



Information Sheet

Bowling Green State University
Department of Recreational Sports
Outdoor Program
109 Perry Field House
419-372-2146

What does your bring?

- Clothes to be active in
- Water bottle
- Tennis Shoes (or climbing shoes)
- Lock for a gym locker if you are changing at the Rec.
- A snack will be needed to keep the climber's energy up during the session.

What will your climber be doing?

Here is a general outline of what a practice will include.

- 4:00 - 4:15 – Stretching and warming up
- 4:15 – 4:30 – Fun game or activity
- 4:30 – 5:00 – Teaching skills and practice
- 5:00 – 5:15 – Snack Time
- 5:15 – 5:30 – More skill practice
- 5:30 – 5:45 – Fun game or activity
- 5:45 – 6:00 – Final stretching and going home

Our trained coaches will work with your climber to develop strength and balance, learn proper lower and upper body climbing techniques, and create a friendly, fun social environment for everyone.

What are the expectations of this program?

What the coach expects of the climber...

- ...To be on time.
- ...To wear the proper clothes.
- ...To respect the other climbers.
- ...To have a positive attitude.

What the climber expects of the coach...

- ...Will explain and demonstrate each skill.
- ...Will give everyone an opportunity to practice.
- ...Will give positive remarks and constructive feedback
- ...Will use games and lessons to facilitate learning.
- ...Will start and end the program on time.

What the coach expects of the parents...

- ...To observe the program from the bleachers.
- ...To observe without correction or negative comment.
- ...To deliver the climber on time.
- ...To pick up the climber on time.
- ...To be enthusiastic about all progress (no matter how small).

What the parents can expect of the coach...

- ...Fully trained and experienced BGSU climbing coach.
- ...Fully certified in CPR and Red Cross First Aid.
- ...Will be on time and teach for the full program period.
- ...Will keep the program fun and give each child and opportunity to learn.
- ...Will answer any questions about a climber's progress at the appropriate time.
- ...Will have the safety of the climbers as a first priority.

**We look forward to a fun and exciting program...
...see you at the WALL!!!**