



HANDBOOK

Revised August 2024

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MISSION STATEMENT

The WHSCL provides a fun and welcoming environment, encourages an active lifestyle, builds social bonds, and promotes a love for the sport of rock climbing to high school students across the state of Wisconsin through competitions and weekly practices.



Fun and Welcoming Environment

The WHSCL has been and always will be a welcoming environment for all Wisconsin high school students, regardless of any race, religion, political belief, social status, gender, sexuality, or ability. This environment is created by the collective of coaches in the league and through each and every student.

Active Lifestyle

Physical fitness is key to climbing and demands a certain level of dedication. Since each student climbs at a different difficulty, they are encouraged to find an individualized exercise plan that matches their goals. Ideally, this plan evolves into a healthy, active lifestyle.

Social Bonding

The fun and welcoming environment created by each team should organically lead to building social bonds. Our goal is to not only bring students together to be teammates but to also be friends. Climbing, although thought of as an individual sport, is a team activity. Students will need to rely on each other on and off the wall.

Love for Rock Climbing

Rock Climbing is not only a sport but also a lifelong activity. Students are encouraged to discover what they love about climbing to promote lifelong participation. While some students prefer top-rope climbing, others will prefer bouldering. No matter what "flavor" appeals to each student, our desire is to foster the enjoyment for the sport, as a whole.

INTRODUCTION

The Wisconsin High School Climbing League (WHSCl) was started by Adventure Rock in the Fall of 2008, with five schools and approximately 100 students. In 2023 the league expanded to Odyssey Climbing + Fitness, adding two more teams from northern Wisconsin. Today, the WHSCl includes over 500 high school students from 30 different schools, and it continues to grow.



A high school climbing team can impact students in many ways. While offering an alternative option to conventional sports, climbing allows students to form bonds with their peers and stay active while working through problems and participating in healthy competition. Geared specifically toward high school students, the WHSCl caters to climbers of all ability levels.



All students receive training in belaying and knot tying, technique and movement, and bouldering through their weekly two-hour practice. They are then presented with opportunities to compete, attend community building events, and further their climbing skills through clinics. While some students find their passion in training for competitions, others find joy in simply being a part of a climbing community at their team's weekly practice.

WHSCS OVERVIEW

What to Expect

- Weekly two-hour team practice
- Instruction in knot tying, belaying, & basic climbing technique
- Top Rope and Bouldering competitions
- WHSCS fun & community building events
- Unlimited access to the gym with Membership
- Clinics offered at an additional cost to students interested in learning more advanced climbing techniques

Competition Schedule

Division Placement Scrimmage

November 18th—22nd | AR Milwaukee

December 2nd—6th | AR Brookfield

Comp #1 | December 14th | AR Milwaukee | Top Rope

Comp #2 | January 18th | Odyssey | Bouldering

Comp #3 | February 8th | AR Walker's Point | Bouldering

Comp #4 | March 1st | AR Brookfield | Top Rope

Comp #5 | April 12th | AR Milwaukee | STATE FINALS*

*must compete in at least two competitions to qualify for state finals

Divisions

Top Rope

Division 1 | 5.8

Division 2 | 5.9

Division 3 | 5.10

Division 4 | 5.11 & Up

Bouldering

Division 1 | V0 (Pink)

Division 2 | V1 (Blue)

Division 3 | V2 (Blue)

Division 4 | V3 & Up (Green, White, Red, Black)

Cost

Membership | \$67/month

Gear Rental | \$25/month

Competitions | \$10/comp

Day Pass | \$20/person

Day Pass w/ Gear | \$25/person

Lizzy@adventurerock.com
262.790.6800 ext. 105

ADROCK

CURRENT TEAMS & COACHES (1/4)



APPLETON NORTH

Practice | Odyssey Climbing + Fitness
Coach | TBD



APPLETON WEST

Practice | Odyssey Climbing + Fitness
Coach | TBD



ARROWHEAD

Practice | Adventure Rock Brookfield
Coach | TBD



BAY PORT

Practice | Odyssey Climbing + Fitness
Coach | Abigail Englebert | aenglebert@depere.k12.wi.us



