

# What is LCC?

Lethbridge Competitive Climbing (LCC) is an organization that aims to promote, develop and run accessible competitive climbing in Lethbridge. We run as much as 6 teams that train out of Coulee Climbing as well as the Ascent Climbing Centre.

# What is Competitive Climbing?

There are three competitive climbing disciplines run and sanctioned by the Alberta Climbing Association (ACA), our provincial sports organization, and Climbing Escalade Canada (CEC), the national sports organization. They are speed, difficulty (often referred to as Lead or Ropes) and bouldering. LCC has its athletes compete and train all three.

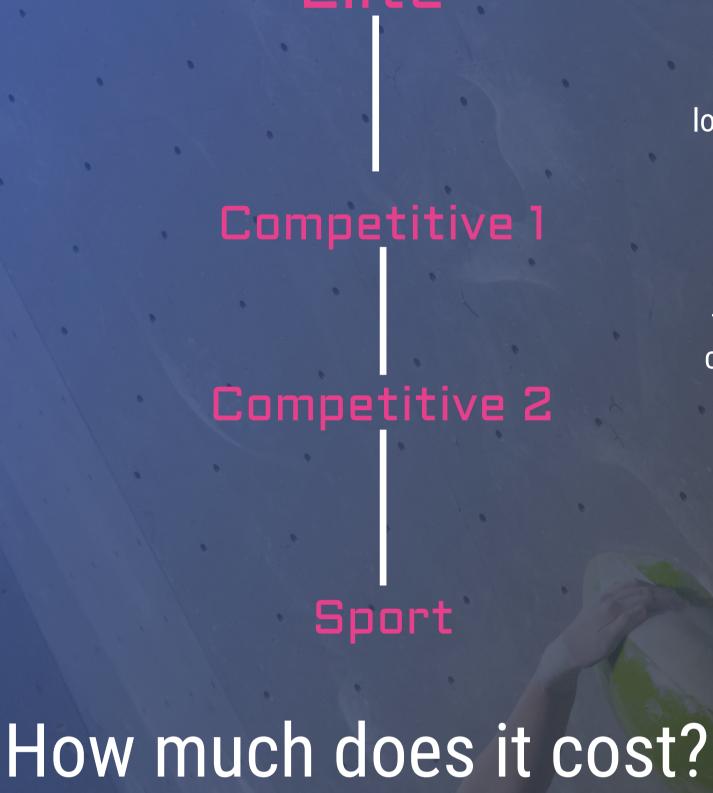
How do we compete?

The ACA runs and sanctions a variety of competitions throughout the year in various Alberta locations as well as Saskatoon, SK and Cranbrook, BC. Bouldering competitions are held from October to February, difficulty and speed are held from March to May. To compete, an athlete must be registered with the ACA at AlbertaClimbing.org and register for each individual competition as they become available. If an athlete qualifies regionally and/or nationally, they will also be required to register with the CEC at ClimbingCanada.ca



## expected at each of them? Elite

What are the levels and what is



**Competitive** is the level where the athlete has decided competing is for them. The athlete wants to compete, trains 2-3 times a week, is expected to compete locally and provincially and encouraged to

Elite is the top level of competition. Elite athletes

train 3-4 times a week, are expected to compete

compete regionally and nationally.

locally and provincially and are highly encouraged to

compete regionally and nationally given the opportunity. **Sport** is the introductory level into competitive climbing. Formerly known as pre or junior competitive, this team focuses on athlete development and figuring out how serious the

athlete is about training and competing. Sport teams train 2 times a week.

### Elite team fees: 1700\$ per athlete for 2020/21 season Competitive team fees: 1500\$ per athlete for 2020/21 season Sport team fees: 1150\$ per athlete for 2020/21 season

What is included in these fees? These fees include coaching for dryland training, competitions and practices. They include uniforms and membership to both Coulee Climbing and Ascent Climbing Center during the competition season.

These fees do not include ACA or CEC memberships. They also do not include individual competition fees nor do they cover travel expenses associated with these competitions. These can all be paid as they become available on ACA/CEC websites, AlbertaClimbing.org and ClimbingCanada.ca.

What is not included in these fees?



### and science in French immersion. **Brian Kim**

Tanner Bexson



recent graduate of a social studies and education double major, certified in TRCI and is a competitive climber himself. He is also passionate about outdoor education and pushing limits both outdoors and indoors. Jonathan Koegler

Jon has been climbing for 15 years now, climbing a variety of different

styles including indoor, outdoor and traditional climbing. A TRCI certified

instructor, he has a wealth of experience coaching climbing and loves to

promote climbing for sport and exploration into building mental tenacity,

Charlotte has been climbing since high school and with a keen interest, she

began to volunteer and teach climbing classes at a recreational centre in

Calgary. She has instructed at the Ascent Climbing Centre for 4 years and

Ward has been climbing for 5 years and is going on his 3rd year of coaching.

everyone to know that this is not the bio he chose to have on this pamphlet.

He currently teaches at Nicholas Sheran Elementary School and wants

challenging fears, creative optimism and trust.

Brian has been climbing for 7 years and has been coaching for 5. He is a

Tanner has been climbing for 7 years and coaching for 3. He loves the

combination of problem-solving, limit-pushing and strength development

the sport uniquely offers and loves helping kids realize their own potential

through it. A certified CGI instructor, he also teaches middle school math



## continues to climb personally both indoors and outdoors. Ward Huckabay

Charlotte Hardy

Please look out for information on our tryouts each year in late summer/early fall. This is how we select our teams and athletes. LCC teams will be limited to 4 teams of 8-10 athletes for a maximum total of 34 athletes. If you would like more information on this event or the program in general, or would like to join

mid-year please contact us at LethbridgeClimbing@gmail.com.

PLEASE NOTE THAT TRYOUTS 2020 WAS CANCELLED DUE TO

Sounds good! How do I sign up?

### **Tanner Bexson Director and Coach** (587) 821-2441

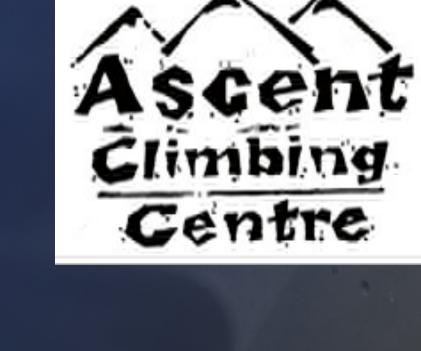
Contact Us

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COVID19.