**Team High Altitude Fitness**

Program Manager: info@highaltitudefit.net

Team High Altitude Fitness develops year around programs for youth climbers to fall in love with climbing while captivating and developing individual’s potentials through motivation. We offer beginner to advanced skills with conditioning to fuel the teams through practices that encourage physical, mental, and technical rock climbing skills. Athletes will work with coaches and peers in a structured training environment that demonstrates the love of our climbing community.

**Little Sparks (ages 5-7): Beginner**

$190/month (membership and climbing equipment included)

Tuesdays 3:30-4:45pm andFridays 3:30-4:45pm

Little Sparks is an entry level team for climbers with limited or no experience who want to learn the basics of climbing with a fun introduction to the sport of rock climbing. Our team introduces climbers to safety, basic climbing skills, and helps athletes feel comfortable and excited to climb with their peers. *Minimum of 3 Month Commitment.*

Climbers may only attend the day of the week the climber is enrolled in.

**Lightning Bolts (ages 8-14): Intermediate**

$190/month (membership and climbing equipment included)

Tuesdays 5:00-6:30pm and Fridays 5:00-6:30pm

The Lightning Bolts are a an entry level team for climbers who want to get psyched on climbing and the climbing community. Beginners to intermediate climbers will enjoy fun and recreational programing that introduces sport climbing with the basics of vertical movement through technique, games, and engagement for any climber who want to increase skills and enjoy rock climbing. *Minimum of 3 Month Commitment.*

Climbers may only attend the day of the week the climber is enrolled in.

***Little Sparks and Lightning Bolts Cancellation Policy:*** This monthly contract will remain in effect until High Altitude Fitness receives written notification 30 days prior to the monthly payments that occur on the 1st of the month. Please email notifications info@highaltitudefit.net for cancellations.

**Team Flash Training League (ages 8-18): Advanced & Competition Climbing Team**

$250/month (membership included)

Mondays, Wednesdays, and Thursdays 4:00-5:30pm

Team Flash Training League is a *6 month commitment* for advanced youth climbers who are driven and dedicated to train for climbing and want to advance their climbing skills. The team works on advanced movement, extensive physical training and preparation for competitions. Participation in at least 1 local USAC competition is encouraged.

* Does not included additional seasonal fees, USCA memberships or equipment
* Admission by team try-outs or Head Coach Approval

***Team Flash Training League Cancellation Policy:*** This is a year around team with a minimum 6 month commitment, the contract will remain in effect until High Altitude Fitness receives written notification 30 days prior to the monthly payments that occur on the 1st of each month. Please email notifications info@highaltitudefit.net for cancellations by the first on the month prior to the month you wish to cancel.

**Team- FLASH (ages 8-18): Competition Climbing Team**

$320/month (membership included)

Mondays, Wednesdays, and Thursdays 4:00-6:30pm

Team Flash is a *10 month commitment* for youth athletes dedicated to train for competitions on a National Level. This team specializes in competition training which includes individual goal setting for disciplines in bouldering, sport/top rope and lead with head coaches’ guidance. This program requires mandatory participation in all disciplines for qualifying events and championship events.

* Travel is required for competitions
* Does not included additional seasonal fees, USCA memberships or equipment
* Admission by team try-outs or Head Coach Approval

***Team Flash Cancellation Policy:*** This is a year around team with a minimum 10 month commitment, the contract will remain in effect until High Altitude Fitness receives written notification 30 days prior to the monthly payments that occur on the 1st of each month. Please email notifications info@highaltitudefit.net for cancellations by the first on the month prior to the month you wish to cancel.

If you have additional questions please reach out via email or phone (775) 831-4212

**Get Belay Certified**

Top Rope/Lead Belayers must be 14+ years of age. Top Rope/Lead Certifications required for anyone 14+ year. Climbers can be any age.

**HAF YOUTH CLIMBING CLUB DISCOUNTS**

Team High Altitude Fitness memberships receive 15% off regularly priced retail items. Discount not valid on chalk, climbing books, crash pads or, food retail or discounted/sale retail items.

