

Castle Climbing Centre Bespoke Training



What will you get?

Objective Assessment

Our nationally qualified coaches will guide you through a comprehensive series of practical exercises, questionnaires and screening processes to ascertain your current level of development and available Range Of Movement (ROM). The assessment process will highlight potential areas of work, from movement literacy, climbing-specific techniques, tactics or psychological skills. After the session, your coach will review the data and provide you with relevant feedback, based on your current profile and individual targets. If your hips or shoulders are not moving at full range, it would be pointless to 'drill' specific techniques that not only could confuse you, there might not be available as part of your repertoire just yet. We strive to build the fundamental movement patterns, before attempting more advanced techniques and complex movement on the walls.

Personalised Service

By working 1:1 with your coach, you won't receive a 'one size fits all' solution for your training. You will be involved in the planning and structuring of the training with your coach. We will adapt your programme based on your individual requirements and availability. This is why the Castle employs nationally qualified coaches; highly experienced and knowledgeable professionals, required to continue developing their skills and keep up-to-date with the latest research and applied knowledge to climbing. Their individual coaching experience in developing climbers from beginners to elite, is supported by a collaborative approach within our team: all of our coaches are regularly monitored and supervised by National Performance Coaches, ensuring they adhere to our standards and best practises.

Value for Time

Free, leisure time is a rare commodity these days and there is rarely enough time to train as much as we'd like. Our qualified coaches will ensure that each session is progressive, purposeful and appropriate to your individual requirements. We make sure that every move, exercise or climb you do is helping you improve your performance. Having said that, we might hold back the more 'spectacular' moves and complex exercises, until you are able to achieve full control of your body and move without a great risk of injuries.

Value for Money

To get the best from our coaching service, you may need to be followed over a number of sessions. We've kept our prices as low as possible to allow you to commit to all the sessions you need. There isn't a magic formula to assess how many sessions you'll need in order to address your current weaknesses. Particularly if you are not planning to work on a long-term plan with your coach, it is best to have a list of specific, measurable, achievable goals you might want to achieve in a given timeframe. Once we've decide the priorities for you and our level of intervention, we could provide you with a reasonable timeframe. Working with a client on a long-term basis, we can ensure all areas of improvement are mindfully considered and plan according to the individual priorities.

Motivation

After a long day at work, training is often the last thing on people's minds. Climbing is meant to be fun and an antidote to the stresses of daily life. Your coach will always have a session plan ready for you; however they can adapt and modify their plan as required, ensuring your training remains purposeful, progressive and fun. You will also have additional time available on your coaching block to communicate and exchange ideas with your coach, either via email or as a catch up when you come in to climb on your own.

Variety

There are an increasing number of studies suggesting that training repetitions on the same type of exercises, might not provide the required stimuli for the body to understand and perform a wide variety of complex movement puzzles. Moving efficiently on multi-dimensional environments like our climbing surfaces, requires a continuous challenge of the body and the mind to solve a variety of different moves, particularly those where you might feel weaker! Starting by working on fundamental movement patterns, your coach will guide you through a wide variety of challenges for you to explore and find your own 'techniques' and tactics to solve the training problems. We are not very keen on prescribing exercise recipes, based on Sets/Reps/Rest. It's all about the quality of your movement, not how many press-ups you can do on a set. Your coach could suggest various pathways for you to explore a series of activities that could complement well your training for climbing.

Injury Prevention

There is always a risk of injury in any physical activity and climbing is no different. That said, there's nothing like an objective and qualified set of eyes to identify when it's best to stop, rest and recover. We can also help you improve your "form" to lessen the risk of developing an injury whilst climbing, or getting out of bed.