

BMC Climbing Coach Symposium 2016



Event Programme

Learn, Develop, Inspire



Programme Information

Dates

22nd - 23rd October

Venue

The Depot Climbing Centre
N1/N2, Central Park Estate
14 Mosley Rd,
Stratford
Manchester
M17 1PG
www.theclimbingdepot.co.uk

Parking

The Depot Climbing Centre has limited parking within their designated car park. There is additional parking along Mosley Road.

Evening

During the Saturday night we invite you to attend a social evening at Victoria Warehouse from 8:00pm

Accommodation Partner

Victoria Warehouse
Trafford Wharf Rd
Stratford
Manchester
M17 1AB
<http://victoriawarehouse.com/hotel/>

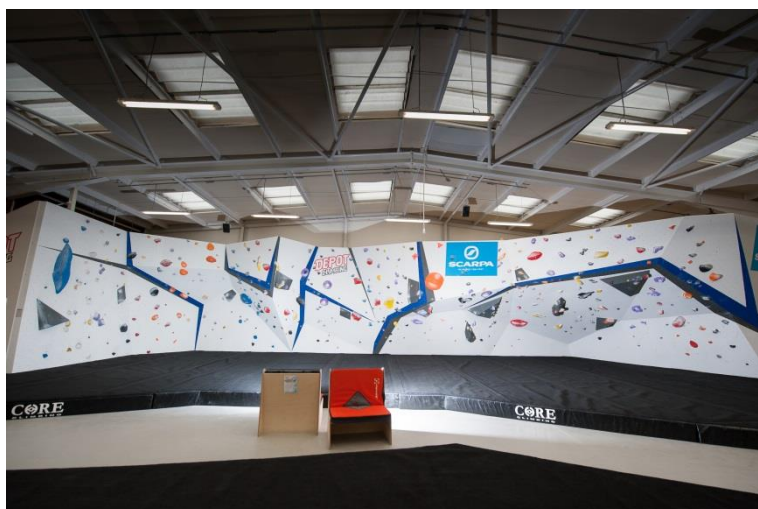
Quote: ClimbingCoachSymposium
Limited Availability

Refreshments & Lunch

Lunch will be provided for all delegates at the venue. A grab bag of your choice will be available for collection following a pre-order at the time of booking.

Dress Code

Appropriate clothing for climbing.



Introduction

Welcome to Manchester and the BMC Climbing Coach Symposium hosted by The Climbing Depot.

On a worldwide scale, climbing is experiencing a real boom, both in terms of participation and ever increasing performance levels at the top of the sport. As coaches, we now find ourselves working with increasingly diverse populations, facing heightened demands from many quarters.

New technologies provide greater accessibility to information and visibility to a global community. In this environment coaches have a responsibility to improve and expand their own capabilities to meet the needs of their athletes.

We aim to create an inspiring weekend using cutting edge knowledge, research and practices, brought to you by some of climbing's most forward-thinking coaches from the UK and abroad.

The symposium is about raising the bar and sharing knowledge. Our programme is diverse but well structured, allowing coaches to access all practical workshops, live lab and seminar sessions.

We hope that you enjoy a stimulating weekend, and share your experiences with our growing coaching community.



Tom Greenall - Event Organiser



Jon Garside - BMC Training Officer

Climbing Coach Symposium - Day 1

Time	A	B	C	D
9:00am	Opening Introduction to the Event - Tom Greenall - Vision of the Future			
9:30am	Opening Keynote Talk - Shauna Coxsey - Why is coaching important?			
10:00am	Workshop 1 Kris Peters Physical Training	Workshop 2 Udo Neuman Movement	Seminar 1 Mark Glennie	Seminar 2 Performance Consultants
10:45am			Break	
11:00am			Workshop 3 Mina Leslie-Wujastyk Flexibility	Workshop 4 Vikki Hadnett Developing Robustness
11:45am	Break			
12:00pm	Seminar 1 Mark Glennie	Seminar 2 Performance Consultants		
12:45pm	Break			
1:15pm	Guest Talk - Martin Chester - The Coaching Journey			
2:00pm	Workshop 3 Mina Leslie-Wujastyk Flexibility	Workshop 4 Vikki Hadnett Developing Robustness	Seminar Session 2 Performance Consultants	Seminar Session 1 Mark Glennie
2:45pm			Break	
3:00pm			Workshop 1 Kris Peters Physical Training	Workshop 2 Udo Neuman Movement
3:45pm	Break			
4:00pm	Seminar Session 2 Performance Consultants	Seminar Session 1 Mark Glennie		
4:45pm	Break			
5:00pm	Guest Talk - Panel Discussion			
5:30pm	Close			

