



Multnomah Athletic Club

MAC CLIMBING TEAM HANDBOOK

2024 – 2025

Club Mission

The Multnomah Athletic Club's mission is to enrich lives, foster friendships, and to build upon our traditions of excellence in athletic, social, and educational programs.

Athletic Code of Conduct for MAC Athletes and Coaches

The Athletic Committee has adopted the following code of conduct:

- While competing at any venue, we will play fairly and encourage fellowship among our opponents and ourselves.
- We will treat each other, our opponents, guests, officials and staff with dignity and respect.
- We will always, whether as competitors or spectators, conduct ourselves in a sportsmanlike manner and we will not tolerate any among us who do not.
- We will not use performance-enhancing drugs to gain a competitive advantage.
- We will instill these values in our junior members and guests by education and example.

Any act is a violation of the MAC Athletic Code of Conduct if it is offensive by accepted community standards.

Team Goal

The goal of the MAC Climbing Team is to provide a safe and positive community where young athletes can grow, train, and compete at the highest level.

Team Culture

Coaches and Athletes are responsible for maintaining a safe and positive environment in the MAC Climbing Gym. Athletes and coaches are also responsible for contributing to a safe and positive environment at other climbing venues. Coaches will maintain open communication with athletes regarding concerns and mitigate issues that arise. Coaches will address problems before they become critical and keep athletes and parents informed of such issues.

Any disciplinary decisions will be addressed between coaches, athletes, and parents. The time to discuss these issues is in private, not during practices or competitions. Agreement may not always be possible, but frank and respectful communication is critical. Coaches are always willing to meet with athletes and parents by appointment.

Athletes are challenged with balancing academic, personal, and family priorities. Coaches respect the importance of these priorities and recognize the importance of choices that need to be made between these and team participation. Athletes are expected to make their academics a priority. Failing grades may be a hindrance to participating in team events, including competitions and practice.

MAC Climbing Team Fees – Per Month

Excel Team	\$325.00 – Four Day / 10 hour per week program.
Elite Team	\$260.00 – Three Day / 7.5 hour per week program.
Jr. Elite Team	\$208.00 – Three Day / 7 hour per week program.
Premier Team	\$192.00 – Two Day / 4 hour per week program.
Choice Team	\$159.00 – Two Day / 3 hour per week program.

MAC Climbing Staff

The MAC climbing team operates under the MAC Outdoor Department. MAC climbing team coaches are staff selected and approved by the Outdoor Department based on their athletic and coaching experience. All coaches receive a stipend for food and are reimbursed for mileage and lodging expenses associated with out-of-town competition through team dues. All MAC Coaches must be eligible for and hold a USAC Coaching Membership.

Drew White – Outdoor Department Manager

Justin Rom – Head Coach

Trout Hartung – Full Time Assistant Coach

Bailey McConnell – Full Time Assistant Coach

Page Brady – Part Time Assistant Coach

Gabe Laurent – Part Time Assistant Coach

Charlotte Howell – Part Time Assistant Coach

Isaac Shoman – Part Time Assistant Coach

Kevin Baker – Part Time Assistant Coach

Climbing Team Athletes will have access to coaches who will:

- Support them at regional, divisional, and national levels of competition.
- Teach climbing techniques in a safe and positive atmosphere.
- Respect young athletes and their parents.
- Uphold the processes and standards described in this handbook.
- Adhere to Multnomah Athletic Club policies.
- Provide parents and athletes with information regarding team activities, practices, and competitions.
- Communicate with parents regarding their athlete's performance, growth, behavior, attitude, discipline, and performance at practices and competitions.

Team Coach Expectations:

- Will show up early to practices and competitions prepared to coach.
- Will provide a structured and welcoming environment during practice.
- Will be safe in and out of MAC by providing eyes to alleviate safety issues.
- Will follow the training schedule specific to the group they are training.
- Will provide positive feedback to athletes during practice to help aid growth.
- Will offer constructive critique when necessary.