BROOKFIELD ACADEMY

Practice | Adventure Rock Brookfield
Coach | Dave Reiner | dave.reiner@brookfieldacademy.org
Coach | Trevor Russell | trevor.russell@brookfieldacademy.org



BROOKFIELD CENTRAL

Practice | Adventure Rock Brookfield
Coach | TBD



BROOKFIELD EAST

Practice | Adventure Rock Brookfield
Coach | Riley Brewer | brewerr@elmbrookschoools.org



BURLINGTON

Practice | Climb at the Loop
Coach | TBD



CHILTON

Practice | Odyssey Climbing + Fitness
Coach | TBD

CURRENT TEAMS & COACHES (2/4)

DE PERE

Practice | Odyssey Climbing + Fitness
Coach | Vicki Quinn | vickquin@hssdschools.org

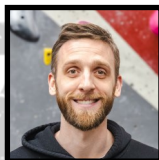


DIVINE SAVIOR HOLY ANGLES (DSHA) & MARQUETTE UNIVERSITY HIGH SCHOOL (MUHS)

Practice | Adventure Rock Milwaukee
Coach | Peter Beck | beck@muhs.edu

DOMINICAN

Practice | Adventure Rock Milwaukee
Coach | Patrick Linn | patjlinn@gmail.com



FOND DU LAC

Practice | Fond Du Lac High School
Coach | Linda Diedrich | diedrichl@fonddulac.k12.wi.us
Coach | Rayelle Diedrich | diedrichr@fonddulac.k12.wi.us

GREEN BAY SOUTHWEST

Practice | Odyssey Climbing + Fitness
Coach | TBD

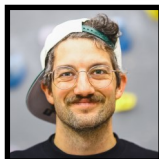


GREEN BAY WEST

Practice | Odyssey Climbing + Fitness
Coach | TBD

HERITAGE CHRISTIAN SCHOOLS

Practice | Adventure Rock Brookfield
Coach | Calvin Peronto | cperonto@hcsmail.org



HOME SCHOOL

Practice | Adventure Rock
Coach | Nick Olig | n.f.olig@gmail.com
Assistant Coach | Gavin Olig | gavinolig15@gmail.com

KETTLE MORAIN

Practice | Adventure Rock Brookfield
Coach | Andy Cassini | cassinia@kmsd.edu
Assistant Coach | David Wentworth



CURRENT TEAMS & COACHES (3/4)



LITTLE CHUTE

Practice | Odyssey Climbing + Fitness
Coach | TBD

MEMOMONEE FALLS

Practice | Adventure Rock Brookfield
Coach | Lucy DeLain | delaluc@sdmfschools.org

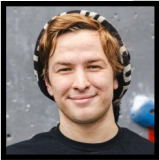


MILWAUKEE SCHOOL OF LANGUAGES

Practice | Adventure Rock Walker's Point
Coach | Hunter Resler | reslerhm@milwaukee.k12.wi.us
Coach | Ellen He | hey@milwaukee.k12.wi.us

MUKWONAGO

Practice | Adventure Rock Brookfield
Amy Press | pressam@masd.k12.wi.us
Jocelyn Loehe | loehejo@masd.k12.wi.us
Sam Salinas



NATHAN HALE

Practice | Adventure Rock Milwaukee
Coach | Scott Binder | binders@wawmsd.org

NEW LONDON

Practice | New London High School | Odyssey Climbing + Fitness
Coach | Tiffany Schulz | tschulz@newlondon.k12.wi.us



OCONOMOWOC

Practice | Adventure Rock Brookfield
Coach | Kristi Staus | stausk@oasd.org
Coach | Abigail Cridelich | cridelicha@oasd.org

PEWAUKEE

Practice | Adventure Rock Brookfield
Coach | James Sevens | sevej@pewaukeeschools.org
Coach | Nadine Sevens | sevenad@pewaukeeschools.org



