supervised study hall at Vimy Ridge Academy.

WHERE? The Climbing Training Group is based at the Wilson Climbing Centre, an iconic purpose built facility located on the University of Alberta North Campus. This group also travels to South Campus for strength and conditioning sessions in the Sport Performance Centre (SPC).

For more information about the Green & Gold Academy’s Climbing Training Group, please visit: uab.ca/ggaa