



Performance Climbing Coach - Fall 2019: Murfreesboro, TN Schedule

All sessions will take place at:

Climb Murfreesboro
1660 Memorial Blvd.
Murfreesboro, TN 37130

Friday, October 4th (DAY 1)

8:00AM TO 9:00AM Registration, Welcome & Introductions

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 Climbers - Neely Quinn

1:15PM TO 2:00PM LUNCH

2:00PM TO 3:15PM Mobility for Climbing - Mercedes Pollmeier

3:30PM TO 5:00PM Growth Mindset - Kris Hampton

5:00PM TO 6:00PM Optional Group Bouldering

Saturday, October 5th (DAY 2)

8:00AM TO 8:30AM Group Warm-Up - Charlie Manganiello

8:45AM TO 10:00AM Methods of Practice - Kris Hampton

10:00AM TO 10:45AM Hands-On Practice

11:00AM TO 12:30PM Athlete Testing - Tyler Nelson

12:45PM TO 1:30PM LUNCH

1:30PM TO 3:00PM Fundamentals of Strength - Charlie Manganiello

3:00PM TO 3:30PM Hands-On Practice

3:34PM TO 5:00PM Athlete Management - Steve Bechtel

5:00PM TO 6:00PM Optional Group Bouldering

7:00PM Group Dinner - Location TBD

Sunday, October 6th (DAY 3)

8:00AM TO 8:30AM Group Warm-Up - Mercedes Pollmeier

8:30AM TO 9:45AM Quality of Movement - Mercedes Pollmeier

9:45AM to 10:15AM Hands-On Practice

10:30AM to 12:00PM Advanced Training Methods - Tyler Nelson

12:15PM TO 1:00PM Athlete Scenarios

1:00PM to 2:00PM Group Photo & Evaluations