



# SPORT CLIMBING SA

## YOUTH NEWSLETTER 2023



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## Program Background

The SCSA Youth Program started in 2019 and was established to address a need identified by SCSA for a more focused and organized approach to supporting young sport climbers in South Australia. Preparing youth climbers for competition at the National level and beyond was, and continues to be, the core aim of the Youth Program. We've been fortunate enough to have talented, passionate, and committed volunteers bring the program to life, taking on the responsibility for designing and delivering the program, and supporting and guiding our State Youth Team participants.

While climbing is largely an individual sport that focuses on individual results at competition level as a measure of "success," we can't discount the benefit of being a part of something bigger, and the positive impact support from peers can have on our well-being and performance. It's this philosophy that underpins our focus on building rapport between climbers irrespective of home gym boundaries in the lead-up to traveling and competing together at Nationals.

The growth that climbing as a sport has experienced over the past few years corresponds to the growth we've seen as part of our State Team - we started in 2019 with 12 athletes, and last year (2022), our team comprised 42 participants, our biggest yet.

With the newly formed SCA High-Performance Committee, it'll be exciting to see what 2023 holds for our Youth Program and State Youth Team.

## What you need to know about Sport Climbing in Australia

## Word from our President

Written by Aiden Schulz

Sport Climbing SA is the peak body for Sport Climbing in South Australia, committed to the goal of growing the sport of climbing right here in SA.

We work closely with Sport Climbing Australia to provide development pathways for athletes looking to progress in this sport. Our aim is to provide high-quality competitions, workshops, and training to allow our athletes to succeed on a state, national and international level.

Our board is made up of passionate members of the SA climbing community with a range of backgrounds from high-performance climbing at World Cups to event management and coaching. We all share the common goal of furthering the development of sport climbing for all.

Our competitions and programs provide athletes with the opportunity to develop their skills under the guidance of our experienced coaching staff.

We cater to all disciplines of sport climbing with Speed, Boulder, and Lead climbing now a part of the Olympics. We are super excited to see this sport grow further as these disciplines are recognized individually at the Paris 2024 Olympics.

If you are passionate about developing the future of sport climbing in SA, we would love to hear from you and have your involvement in our Youth Development Program.

Read on to find out more about the positions that are open!





## A Parents Perspective

Written by Bernadette Lee

2022 was my daughter Ellie's first year as part of the State Team, and also my first year as a parent of a State Team member. Nine at the time, Ellie hadn't had much experience competing. Travelling to Sydney to compete nationally was daunting - everything was new and unknown (from logistics, to competition structure), and still a little uncertain as we began to emerge from the grip of covid.

In spite of that, Nationals was a great experience. It gave Ellie the opportunity to gain independence and confidence in a competition setting, and although spectators weren't allowed in the competition area (for bouldering), we were fortunate enough to have Charlotte (manager), Owen (coach), and Izzy (team captain) there to support our kids through the process, which was a huge help at calming nerves.

Nationals also gave us the opportunity to get to know the parents of other State Team members that little bit better. We now have the common experience to serve as a connection when we see each other at the gym, or dropping off kids at workshops. Even better is seeing the connection between our kids as fellow teammates grow and strengthen. As a final note, I'd like to acknowledge the efforts of all those who've played a part in running the Youth Program. I'm sure there's a fair bit that goes on behind the scenes, and that it can be hard work at times. Let's not forget they're volunteers too! Thank you for seeing us through the year.



## A word from our Coach

Written by Owen May

WOW, It has been an incredible journey being a part of the State Team over the past couple of years. I am deeply grateful to all the dedicated volunteers, facilitators, parents, and athletes who have helped make the State Team possible. Without your hard work and dedication, we would not have been able to achieve the success we have.

I would like to take a moment to reflect on our recent trip to nationals. It was an epic experience for all of our South Australian athletes, as well as the parents and athletes from every other state, as it can be a daunting experience. The energy and excitement were palpable as the SA team climbed their hearts out in all disciplines, with some competing in multiple. It was truly inspiring to see the team put in over 12 months of hard work and training into practice and achieve great results.

I couldn't be prouder as the State Coach to have witnessed the team's determination and resilience during tough times. It was a truly memorable experience, and I am honoured to have been a part of it. Thank you for your continued support and dedication, It has been a pleasure to be a part of this team, and I am excited to see the sport's progression in the coming years. I am eager to witness the expansion and development of our team and the ways in which we will continue to push ourselves and each other to new heights.

# 2023

## What to Expect

The climbing landscape has changed over the past couple of years in South Australia - for the better! There are a number of options on offer by private climbing centers/clubs for young climbers to access quality coaching through their respective youth programs and competition squads.

Recognizing this, and the increased demand for participation in the State Youth Team, we've revisited the content of the Youth Program to best complement where climbing's at in South Australia in a way that adds value to our participants.

The Youth Program for 2023 will run from March to September and include a series of workshops in the lead-up to Nationals, focusing on the following:

- Becoming "One Team"
- What to expect at Nationals
- Competition Simulations

The Program will continue to be organized and facilitated by SCSA Youth Program volunteers. Details to follow once Team Official positions for 2023 are filled, and the selection policy is finalized. To have your say, follow to link below to provide feedback for the upcoming 2023 Program.

<https://forms.gle/fehURbifsuyLD3M77>



## We need you!

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**Applications for the following positions are open**

**2 x Team Facilitator  
1x Team Manager**

**Please apply via the link below**

<https://forms.gle/tq7MBhAbUK8oPind6>

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