RONALD REAGAN

Practice Location | Adventure Rock Walker's Point
Coach | TBD

CURRENT TEAMS & COACHES (4/4)

RUFUS KING

Practice | Adventure Rock Milwaukee
 Tory Kress (left) | tory.kress@gmail.com
 Hannah Murphy | hrmurphy@uwm.edu
 Vicente Delgado



SUSSEX HAMILTON

Practice | Adventure Rock Brookfield
 Coach | Molly Dederich | dedemo@hamilton.k12.wi.us

UNIVERSITY SCHOOL OF MILWAUKEE (USM)

Practice | Adventure Rock Milwaukee
 Coach | Dr. Sun Lee | slee@usm.org

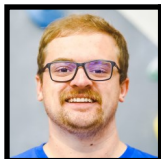


WAUKESHA NORTH

Practice | Adventure Rock Brookfield
 Coach | TBD

WAUKESHA SOUTH

Practice | Adventure Rock Brookfield
 Coach | Codey Gallas | cgallas@waukesha.k12.wi.us

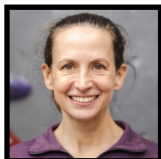


WAUKESHA WEST

Practice | Adventure Rock Brookfield
 Coach | Mitchell Mueller | mitchellmlr5@gmail.com
 Coach | Kat Enderby | kenderby@waukesha.k12.wi.us

WAUWATOSA EAST & WAUWATOSA WEST

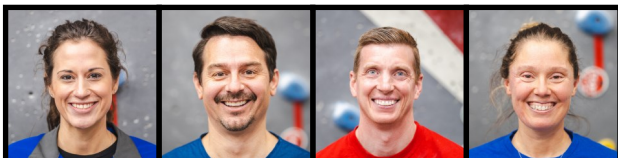
Practice | Adventure Rock Milwaukee
 Coach | Noah Manke | mankeno@wauwatosa.k12.wi.us
 Coach | Sean Hickey | hickeyse@wauwatosa.k12.wi.us



WHITEFISH BAY

Practice | Adventure Rock Milwaukee
 Coach | Maureen Atwell | atwell@gmail.com

WISCONSIN LUTHERAN
 P. | Adventure Rock Milwaukee
 Rachel Rosenberg
 Rachel.rosenberg@wlhs.org
 Tim Meister, Mical Schaffer,
 & Bekah Schaffer



LEAGUE GUIDELINES

1. STUDENT ATHLETES

a) Student Athlete Eligibility

- i) Student Athletes must be current high school students in the state of Wisconsin.
- ii) Students not yet in high school may practice with a team but may not compete in WHSCL competitions.
- iii) Student Athletes are not required to compete or participate in competitions in order to be part of the WHSCL

b) Student Athlete Fees

- i) Student Athletes must pay for either a day pass or a membership to use the climbing gym(s).
- ii) If gear is needed, student athletes must purchase their own gear or pay for rental gear.
- iii) Student Athletes must pay the competition fee, on top of their membership or day pass, to compete.

c) Student Athlete Team Affiliation

- i) If the student attends a school with a team in the WHSCL, they should practice with their school's team; however, it is not required.
- ii) If a student stops attending a particular school at any time (i.e. moves or transfers), they are welcome to:
 - 1) continue to practice with their original team; or
 - 2) practice with their new school's team; or
 - 3) start a team at their new school, if their school does not have one.
- iii) High school students from any school in Wisconsin may practice with any team in the WHSCL; however, during competitions:
 - 1) the Student Athlete will compete under the name of the school they currently attend; and
 - 2) the Student Athlete's team points will go toward the school they currently attend.

