

From the coach, Oli Cheshire

What will be included?

This will be largely led by the group and their needs as I am flexible in my approach and can go through any subjects that they would like to.

I do, however, like to have a high level of focus on how we support one another, building self efficacy in training and the sport itself as well as keeping it fun and enjoyable along the way.

In the outset it will be about getting comfortable with one another and having fun whilst allowing me to gauge where everyone is at.

A little about myself (as a coach)

I have been working in the outdoor / climbing industry since 2017 starting my journey as a hard ice guide. I went into coaching climbing in 2019 where I worked with the Boulder Shack Performance Squad, adult coaching classes and the youth clubs. In 2020, I started my own class (training for climbing) which runs every Wednesday and has built a wonderful community around it.

I took over the Performance Squad at the beginning of 2022 and guided their development alongside the help of other talented coaches at Shack all the way through to the end of 2023 where I moved on from Boulder Shack to work as a solo coach.

Now I work with mainly highly motivated youth athletes long term, managing their training and development. Many of these either compete at a high level or excel in the outdoors.

I still run my Wednesday class through Boulder Shack and can often be seen running youth groups, one to ones and any ad hoc coaching that people need.

In my personal development over the last 5 years I have made my way onto the first ever cohort for the MTA Performance coach qualification back at the end of 2023 which has granted me an amazing network of support from other coaches all over the UK and ties to GB coaching.

I also hold my RCI, CWDI and DCA and am continually attending courses to further my knowledge as a coach.

My passion for coaching is around building self efficacy and longevity in the sport both physically and mentally. Climbing has been a huge part of my life for the last 10 years and I want to help others with their journey in the sport.

Anything else people need

Those who attend will need to be signed off to climb unsupervised at Boulder Shack and have done all waivers for Boulder Shack and either paid membership or entry on the day.

I will also require waivers for myself, these can be filled out using this link [High Life Climbing waiver form](#)

Also if anyone is interested and would like to fill out a coaching questionnaire, this will help give me an initial idea about what people would like from the sessions and tailor it more easily to the needs of the group. This can be done here. [coaching questionnaire](#)