

ARCT & COMP TEAM TRYOUTS

2018-2019 Season

A letter from the coaches

Hello Adventure Rock Climbing Team athletes and parents/guardians,

We hope you are all having a wonderful summer! We are just as excited about this upcoming season as you all are. All team members wanting to participate in ARCT (Y) & (T) Team or Competition Team are required to participate in one of the two tryouts being held. We want to make sure that each member of the climbing team is adequately challenged and able to commit to their program. Please read the following information carefully. Additionally, please look at the Team Information Packet attached.

Tryout Locations:

There will be two separate locations for tryouts. It does not matter which location you attend. Your tryout location is not indicative of which team you are on nor does it dictate which gym you will be able to attend practice.

Milwaukee Gym Information:

- Address: 2220 N Commerce St, Milwaukee, WI 53212
- Date and time: Monday, August 13th, 2018, from 6:30-8:30pm
- Location: the multipurpose room to the left of the desk.

Brookfield Gym Information:

- Address: 21250 W Capitol Dr, Brookfield, WI 53072
- Date and time: Tuesday, August 14th, 2018, from 6:30-8:30pm
- Location: the multipurpose room in the back of the gym.

The athletes can expect to warm up as a team and be run through a normal practice that will test their readiness.

ARCT (Y) & (T) Team tryouts will assess the following:

- Figure 8 follow-through knot with backup
- Proficient top-rope belay procedure (prepared for any weight difference, within reason); Double-check of partner before every climb
- Consistent communication with coaches and teammates
- Responsiveness to direction; maintaining an open mind
- General climbing knowledge
- Fluency of basic rock climbing language
- Punctuality - being on time and prepared

Competition Team Tryouts will assess the following:

- Ability to climb at a grade necessary to compete at the divisional level
- Proficiency in both lead climbing and lead belaying (Youth-B and up)
- Awareness of risks and ability to manage them
- Consistent communication with coaches and teammates
- Responsiveness to direction; maintaining an open mind
- Drive for improvement
- Commitment to a schedule (required minimum 3 days/week)
- Punctuality - being on time and prepared

This is an all encompassing tryout. Bring all your gear, your best attitudes, and those smiling, goofy faces we have missed so much this summer.

Please let us know if anything seems unclear. You can email us back with any questions and/or talk with us during the tryout dates.

See you soon,
Mary

E-mail

Mary Creegan- Mary@adventurerock.com