



USA CLIMBING

YOUTH FESTIVAL

June 24

June 25

9:00	Introduction to the Festival	Small Group Breakout
9:30	Small Group Breakout	Morning Warm Up
10:00	Circuit Session One	Circuit Session One
10:30		
11:00		
11:30		
12:00	Lunch	Lunch
12:30	Afternoon Warm-Up	Afternoon Warm-Up
13:00		
13:30	Circuit Session Two	Circuit Session Two
14:00		
14:30		
15:00	Daily Group Wrap Up	Daily Group Wrap Up
15:30		
16:00	Cool Down	Cool Down
16:30		

Circuit Sessions

<p>Set 1 Circuits</p> <ul style="list-style-type: none"> Goal setting Comp Moves & Strategy Mental toughness Practice comp boulders Volume Wall Circuits Movement Stations Speed Basics

<p>Set 2 Circuits</p> <ul style="list-style-type: none"> ISO strategy Warm up Strategy Comp style routes Circuit training Speed Sequences Speed training route Nutrition 'Fun'damentals