Team Athlete Expectations:

- Abide by the MAC Code of Conduct and Climbing Team Parent/Athlete Handbook
- Respect coaches, climbing gym staff, teammates, and other climbers in the community.
- Contribute to a safe environment by consistently checking harnesses, belay devices, and knots.
- Contribute to a safe environment by remaining focused and attentive when belaying.
- Arrive at practices and competitions on time and ready to participate.
- Arrive at practices and competitions with climbing shoes, a climbing harness, a chalk bag, a water bottle, and a snack.

Team Parent Expectations:

- Abide by the MAC Code of Conduct and Climbing Team Parent/Athlete Handbook.
- Support the MAC Climbing Team Parent Volunteer Program
- Leave the teaching of climbing skills to the coaching staff.
- Attend parent meetings.
- Bring climbers to practices, competitions, and meetings on time.
- Sign up for a USA Climbing Volunteer membership.
- Follow USA Climbing's guidelines for spectators.
- Give coaches notice of scheduled absences
- Work with coaches if other obligations interfere with climbing.

MAC Climbing Team Parent Volunteer Program

As a parent of a member of the Multnomah Athletic Club Climbing Team, I understand that the climbing team's success depends on the volunteer support of the parents and their commitment to the entire team. I understand and comply with the following requirements of the Parent Volunteer Program:

- Families with one or more climbers in Choice (3 hours), Premier, Jr. Elite, Elite, or Excel must complete at least 6 volunteer hours per parent from September 1st through July 31st.
- The full requirement of hours can be completed by one or more parents. No family's hour requirement would exceed 12 hours total.
- If a family has members on different teams with different hour amounts, they are required to volunteer for the **most** hours. Ex: A family has a climber in Choice (3 or 6 hours) and Elite (6 or 12 hours). The total family contribution would be 6-12 hours for the year.
- Volunteer work must be associated with a MAC Climbing Team function or USAC Event. It is each family's responsibility to report volunteer hours and any discrepancies in the Booster Club Volunteer Tracker.
- Examples of MAC Climbing Team functions include (but are not limited to): volunteering at MAC hosted competitions, volunteering for "Feed the Coaches", serving on the Climbing Committee, and serving as a USAC Regional Coordinator or Jury President.
- At the season's end, families that do not fulfill their hour requirement will receive an additional booster assessment at a rate of \$20 per hour for every hour short of their required minimum.

Membership in the MAC Climbing Team Booster Club

Parents of MAC Climbing Team athletes automatically become members of the Climbing Team Booster Club. The Booster Club supports climbers, coaches, and operates as a volunteer resource for competitions and fundraisers hosted by the MAC.

Climbing Committee Special Funds Accounting Procedures

Climbing Committee Special Funds are generated through approved fundraisers (most commonly climbing competitions) and can be used to benefit the Climbing Team. The following procedures would be followed for the use and accounting of Climbing Committee Special Funds:

- The Climbing Committee must vote to approve all expenses from the Special Fund.
- The Booster Club President will propose the use of special funds to the Climbing Committee with an estimated cost.
- All requests for reimbursement from the Special Fund should be accompanied by a receipt and submitted within 30 days of the activity or purchase.
- Reimbursement to the Special Fund for previously approved team purchases will be charged to MAC member accounts within 30 days of the activity or purchase.
- The business office will reconcile expenses and credits to the Special Fund each month, and then provide a report to the Booster President and Climbing Committee at each Committee meeting.

MAC Developmental Funds

MAC Developmental Funds are allocated to the Climbing Team to offset a portion of expenses incurred by climbers representing the Club in regional competitions. MAC Developmental Funds are allocated to the Climbing Team to offset a portion of expenses incurred by climbers representing the Club in regional competitions. The Head Coach decides how these Developmental Funds will be used. Currently, they are applied to entry fees for Qualifying Events and Regional Championship Registration. Climbing Team Special Funds earmarked for the Climbing Team may cover any shortfall in the Climbing Team Developmental Fund.

MAC Championship Funds

Championship funding allows the climber financial assistance when competing for the MAC at the divisional and national levels. Each athlete that qualifies for championship funding can accept it up to two times per calendar year. Further details are under the developmental and championship funding sections. MAC Championship funds are awarded to climbers who place first or second place in any discipline of climbing during Championship season (Regionals, Divisionals, and Nationals). The funds are applied to entry fees and travel expenses for the next level of competition. Each athlete can receive Championship Funding reimbursement twice per calendar year. Championship Fund requests are submitted by the coaching staff to the Climbing Committee, and if approved forwarded to the Athletic Committee for review.

