

# Performance Climbing Coach - Winter 2020: Ottawa - Kanata, ON, Canada Schedule

## Location:

Altitude Gym  
501 Palladium, Dr.  
Kanata, Ontario, K2V 0E5 Canada

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### Monday, January 13th (DAY 1)

8:00AM - 8:45AM: Registration, Welcome, & Introductions

8:45AM - 10:15AM: Program Design - Steve Bechtel

10:30AM - 11:45AM: Climate Change: Creating a Culture of Champions - Dr. Christina Heilman

12:00PM - 1:00PM: LUNCH

1:00PM - 2:15PM: *TWO SESSIONS | TWO GROUPS*  
Group 1: Quality of Movement (Hands-On) - Mercedes Pollmeier  
Group 2: Physical Assessments (Hands-On) - Dr. Tyler Nelson

2:30PM - 3:45PM: Fundamentals of Strength (Hands-On) - Alex Bridgewater

4:00PM - 5:30PM: Coaching for Mastery: Deliberate Practice, Growth Mindset, and Feedback - Kris Hampton

### Tuesday, January 14th (DAY 2)

8:00AM - 10:00AM: Coaching for Mastery (Hands On) - Kris Hampton

10:00AM - 11:30AM: Performance Pie: Assessing a Climber's Mindset - Dr. Christina Heilman

11:30AM - 12:30PM: LUNCH

12:30PM - 2:30PM: Mobility for Climbers (Hands-On) - Mercedes Pollmeier

2:30PM - 3:45PM: *TWO SESSIONS | TWO GROUPS*  
Group 2: Quality of Movement (Hands-On) - Mercedes Pollmeier  
Group 1: Physical Assessments (Hands-On) - Dr. Tyler Nelson

3:45PM - 5:30PM: Group Bouldering/Donut Lockoff (optional)

7:00PM: Group Dinner (optional) - Milestones  
435 Kanata Ave, Kanata, ON K2T 1K5, Canada

### Wednesday, January 15th (DAY 3)

8:00AM - 9:30AM: Endurance (Hands-On) - Steve Bechtel

9:45AM - 11:15AM: Athlete Management - Alex Bridgewater

11:30AM-1:00PM: How to Use Objective Data for Programming - Dr. Tyler Nelson

1:00PM - 1:45PM: Athlete Scenarios - ALL

1:45PM - 2:45PM: Questions, Evaluations, & Group Photo