Climbing Coach Symposium - Day 2

Time	A	B	C	D
9:00am	Opening Briefing			
9:30am	Opening Keynote Talk – Udo Newman			
10:00am	Workshop 2 Udo Neuman Movement	Workshop 1 Kris Peters Physical Training	Seminar 3 Luke Jenkinson	Seminar 4 Lattice Training
10:45am			Break	
11:00am			Workshop 4 Vikki Hadnett Developing Robustness	Workshop 3 Mina Leslie-Wujastyk Flexibility
11:45am	Break			
12:00pm	Seminar 3 Luke Jenkinson	Seminar 4 Lattice Training		
12:45pm	Break			
1:15pm	Guest Talk – James Mitchell – Observational Track Patterns			
2:00pm	Workshop 4 Vikki Hadnett Developing Robustness	Workshop 3 Mina Leslie-Wujastyk Flexibility	Seminar 4 Lattice Training	Seminar 3 Luke Jenkinson
2:45pm			Break	
3:00pm			Workshop 2 Udo Neuman Movement	Workshop 1 Kris Peters Physical Training
3:45pm	Break			
4:00pm	Seminar 4 Lattice Training	Seminar 3 Luke Jenkinson		
4:45pm	Break			
5:00pm	Guest Talk – Ellie Howard - LTAD for Climbing			
5:30pm	Close			

Speaker Biographies

Udo Neumann

Udo Neumann has been climbing since 1982 having previously been involved with other sports such as whitewater kayaking and circus skills. Since 2009, he has coached the Boulder squad of the German Alpine Association (DAV), which, among other athletes has included Juliane Wurm (Boulder World Champion 2014) Jan Hojer and Jonas Baumann. Udo is also an active filmmaker and writer.

Kris Peters

Kris started out with a desire to coach professional football players, and this was his focus during much of his education. Shortly following his internship in Miami, FL he discovered climbing and fell in love with it. His career continued to build with a move out to Boulder where he ended up working with athletes at Movement Climbing and Fitness. He quickly recognized the need for proper training among elite climbers and has since then continued to try to integrate this into the climbing world.

From 2012 to 2015, Kris teamed up with prodigious climber, Justen Sjong, to create Team of 2, and together they host group and individual training programs at climbing gyms around the country. Kris currently trains people across the USA, and online across the world. He's an incredibly hard worker, and dedicated to climbers' success.

Tom Randall

Tom has been a climber for 17 years, following a varied coaching introduction via both martial arts and climbing. Active in all rock climbing disciplines Tom has achieved high standards up to V13, F8c+ and E10. His career in climbing coaching started as manager of the GB Climbing Team and later as coach for the Junior GB Team. Whilst doing this, he started to develop a performance assessment method using The Lattice Board and has now worked with elite level climbers from around the world for 7 years. He co-developed and delivers Physical Training courses for the BMC.

Mark Glennie

Mark is a GB Climbing Team Coach and a regular face on the international competition circuit. Based at the Climbing Hangar in Liverpool, Mark is the personal coach to 2016 World Cup Bouldering Champion Shauna Coxsey. Originally a competitive runner, Mark's upbringing in elite sport directly influences his coaching practices and philosophy. He has been instrumental in the meteoric rise in performance of the GB Climbing Team over the 2016 season with his quiet insistence on "Head first, body second" approach to performance and coaching. With his infectious enthusiasm for development and knowledge, Mark is a real driving force behind elite level climbing in the UK.