**Youth Climbing Club Gym Policy and General Conduct**

1. On a members first visit to the HAF Climbing Gym, they will need to complete a liability waiver and present a government issued photo identification card. Waivers are available at the Front Desk and on our website. **For climbers under the age of 18:** All minors must have a waiver fully completed and signed by their legal guardian. *Please note: legal guardians must present proof of guardianship to sign a child’s waiver.*
2. Children under 16 years must be accompanied and supervised by an adult when participating in anything outside of scheduled climbing club practices. Children under 16 years of age are not approved to be using the equipment and are not allowed in the weight rooms, aerobics room, or cardio room. Children under 16 years must be actively monitored by their parent at all times while using the climbing facility.
3. Children between 14 - 18 years of age may use the dry saunas only if supervised by an adult.
4. Climbers must remove climbing shoes before entering lockers rooms/restrooms to prevent the spread of germs.
5. Children 16 and under cannot be unattended at any time.

**Team Flash Competitive League**

**Team Flash Participation Rules and Guidelines**

To be a part of Team Flash there are some key elements that must be adhered for the competitive team.

* Climbers must wear Team Flash uniforms at all competitions
* Team Flash climbers must join the USA climbing membership for each season
* Climbing membership as a competitor which can be purchased at: [http://www.usaclimbing.org](http://www.usaclimbing.org/)
* Climbers must participate in 1 USA climbing competition that are considered local – in their region for both boulder and ropes season
* If your climber wants to attend the Regional Championship, he or she must have participated in one local competition per season, and be registered as a USA Climbing Member.
* Any information about competition season can be found on the USA Climbing website: <https://usaclimbing.org/compete/region-21/> but a coach will send out an informational email before each competition to keep you updated.
* Competitor must attend no less than 2 practices per week
* Good behavior and coachability is encouraged on team
* Climbers can receive pro deals from La Sportiva, please get in touch with a coach to figure out how to receive a code to purchase through with the pro deal.
* Climbers must have their own climbing equipment: shoes, harness, and belay device. We sell these packages in the gym and the La Sportiva discount can be used to purchase shoes. If you are interested in this discount please let us know and we will let you know how to go about ordering shoes.
* Frequent absences that are not communicated and challenging behavior will lead to a discussion with parents and potential removal from team.

**USA Climbing**

http://www.usaclimbing.org

**USAC Registration**

USAC Youth Registration is pending. USA Climbing is EXTREMELY strict on this deadline. If you are new to USA Climbing, and have not registered before, here is the link: [USA CLIMBING REGISTRATION](http://www.usaclimbing.org/Members/Membership_Overview.htm)

<http://www.usaclimbing.org/Members/Membership_Overview.htm>

**USA Climbing Season Schedule**

Region: 201 (Northern California)

*The Schedule is yet to be determined. USA Climbing will update event schedules when events are finalized.*

**Category Breakdown for 2023/2024**

USA Climbing youth age categories for the season:

|  |  |
| --- | --- |
| **Category** | **Birth Year** |
|  Youth D | 2013 or later  |
|  Youth C | 2011 or 2012 |
|  Youth B | 2010 or 2009 |
|  Youth A | 2008 or 2007 |
|  Junior | 2006 or 2005  |

Youth D (≤11 years old)

Youth C (12-13 years old)

Youth B (14-15 years old)

Youth A (16-17 years old)

Junior (18-19 years old)
USA Climbing adult categories (16+)

|  |  |
| --- | --- |
| **Category** | **Ability Level** |
| Recreational | V0-V2 / 5.9 to 5.10+ |
| Intermediate | V3-V5 / 5.11 to 5.12 |
| Advanced | V6+ / 5.12+ |

**Pricing**

|  |  |
| --- | --- |
| Competitor Membership | **$105** |

**Championship Event Eligibility Requirements**

Youth Competitors are required to compete in a minimum of one USA Climbing sanctioned Youth local competitions, as a USA Climbing Competitor Member, in order to be eligible to compete in their Home USA Climbing Youth Regional Championship.