LEAGUE GUIDELINES

2. TEAMS

a) Team Eligibility

- i) In order for a team to exist in the WHSCL, it must have:
 - 1) Permission from the school to start a team, conduct weekly practices, and participate in competitions; and
 - 2) at least one Faculty Leader or Coach; and
 - 3) at least one Student Leader
- ii) It is recommended that each team recruit and maintain at least ten (10) student athletes at all times.

b) Practice Requirements

- i) Teams must schedule one weekly practice, to be held on the same day of the week, at the same time, and same location each week.
 - 1) If a team would like to hold regular practices more than one time per week, it must be pre-approved by the WHSCL Director at the beginning of the season.
 - 2) If a team would like to hold a pop-up practice on a different day, time, or location, it must be pre-approved by the WHSCL Director at least two weeks in advance.
- ii) Each practice needs to be attended by at least one Faculty Leader/Coach.
 - 1) If the appointed Faculty Leader/Coach cannot attend a practice, another adult (i.e. parent or community member) may attend in their place and will be given a free day pass with gear for practice.
 - 2) If the appointed Faculty Leader/Coach cannot attend a practice and another adult cannot attend, practice must be cancelled.
- iii) Any change to the practice schedule or attending coach should be communicated to the WHSCL Director as soon as possible

LEAGUE GUIDELINES

3. FACULTY LEADERS / COACHES

a) Faculty Leader/Coach Eligibility

- i) Faculty Leaders/Coaches must be at least 18 years or older and may not currently be attending high school.
- ii) It is preferred that each team have a faculty member from the team's school as a coach but will allow another adult (i.e. a parent or community member) to coach if a faculty member is not available, as long as it abides by school policy.
- iii) Climbing experience is encouraged but not required.

b) Faculty Leader/Coach Requirements

- i) Faculty Leaders/Coaches are required to:
 - 1) attend all weekly team practices; and
 - 2) attend any events deemed mandatory by the WHSCL Director throughout the year, including but not limited to the Pre-Season Coaches' Meeting and any Coaches' Clinics; and
 - 3) attend all competitions in which at least one of their students is competing; and
 - 4) commit to coaching for at least one whole year.
- ii) Faculty Leaders/Coaches must remain in communication with the WHSCL Director throughout the year.
- iii) Faculty Leaders/Coaches must meet all requirements set by the school.

c) Faculty Leader/Coach Benefits

- i) Each team is eligible for free annual family memberships for Faculty Leaders/Coaches, based on the following guidelines:
 - 1) 1—15 student athletes — ONE family membership
 - 2) 16—24 student athletes — TWO family memberships
 - 3) 25—34 student athletes — THREE family memberships
 - 4) 35—44 student athletes — FOUR family memberships
 - 5) 45—54 student athletes — FIVE family memberships
 - 6) 55—64 student athletes — SIX family memberships
- ii) Faculty Leaders/Coaches receive free admission to all WHSCL clinics and events, including but not limited to Yoga Clinics, Lead Climbing Clinics, and WHSCL End of Year Celebrations.

WHSCl FACULTY LEADER CONTRACT

I, _____ from _____ High School, accept and understand the responsibilities of the Faculty Leader role as they are presented. I understand that failure to meet these responsibilities will result in termination of my role as Faculty Leader and the benefits associated.

START UP:

Implement a team

- Communicate with the WHSCl Director
- Recruit participants, including a Student Leader
- Complete and file required paperwork from school

Schedule and lead promotional events with Student Leader

- Free Portable Wall Event
- Informational meeting at school
- Free Day at Adventure Rock

INITIAL: _____

RESPONSIBILITIES

SEASON RESPONSIBILITIES:

Attend weekly practices

- Lead team through climbing related activities
- Facilitate warm ups and cool downs
- Review skills taught by Climbing Wall Instructors
- Prepare students for competitions

Attend all competitions

Read weekly updates sent by WHSCl Director and relay information to team

- Upcoming events & clinics
- Competitions & registration deadlines
- Practice reminders & cancellations

Keep current with Adventure Rock events

Promote a healthy, inclusive environment for all students

INITIAL: _____

BENEFITS

FREE annual family membership & gear rental

Name & picture listed on WHSCl website page

Free climbing clinics for WHSCl

INITIAL: _____

**NAME
(PRINTED)** _____

SIGNATURE: _____

DATE: _____

LEAGUE GUIDELINES

4. STUDENT LEADERS

a) Student Leader Eligibility

- i) Student Leaders must be in high school, currently attending the school the team represents.
- ii) Student Leaders should be in good academic standing and hold a balanced schedule.
- iii) Climbing experience is encouraged but not required.