Mina Leslie-Wujastyk

Mina is one of the UK's leading female climbers, a brand ambassador for Arc'teryx and Yoga teacher. After completing her Bsc (Hons) in Physiotherapy Mina pursued her career as a professional climber, a journey which took her all over the world. Amongst her achievements she has become the first British female to climb 8c in the UK, climbed V12 boulders and competed internationally for the GB climbing team.

Victoria Hadnett

As a doctor of Sport Psychology and Motor Control, Vikki merges the two disciplines to give a better understanding of training adaptations and consequences. Vikki specialises within anxiety and specific training environments in order to combat the negative effects anxiety can have on performance. Vikki is a qualified Sport and Exercise Scientist (Psychology) and has provided sport psychology support for a number of GB teams and athletes representing GB in the Commonwealth Games.

Shauna Coxsey

Shauna needs little introduction. The most successful British competition climber in history, Shauna is an inspiring talent on the international circuit. Away from the comp season she has also climbed up to V14 on rock and 8b sport routes. Shauna is also hugely active within the climbing community as organiser of the Women's Climbing Symposium, BMC Ambassador and trustee of the charity Climbers Against Cancer.

Luke Jenkinson

Luke began his professional career working in banking and in turn left this to pursue a career as in sports science. He has 10 years' experience as a Strength and Conditioning / athletic development coach working primarily with young people. Over the years Luke has also grown his experience of working with a range of team and individual sports. However, his primary work has been as Lead Academy Strength and Conditioning Coach at Sheffield United Football Club. He has coached youth athletes in a range of countries including the USA, Norway and India and this has taught him some fundamental similarities and differences.

Ollie Torr

Ollie has climbed for over 10 years and competed in many sports including gymnastics at an international level. His long term fascination with sport led him to gaining a first class BSc in Sport Science and a qualification in personal training. During his degree he began training athletes in several sports up to an elite level. Since then, Ollie has focussed solely on climbers. Currently Ollie's time is spent developing Lattice Training with Tom Randall where they aim to scientifically dissect the attributes of climbing performance and make the findings useful to their clients.

James Mitchell

Over the last 18 years, James' career has centred on Outdoor Education. In the last decade he has been privileged to work on a number of Outdoor Education programmes within further and higher education. His current role is as lecturer on the FdA Outdoor Leadership programme at the University of Derby, allowing him to focus his attention on the practical skills and knowledge which underpin effective instruction, leadership and coaching.

His role within the University gives him a fantastic opportunity to engage in research to extend the current body of knowledge around climbing coaching. Above all, James aims to undertake research which is practitioner focused, providing real and practical applications.

Ellie Howard

Ellie is a GB Climbing Team manager and coach and has recently gained a first class degree in Sport and Exercise science. She has been coaching climbing for 11 years and works with climbers at all levels from fundamentals to World Class Junior and Senior athletes. Her coaching focuses on the subtlety of climbing movement and technique along with a firm belief in the importance of physical and mental preparation for sport. Ellie is continually developing her knowledge with regards to the latest research and coaching theory and hopes to use this knowledge to drive forward the development of world class coaching in the UK.

Tom Parkington

Tom is a Sport Scientist for the Centre of Sport and Exercise Science at Sheffield Hallam University. Currently studying for his Phd in Physiology, Tom's vision to provide support for climbers came in 2015 when he started Climbing Performance Consultants (CPC). A programme developed specifically for the strength and conditioning development of climbers. CPC now works with a range of athletes from elite level performers to passionate climbers,

Martin Chester

Martin Chester grew up racing kayaks to a high level, and has explored the coaching process as both a coach and an athlete over a number of decades. Now a Mountain Guide and a Level 5 kayak coach, Martin has been translating coaching know-how from a competitive to recreational setting and between different sports throughout his 25 years of adventure sports coaching. Until recently Martin was the Director of Training at Plas y Brenin National Mountain Centre. He is the Coaching Development Officer for Mountain Training, and led on the technical & tactical BMC talent profiling work.

Contacting Us

If you have any questions or enquiries about the event then please don't hesitate to get in touch with the team.

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