



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



What are the levels and what is expected at each of them?

Elite

Elite is the top level of competition. Elite athletes train 3-4 times a week, are expected to compete locally and provincially and are highly encouraged to compete regionally and nationally.

Competitive 1

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 compete regionally and nationally given the opportunity.

Competitive 2

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.

Sport

How much does it cost?

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.

What is not included in these fees?

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.



Who are the coaches?



Tanner Bexson

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 and science in French immersion.



Brian Kim

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

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, challenging fears, creative optimism and trust.



Charlotte Hardy

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 continues to climb personally both indoors and outdoors.



Ward Huckabay

Ward has been climbing for 5 years and is going on his 3rd year of coaching. He currently teaches at Nicholas Sheran Elementary School and wants everyone to know that this is not the bio he chose to have on this pamphlet.

Sounds good! How do I sign up?

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 COVID19.

Contact Us

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