

BMC Coaching Symposium

13 – 14 September 2014, Plas y Brenin & The Beacon Climbing Centre

Supported by **Sport England**

SATURDAY 13 September 2014 – Plas y Brenin

- 9.00 **Welcome and Introductions**
- 9.15 **My Talent Pathway – Shauna Coxsey**
A personal view of talent development, competitions and coaching talent.
- 10.20 **TEA BREAK**
- 10.45 **The Talent Pathway – Tom Greenall / Lucinda Whittaker / Martin Chester**
The BMC's role in supporting young climbers from grass roots to the GB Team
- 11.15 **How was it for you? – Martin Chester**
The role of questioning in coaching
- 12.30 **LUNCH**
- 13.30 **Groups rotate around five 40 minute sessions**
- Group A: Coaching Paraclimbers – Graeme Hill**
Providing talent pathways for disabled climbers. How do you identify talented disabled climbers? Where do you signpost talented disabled climbers once identified? Consideration of both the physical ability of a disabled climber and how their surrounding environment of school, support, family and sports environments impacts on their opportunity to become a high performance climber.
- Group B: Feeding the Athlete – Lucinda Whittaker**
Why good nutrition is essential for an athlete's development from grass roots to elite level. Practical demonstrations and tips for climbers wanting to reach an optimal level of health and performance. Practical advice for coaches to educate climbers about making healthy food choices.
- Group C: Flags and Markers – Martin Chester**
How to use flags and markers effectively when coaching. What do you look for and what judgements do you make about what you see?
- Group D: Competition Preparation – Shauna Coxsey**
Practical advice for coaches in preparing climbers for lead and bouldering competitions.
- Group E: Introduction to Athlete Profiling – Tom Greenall**
Work being undertaken by the BMC to produce coaching tools to assess a climber's ability in a range of areas: technical, tactical, physical, psychological and lifestyle. Profiling tools can assist coaches in identifying a climber's individual strengths and weaknesses and inform their coaching.
- 14.10 **Group A: Feeding the Athlete – Lucinda Whittaker**
Group B: Flags and Markers – Martin Chester
Group C: Competition Preparation – Shauna Coxsey
Group D: Introduction to Athlete Profiling – Tom Greenall
Group E: Coaching Paraclimbers – Graeme Hill
- 14.40 **Group A: Flags and Markers – Martin Chester**
Group B: Competition Preparation – Shauna Coxsey
Group C: Introduction to Athlete Profiling – Tom Greenall
Group D: Coaching Paraclimbers – Graeme Hill
Group E: Feeding the Athlete – Lucinda Whittaker



- 15.30 **TEA BREAK**
- 16.00 **Group A: Competition Preparation – Shauna Coxsey**
Group B: Introduction to Athlete Profiling – Tom Greenall
Group C: Coaching Paraclimbers – Graeme Hill
Group D: Feeding the Athlete – Lucinda Whittaker
Group E: Flags and Markers – Martin Chester
- 16.40 **Group A: Introduction to Athlete Profiling – Tom Greenall**
Group B: Coaching Paraclimbers – Graeme Hill
Group C: Feeding the Athlete – Lucinda Whittaker
Group D: Flags and Markers – Martin Chester
Group E: Competition Preparation – Shauna Coxsey
- 17.30 **FINISH**
- 19.00 **DINNER**

SUNDAY 14 September 2014 – Beacon Climbing Centre

- 9.00 **Arrival and refreshments**
- 9.30 **The Mountain Training Coaching Award Scheme – Martin Chester**
The progress of current schemes and Performance Coach award development
- 10.15 **SPLIT INTO THREE GROUPS FOR THREE 2 HOUR SESSIONS**
- Group A: Drills and System Boards – Simon Rawlinson**
The use of drills and system board methodology for skill acquisition.
- Group B: Training vs Performance – Victoria Hadnett**
The session will comprise of training strategies that best enhance performance for when it matters. It will incorporate recent research, making it relevant to the climbing environment and specifically the training environment. The session will be mostly practical and highlight that perceived poor performance during training can actually enhance overall performance.
- Group C: Building the Athlete – Tom Greenall / Lucinda Whittaker**
A combined session of theory and practical to discover how coaches can build the next generation of GB team climbers. It will look at education of both coaches and climbers in the key elements that make a well balanced athlete including Technical, Tactical and Physical development whilst maintaining athlete well-being and safeguarding them against injury and over specialised training. Lucinda and Tom draw on their experience of working with the Junior British climbing team and what they have found to be the key elements in building a successful athlete.
- 12.15 **LUNCH**
- 13.15 **Group A: Training vs Performance – Victoria Hadnett**
- Group B: Building the Athlete – Tom Greenall / Lucinda Whittaker**
- Group C: Drills and System Boards – Simon Rawlinson**
- 15.15 **TEA BREAK**
- 15.45 **Group A: Building the Athlete – Tom Greenall / Lucinda Whittaker**
- Group B: Drills and System Boards – Simon Rawlinson**
- Group C: Training vs Performance – Victoria Hadnett**
- 17.45 **FINISH**