



Date: June 24-25, 2023

Location: USA Climbing Training Center (440 W 800 S Salt Lake City, UT 84101)

About the Festival:

The Youth Festival consists of a combination of fun skills-based training and presentations/workshops for athletes and parents from experienced coaches, top climbers, industry leaders, and other experts. Spectators are not allowed during sessions; Activities at the gym will be for youth participants and Festival Coaches only. Simultaneous education sessions for parents will be occurring during youth sessions. The event will run from 9am-5pm, with a lunch break each day. The gym will be closed during the lunch break and participants are responsible for their own lunch.

Each day will begin at the USA Climbing Training Center. Additionally, each category will have the opportunity to climb on Top Rope at the Petzl North America Headquarters during one of the designated sessions. Shuttles will be provided for our Youth Festival Participants from the Training Center to Petzl and back during their assigned Top Rope session. Parents/guardians will be required to provide a signed waiver for Petzl and the Training Center at check-in on Saturday. These waivers will be sent directly to you via email and we will also have paper copies onsite.

Schedule:

June 24: Check-In begins at 8:30am; Sessions run from 9am-12pm; 2pm-5pm

June 25: Sessions run from 9am-12pm; 2pm-5pm

Please note that there is a lunch break each day. Lunch is not provided and no activities will run during this time as it allows our coaching staff to regroup and make adjustments as needed. If you are not available to come back and take your child to lunch, please email events@usaclimbing.org so we can make an accommodation. Any participants that stay with us for lunch will need to bring their own lunch.

Coaching Staff:

Head Coaches

Jacob Bach
Zoe Sayetta

Assistant Coaches

Tyler Williams
Tuesday Kirby Kahl
Jess Malloy
Sarah Richardson
Sashia Pelaez
Francesca Foglino

Apprentice Coaches

Elaine Booth
David Reis
Amanda Foote
Jackson Wetherill
Ashlee Crewe
Hunter Compos
Bryce Sanderson

Intern Coaches

Carly Snidow
Alexa Scheher
Tara Buckner

Parent Presentations:

Parent Presentations will consist of a variety of topics and take place at an adjacent building in the USA Climbing Offices. These sessions are optional, but parents/guardians will not be allowed inside the climbing sessions.

- **Parent Session I – Saturday @ 10am:** *Nutrition for Climbers: What Climbing Parents Should Know* by Marisa Michael, MSc/RD/CSSD
- **Parent Session II – Saturday @ 2:15pm:** *Cultivating Confidence in Youth Climbers* by Zoe Sayetta, M.S.
- **Parent Session III – Saturday @ 3:30pm:** *Behind the Scenes of Route Setting* by Blake Green, Level 4 USAC Routesetter
- **Parent Session IV – Sunday @ 10am:** *Q&A with USA Climbing President and CEO Marc Norman*

What to Bring:

Each participant should wear comfortable clothes and bring their climbing equipment (climbing shoes, chalk bag, harness, etc.) as well as a water bottle. Please note: Salt Lake City at the end of June can get very warm. Additionally, Salt Lake City sits at an elevation of 4200 feet, so staying cool and hydrated is very important!