MAC Climbing Team and USA Climbing

MAC coaches, MAC athletes, and affiliates must adhere to USA Climbing rules, regulations, and guidelines.

The MAC Climbing team is in USAC Region 12 and USAC Division 1. MAC Coaching Staff will keep athletes and parents informed of USAC changes that affect either the region or division.

Competition Entry Fees and USA Climbing Memberships

Competition entry fees and USAC membership are the responsibility of each athlete. A USA Climbing membership is required of all athletes, excluding those on the Choice Team. Competition registration is processed by USA Climbing through Sport80.

Travel and Lodging at Competitions

Travel, food, and accommodations at all competitions are the responsibility of the climber and the climber's family. Decisions about whether to fly, drive, etc., are left to individual families. Climbers are given a date and time that they must be present either at the competition or at the team's hotel. MAC, its coaches, and volunteers, are not responsible for death or injuries sustained during travel to competitions.

Uniforms

While representing the MAC at a competition, athletes are required to wear the team uniform items and follow the MAC's guidelines of wearing the Winged M while competing.

Mandatory uniform items include a black team competition top, team shorts/pants, and a team jacket or sweatshirt. Information on ordering team uniforms can be found on TeamSnap.

Equipment

Team members are responsible for having their own shoes, harness, and chalk bag for practices and competitions. The MAC climbing gym offers all climbing team members a 15% discount off in-stock climbing equipment. The MAC Climbing Team also has a team deal with Butora for discounted shoes.

Communication

Team communications will primarily be made through TeamSnap, but coaches may also use other platforms to communicate, such as athlete and/or parent phone and email. Parents and/or athletes are asked to complete updated contact information at the beginning of each season. Email addresses provided by parents/athletes will be shared with the coaching staff and the booster club as needed.

Private Practicing/Lessons

Private lessons can be scheduled with MAC Coaches after discussion with the Head Coach. Team Coaches will connect with the Head Coach, athlete, and parents to determine the type of instruction. If there are specific skills an athlete or family is concerned about, they should schedule a meeting with the Head Coach to determine whether private lessons are appropriate.

Any athlete that wishes to practice or train at another gym, or with non-MAC Climbing Team Coaches, must receive approval from the Head Coach before doing so. If an athlete is practicing outside the gym without permission, team eligibility and subsequent funding will be reviewed.

Recruitment Policy

At the start of the season, our climbing team will have sixty-eight members, with four being Athletic Members. We will take candidates into consideration for Athletic Membership if approached, but our goal is to focus on fostering and growing athletes that already exist within MAC membership. USA Climbing Coaches Code of Conduct states coaches are not permitted to actively pursue or solicit athletes who are members of another team.

APPENDIX

What is USAC?

USA Climbing is the national governing organization representing competition climbing to the IFSC, USOC, and IOC. USAC holds one season consisting of three climbing disciplines that overlap throughout an academic year.

USAC Bouldering Season

- Boulder Qualifying Events are held from October through December
- Bouldering Regional and Divisional Championship Events are held in January and February

USAC Lead/Top Rope Season

- Lead/Top Rope Qualifying Events are held from February through April
- Lead/Top Rope Regional and Divisional Championship Events are held in May and June

USAC Speed Season

- Speed Climbing qualifying events can be held during both Boulder and Lead/Top Rope Season

USAC Youth Nationals

- National Championships for all three disciplines will take place in July.

For more information on the USA Climbing series, including rules, spectator guidelines, and formats, please visit usaclimbing.org

What category will an athlete compete in?

Youth climbers are divided into categories based on gender and birth year. USA Climbing youth age categories for the 2024 - 2025 season:

U-20 born in 2006.

U-19 born in 2007 or 2008.

U-17 born in 2009 or 2010.

U-15 born in 2011 or 2012.

U-13 born in 2013 or later.

What are the different climbing disciplines?

The three competitive climbing disciplines are bouldering, lead/top rope, and speed.

