



Date: June 22-23, 2024

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.

Please note: It will be very hot and some activities will take place outside. While we will do our best to ensure climbers do not spend significant time in the heat, please make sure they come prepared with sunscreen and any other sun protection they use. Additionally, Salt Lake City sits at an elevation of 4200 feet, so staying cool and hydrated is very important!

Eligibility:

All C & D category climbers who qualify for and compete at either Bouldering or Lead/TR Regional Championships will be eligible to attend the Festival; Youth C's that are participating in Youth Nationals can participate in the Festival.

There are 150 spots available on a first come, first serve basis. Registration will open May 15, 2024 at 6pm MT and close June 21, 2024 at 12pm MT, or when the event is at capacity. The registration fee for the Youth Festival is \$250.

Schedule:

June 22: Check-In begins at 8:30am; Sessions run from 9am-12pm; 2pm-5pm

June 23: 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.

Event Staff:

USA Climbing Staff

Rebecca Ingraham, Education Manager

Mason Sorey, Youth Series Manager

Coaching Staff:

Jacob Bach, Head Coach

Zoe Sayetta, Head Coach

Ashlee Crewe, Assistant Coach

Matt DeStefano, Assistant Coach

Janell Thurnauer, Assistant Coach

Parker Clair, Apprentice Coach

Hunter Compos, Apprentice Coach

Adalea Khoo, Apprentice Coach

Malik Moe, Apprentice Coach

Erin Rast, Apprentice Coach

Brett Wingerter, Apprentice Coach

Kate Friedl, Intern Coach

Josh Greenbaum, Intern Coach

Mitch Grosam, Intern Coach

Alexa Schehrer, Intern Coach

Lucy Shea, Intern Coach

Raiden Voght, Intern Coach

Head Routesetting Staff:

Abby Wilson, Head Routesetter

Sarah Bucknam, Assistant Routesetter

Henry Davis, Apprentice Routesetter

Vini Campos, Apprentice Routesetter

Parent Presentations:

Parent Presentations will consist of a variety of topics and take place one block north of the Training Center at the Industry building (650 S 500 W). These sessions are optional, but parents/guardians will not be allowed inside the climbing sessions.

Schedule:

Saturday, 9:30am: Anxiety Management for Youth Athletes

Presented by Tony Kemmochi, PsyD

Saturday, 10:45am: *Nutrition for Athletes*
Presented by Alex Krause, MS, RDN, CD

Saturday, 2:15pm: *Cultivating Confident: Supporting Your Competitive Climber*
Presented by Zoe Sayetta, M.S.

Saturday, 3:30pm: *Routesetting for Youth Climbers*
Presented by Sarah Bucknam

Sunday, 9:15am: *Finger Injuries (Growth Plate Fractures) in Youth Climbers*
Presented by Matt DeStefano, PT, DPT

Sunday, 10:30am: *Creating Climbers for Life: Training for Youth C/D Athletes*
Presented by Erin Rast

What to Bring:

Each participant should wear comfortable clothes, shoes, and bring their climbing equipment (climbing shoes, chalk bag, harness, etc.) as well as a water bottle. Athletes will not be allowed to walk around the Training Center barefoot. Please ensure they have shoes (we recommend easy on and off shoes like flip flops, sandals, crocs, etc.) if they do not want to walk around in climbing shoes.