



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 - 9:00AM: Registration, Welcome & Introductions

9:00AM - 10:15AM: Program Design - Steve Bechtel

10:30AM - 11:45AM: Performance Pie: A Tool To Assess A Climber's Mindset - Christina Heilman

12:00PM - 1:15PM: Nutrition for Climbers - Neely Quinn

1:15PM - 2:00PM: LUNCH

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

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

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

Saturday, October 5th (DAY 2)

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

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

10:00AM - 11:00 AM: Hands-On Practice

11:15AM - 12:00PM: Fundamentals of Strength - Charlie Manganiello

12:00PM - 12:45PM: Hands-On Practice

1:00PM - 2:00PM: LUNCH

2:00PM - 3:15PM: Athlete Management - Steve Bechtel

3:30PM - 5:00PM: Optional Lock-Off Challenge & Group Bouldering

7:00PM: Group Dinner - Bar Louie
(optional) 2615 Medical Center Pkwy #2395
Murfreesboro, TN 37129

Sunday, October 6th (DAY 3)

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

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

9:45AM - 11:00AM: Athlete Testing - Tyler Nelson

11:15AM - 12:00PM: Hands-On Practice - Mercedes Pollmeier

12:15PM - 1:00PM: Athlete Scenarios

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