



# Performance Climbing Coach - Spring 2019: Fort Collins, CO Schedule

All hands-on sessions will take place at:

Whetstone Climbing  
220 Smokey Street  
Fort Collins, CO 80525

All lecture sessions will take place at:

Front Range Community College-Larimer Campus  
Blanca Peak, Room 126  
4616 S Shields Street  
Fort Collins, CO 80526

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## Saturday, May 18th (Lecture)

8:30AM TO 9:00AM Registration  
9:00AM TO 10:15AM Program Design - Steve Bechtel  
10:30AM TO 11:45AM Performance Pie: A Tool To Assess A Climber's Mindset - Christina Heilman  
12:00PM TO 1:15PM Nutrition for Fat Loss - Neely Quinn  
1:15PM TO 2:30PM LUNCH (provided)  
2:30PM TO 3:15PM Program Design & 4 Month Planning Scenarios  
3:30PM TO 5:00PM Growth Mindset - Kris Hampton

## Sunday, May 19th (Hands-On)

8:30AM TO 9:00AM Warm-Up - (Be warm and ready to climb by 9am)  
9:00AM TO 10:30AM Methods of Practice - Kris Hampton  
10:40AM TO 11:15AM Practice  
11:15AM TO 12:45PM Athlete Testing - Tyler Nelson  
12:45PM TO 1:30PM LUNCH (provided)  
1:30PM TO 3:00PM Exercise Progressions and Regressions - Charlie Manganiello  
3:00PM TO 4:30PM Endurance - Steve Bechtel

## Monday, May 20th (Hands-On & Lecture)

7:30AM TO 8:00AM Warm-Up - (Be warm and ready to climb by 8am)  
8:00AM TO 9:15AM Coaching and Cueing - Alex Bridgewater (HANDS-ON)  
9:30AM to 10:20AM Practice (HANDS-ON)  
10:30AM to 12:00PM Advanced Training Methods - Tyler Nelson (HANDS-ON)  
12:00PM TO 12:30PM BREAK - Get to Community College  
12:30PM to 2:00PM Hands on Program Design and Session Planning (LECTURE)