b) Student Leader Requirements

- i) Student Leaders are required to:
 - 1) attend all weekly team practices, unless excused by coach; and
 - 2) attend any events deemed mandatory by the WHSCL Director throughout the year; and
 - 3) attend all competitions; and
 - 4) commit to the Student Leader role for at least one whole academic year.
- ii) Student Leaders must remain in communication with their Faculty Leader/Coach and team throughout the year.
- iii) Student Leaders must assist their Faculty Leader/Coach in starting the team, running weekly practices, and maintaining a healthy team culture.

c) Student Leader Benefits

- i) Each team is eligible for 50% discounted memberships for Student Leaders, based on the following guidelines:
 - 1) 1—15 student athletes — ONE 50% off membership
 - 2) 16—24 student athletes — TWO 50% off memberships
 - 3) 25—34 student athletes — THREE 50% off memberships
 - 4) 35—44 student athletes — FOUR 50% off memberships
 - 5) 45—54 student athletes — FIVE 50% off memberships
 - 6) 55—64 student athletes — SIX 50% off memberships
- ii) Student Leaders receive free admission to all WHSCL clinics and events, including but not limited to Yoga Clinics, Lead Climbing Clinics, and WHSCL End of Year Celebrations.

WHSCS STUDENT LEADER CONTRACT

I, _____ from _____ High School, accept and understand the responsibilities of the Student Leader role as they are presented. I understand that failure to meet these responsibilities will result in termination of my role as Student Leader and the benefits associated.

RESPONSIBILITIES

START UP:

Assist Faculty Leader in implementing and promoting team

- Complete and file required paperwork from school
- Hang posters at school, handout fliers, school announcements, etc.

Attend and participate in promotional events

- Free Portable Wall Event
- Informational meeting at school
- Free Day at Adventure Rock

INITIAL: _____

SEASON RESPONSIBILITIES:

Attend weekly practices

- Lead team through climbing related activities
- Facilitate warm ups and cool downs
- Review skills taught by Climbing Wall Instructors
- Assist faculty leader with comp preparation

Attend all competitions

Remain in constant communication with team

- Create team social media page and/or email group to update team
 - Upcoming events & clinics
 - Competitions & registration deadlines
 - Practice reminders & cancellations

INITIAL: _____

BENEFITS

50% off membership & gear rental

Name listed on WHSCL website page

Leadership role to be listed on college applications

Free climbing clinics for WHSCL

INITIAL: _____

STUDENT

SIGNATURE: _____

DATE: _____

FACILITY

SIGNATURE: _____

DATE: _____

LEAGUE GUIDELINES

5. VOLUNTEER JUDGES

a) Volunteer Judge Eligibility

- i) Volunteer Judges must be 14 years of age or older.
- ii) Volunteer Judges may not be competing or registered to compete in the competition they are volunteering for.
- iii) Volunteer Judges for each competition must be available for the entire competition, from the start of the Volunteer Orientation to the end of Finals.
- iv) Volunteer Judges must review all volunteer material prior to arriving for the Volunteer Orientation on the day of the competition.
- v) Climbing experience is encouraged but not required.

b) Volunteer Recruitment Requirements

- i) Each team must provide Volunteer Judges for each competitions, based on their total number of Student Athletes (not the number of competitors registered for a particular competition):
 - 1) 1—15 student athletes — ONE Volunteer Judge per competition
 - 2) 16—24 student athletes — TWO Volunteer Judges per competition
 - 3) 25—34 student athletes — THREE Volunteer Judges per competition
 - 4) 35—44 student athletes — FOUR Volunteer Judges per competition
 - 5) 45—54 student athletes — FIVE Volunteer Judges per competition
 - 6) 55—64 student athletes — SIX Volunteer Judges per competition
- ii) If a team is unable to provide the required Volunteer Judges for a competition, they may forfeit their right to compete in said competition.