

Adrenaline Vault

**YOUTH**

**SQUAD**



RECREATION| ADRENALINE| COMPETITION

**FAMILY INFORMATION PACK  
2022**



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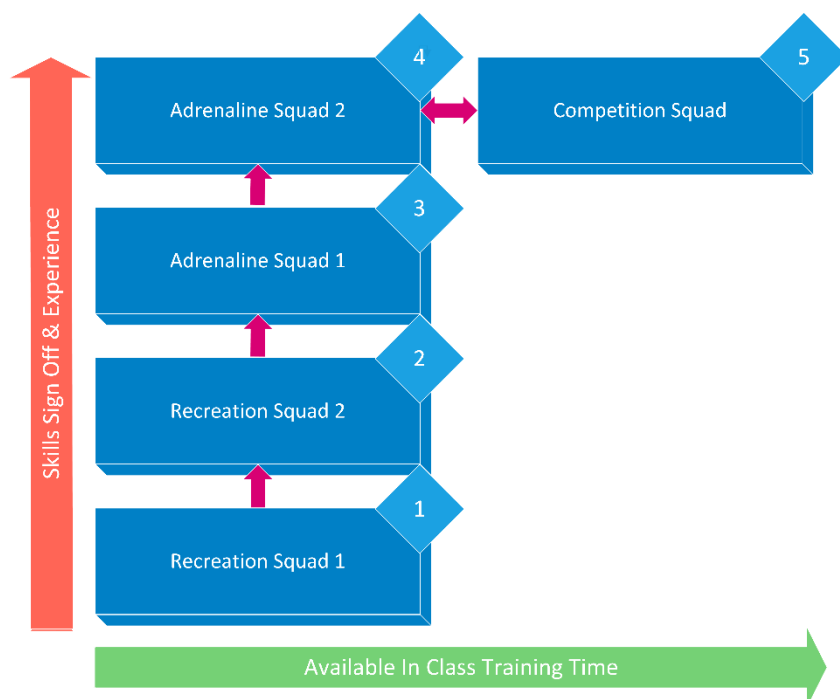
## Adrenaline Vault Youth Squad 2022 Overview:

### Structure:

The Adrenaline Vault Youth Squad consists of 3 separate squads; 'Recreation', 'Adrenaline' and 'Competition', which are further divided into 5 sub-groups based on skill level and experience. Students are taught within their sub-group, however progression between groups is based upon their individual performance and desires. A 'skill log-book' is used to guide students learning during the term and allows our coaches to tailor the lesson to their group, as well as for students to visualise their own success.

Our Youth Squad is broken down into:

1. **Recreation Squad** - a fun, social and engaging curriculum allowing your child to build strength, fitness and climbing techniques in a safe environment. The learning is focused on foundational skills in climbing and can be the perfect starting place for students desiring sporting success, or a great form of activity for students looking for ways to have fun and socialise outside of school.
2. **Adrenaline Squad** – a curriculum for the serious climber. Adrenaline students are pushed to build knowledge, strength and skills in bouldering, top-rope and lead climbing. Adrenaline Squad 1 is the first squad for students who have progressed through the foundational skills taught in the Recreational squads and shown a desire to take their climbing to the next level. Adrenaline Squad 2 is the most advanced squad for skill and physical ability. Students regularly train in all factions of climbing (boulder, top-rope and lead) and are encouraged to compete in local climbing competitions
3. **Competition Squad** – our nationals team. The highest performing students of Adrenaline Squad 2 are selected to represent themselves and Adrenaline Vault at State and National competitions. These climbers show outstanding commitment to their training and are ready to represent WA. Our competition squad has one big goal in mind: Paris 2024 Olympics.



To maintain the highest quality of coaching, students enrol in fixed, weekly timeslots for each term through our registration portal. The classes are capped and once a class has filled out it will no longer be available as a class time to register into. Students are expected to attend all classes they are registered for and 'make-up' lessons in other classes will not be available due to class capping. To minimise disruptions to teaching and learning, no mid-term enrolments will be available.

### Schedule:

The Youth Squad schedule separates the various squads to ensure that all classes have full access to gym facilities during class time. This includes separate days between Recreational and Adrenaline squads, and staggered start/finish times between the Recreational and Competition squad.

Students enrolled in the Recreation squad may choose to enrol in 1 or 2 classes per week for the school term. Adrenaline squad students must attend a minimum of 2 classes per week, and Competition squad students must attend 3 classes per week.

### The class times available are:

- Recreation Squad:
  - Tuesday: 4:00pm - 5:30pm **OR** 5:30pm – 7:00pm
  - Thursday: 4:00pm - 5:30pm **OR** 5:30pm – 7:00pm
  - Saturday: 8:00am – 9:30am
  - Sunday: 8:00am – 9:30am
- Adrenaline Squad:
  - Monday: 4:00pm - 5:30pm **OR** 5:30pm – 7:00pm
  - Wednesday: 4:00pm - 5:30pm **OR** 5:30pm – 7:00pm
  - Saturday: 9:30am – 11:00am
  - Sunday: 9:30am – 11:00am
- Competition Squad:
  - Tuesday: 4:30pm – 6:30pm **AND**,
  - Thursday: 4:30pm – 6:30pm **AND**,
  - Saturday: 11:00am – 1:00pm

	Monday	Tuesday	Wednesday	Thursday		Saturday	Sunday
4:00pm	Adrenaline	Recreation Competition	Adrenaline	Recreation Competition	8:00am	Recreation	Recreation
4:30pm					8:30am		
5:00pm					9:00am		
5:30pm	Adrenaline	Recreation Competition	Adrenaline	Recreation Competition	9:30am	Adrenaline	Adrenaline
6:00pm					10:00am		
6:30pm					10:30am		
7:00pm					11:00am	Competition	
7:30pm					11:30am		
					12:00pm		
					12:30pm		

### Pricing:

Pricing is based upon class number, with each squad having a minimum expectation of sessions to attend per week.

Recreational Squad members are expected to attend 1 session per week but may choose to attend 2 sessions per week. Adrenaline Squad students are expected to attend 2 sessions per week.

Competition squad members must attend all 3 sessions per week. The pricing breakdown is as follows:

- 1 Class per week: \$325 per term
- 2 Classes per week: \$435 per term
- 3 Classes per week (Adrenaline Squad): \$545
- 3 Classes per week (Competition Squad): \$ 575 per term

Squad uniform, teaching resources, social events and student Adrenaline Vault log-book is included in term cost.