Bouldering involves solving a short sequence of difficult moves in which all holds are below a certain height. Because height is restricted and the landing area is padded, no rope is used.

Lead/Top Rope involves climbing a long route while the climber is protected by a rope. In addition to points being earned by controlling holds in the approved sequence, the climber can be awarded for making use of a hold.

Speed Climbing utilizes the IFSC standardized speed route while protected by a speed auto-belay. U-15 athletes would compete on a modified speed route. Route height can be 10 or 15 meters.

How does a competitive climber progress through the season?

Athletes start by competing in qualifying events. Once qualifying events are completed, athletes in the region are ranked based on their two best placements. The top 26 athletes in each category are invited to compete at Regional Championships. The top 13 athletes from Regionals are invited to compete at Divisional Championships. Youth-D athletes do not compete in Divisional or National Championship events.

Divisional Championships is a two-day event, where athletes that place in the top 13 advance to the second day of competition (finals), and athletes in the top 6 after finals advance to National Championships.

National Championships is a multi-day event, where athletes that place in the top 20 advance to the second day of competition (semi-finals), athletes in the top 10 after semi-finals advance to finals, and athletes in the top 2 after finals are invited to join the National Team and compete International Championship events. U-15 athletes do not compete in International Championship events.

For speed climbing, athletes must attend a Youth Speed Qualification event or North America Cup Series event and post a time faster than the benchmark for their category to compete at National Championships. U-15 athletes do not need to post a qualifying time to compete in the speed discipline at National Championships. At National Championships, the top 16 advance to the knock-out round (finals).

What are the different formats of competition climbing?

Redpoint Format

A redpoint format competition allows multiple attempts on a problem/route and the opportunity to watch other competitors climb prior to an attempt. Points are only awarded for completion of the problem. Each problem is worth a specific number of points based on that problem's anticipated difficulty. Competitors individually choose which problems to attempt, with unlimited attempts per problem. Climbers may try as many problems as they wish, or as time allows.

Modified Redpoint

Modified Redpoint is the most utilized format for qualifying events as an alternative to the traditional Redpoint format. Each category has designated routes to climb. Boulder problems can have between 3 and 4 scoring opportunities, being Top, Zone, Low Zone, and no score. Routes can have between 6 and 12 scored holds in addition to the final scored hold or protection point.

Flash Format

This format is occasionally used for qualifying events and the qualifying rounds of multi-day championship events. Flash format competitions feature an open warm-up area where climbers can talk with family, athletes, and coaches, as well as watch other climbers before their attempt.

On-Sight Format

Climbers are put into an isolated warm-up area (Iso) before they climb. Only certified coaches and athletes participating in that round of competition are allowed to enter iso. Climbers are still considered to be in iso until they are finished with all their problems and exit the climbing area.

Each category has designated problems/routes to climb. Boulder problems can have between 3 and 4 scoring opportunities, being Top, Zone, Low Zone, and no score. Competitors have a set amount of time to climb each route, and a set amount of time to rest between each route. Climbers can attempt each problem as much as time allows before they are moved to their next route.

Lead/TR routes are worth points based on the number of holds on the route. Climbers can be scored for controlling or making use of designated holds. Competitors typically have a set amount of time to climb each route, and a set amount of time to rest between each route. Climbers can attempt each route only once.

What is Isolation (ISO)? When will my child be considered in Isolation?

An isolated warm-up area is utilized in on-sight competitions to ensure that a climber does not gain an unfair advantage over their competitors. Athletes in isolation are not allowed to access the internet, text, or make telephone calls. They are not allowed to watch climbing in progress or interact with anyone outside of isolation until they have completed their climbing for the round of competition. Interacting with a coach or climber in isolation could result in their disqualification.

What is Belaying?

Belaying is the act of keeping a climber safe using proper technique and equipment. Belaying can refer to either Top-Rope or Lead Belaying. On top rope, the belayer takes up slack as the climber progresses on the route, catches the climber in the event of a fall, and lowers the climber when they have finished their attempt. With lead, the belayer is responsible for giving out and taking in slack as needed so the climber can safely move up the wall. The belayer will also ensure that the climber clips properly, catch the climber in case of a fall, and lower them when they have finished their attempt.