

Otter Valley Union High School  
2997 Franklin St  
Brandon, VT 05733

Otter Valley Rock Climbing Team  
2023-2024

**Contact Info:**

Head Coach: Andy McMillan – Call or text preferred.  
(802)558-7558 (c) | [andrew.k.mcmillan@gmail.com](mailto:andrew.k.mcmillan@gmail.com)

Assistant Coach: Jennifer Tinsman  
(802)558-8061 | [jmcyr@hotmail.com](mailto:jmcyr@hotmail.com)

**Climbing Team Expectations:**

- ✓ **Attention to Safety** – Climbing is dangerous, always use redundant safety checks with your partner and do not succumb to complacency! Climbing gyms are not amusement park rides where everything is taken care of for you. Rather, indoor climbing simulates the outdoor environment where YOU must manage the risks and the risks for any minors under your supervision.
- ✓ **Attention to Self** - Be prepared physically and mentally for practices and competitions. This includes being vigilant and reliable while belaying.
  - Water/hydration, gear, appropriate athletic attire, and a positive attitude are all critically important.
- ✓ **Respect** – Have fun, but be mindful and considerate of other climbers, teams, and patrons at the gym.
- ✓ **Attendance** – Practices and competitions run smoother when everyone shows up prepared and on time.
- ✓ **Progression** – Not everyone will climb like a nimble mountain goat all the time, but we all can improve throughout the season in our own way. Focus on your objective and have fun working through the process!

**Fee Options (rentals are included):**

- ✓ HS Membership: \$350 +Tax
- ✓ MS Membership: \$300 +Tax
  - Valid from date of purchase to August 31, 2023
- ✓ \$15 per day (HS & MS)

**Tentative Practice Schedule (starting 11/7/23):**

Tuesdays 5:15 – 7 PM\*\*

Thursdays 4:30 – 6:15 PM\*\*

Warmup – Climb – Workout – Stretch

\*\*We may adjust start or end times by 15 minutes to avoid overcrowding issues, if necessary.

**Tuesday Competition dates: Nov 28<sup>th</sup> / Dec 19<sup>th</sup> / Jan 23<sup>rd</sup> / Feb 13<sup>th</sup>**

- ✓ Middle School competes from 4 PM - 5:30 PM
- ✓ High School competes from 6 PM - 7:30 PM
- ✓ ATHLETES MUST ARRIVE AT LEAST 15 MINUTES EARLY

**States March 9<sup>th</sup> (start time TBD)**

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**Parents/Guardians please update waivers online before practices start! Link below:**

<https://app.rockgympro.com/waiver/esign/greenmtrutland/0838cdea-a882-4fc6-9da8-88d260a53f76>

**Brief overview of climbing as a competitive sport:**

- Climbing route difficulty ratings (“Yosemite Decimal System” “YDS”):
  - Easier (5.0 – 5.6),
  - Moderate (5.7 – 5.9),
  - Difficult (5.10 – 5.11)
  - Very Difficult (5.12 – 5.13)
  - Extremely Difficult (5.13+ & up)
- ClimberScore = aggregate point value of the four (4) most difficult climbs completed in competition w/o hanging/falling off the wall (“clean”)
- Team Score = combined total of the top five (5) climber’s scores from each team
- Preparedness + Adaptability are the keys to a successful competition, no matter what level you’re at!