

Andy Swann
25 Arlington Road
York YO30 5GF



Improving Climbing techniques through Bouldering

Dates: 12 March 2016
Venue: Bob Downes Hut and local climbing venues (TBC)
Cost: £FOC

Course aims: To develop techniques and strategies to improve bouldering and climbing performance

Course Content:

- Warming up and cooling down
- How to boulder and 'spot' other climbers
- Identifying hazards at outdoor venues.
- Climbing techniques: footwork, grip types, use of handholds, body positions, dynamic climbing, jamming, mantelshelves etc.
- We will be using traditional coaching methods and also video to support analysis and improvement.

Course Notes:

This course will best suit climbers who have some experience of climbing and bouldering. The course will focus on improving technique through bouldering. It will be a structured yet informal course with plenty of time to answer questions and try out new techniques. You will get the chance to view your own performance which may sound daunting but usually has a very positive effect.

Equipment

- Usual clothing for a range of weather types!
- Carpet, towel, bouldering mat, brush, tape and chalk.
- Tight shoes and maybe a less tight pair, just in case it's warm.

Mountain Biking, Climbing and Adventure
078409 62084 / 01904692854
www.grittrackandtrail.co.uk
info@grittrackandtrail.co.uk

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Profile

Andy Swann has been climbing since 1979 and has been widely involved in many aspects of the sport ranging from bouldering to alpine climbing. Andy has climbed extensively in the UK and abroad and has a wealth of experience of sport climbing, traditional climbing and bouldering. He has competed in both bouldering and leading competitions and is a former member of the British Climbing Team. Andy is now a full time coach and instructor dividing his time equally between mountain biking and climbing/mountaineering.



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