



Name

Age

Emergency Contact

Ok, so you have made the decision to continue to improve your indoor climbing. The next three grades are all about you improving your indoor climbing skills by testing yourself on competition routes.

Every week 10 new routes are set at Evo, you will use these routes as if you are entering a competition and record your scores on a score sheet that you can download from the website. You need to score more than 100 points over 3 weeks. You also need to start to keep a record of your climbing and have visited at least one other climbing wall - Good Luck

### COMPETITION SCORING

- **First Attempt. 10 Points (Flash)**
- **Second Attempt. 7 Points**
- **Third Attempt – 3 Points**
- **Eventual Success - 1 Point**

## Homework

Now you have entered a few competitions you should understand how they work. Grade 5 and 6 are now all about you getting better and better. Start thinking about the way you approach your climbing. Warm up and down exercises, diet, mental attitude, physical training and the importance of rest days.

Do some research on the above

### LEVEL FOUR TEST

#### PART ONE

Demonstrate 5 different types of climbing move and explain why you would use them

Pass    Instructor Initial

#### PART TWO

Research rock boots and write a page about what you should be looking for when choosing a pair for personal use.

Pass    Instructor Initial

#### PART THREE

Score more than 100 points over 3 weeks in Academy Competitions.

Pass    Instructor Initial