# Coaching

Our dedicated coaching staff have worked with children of all climbing abilities from first time climbers to state champions. Our coaches can work with you in a number of ways to create a climbing program tailored to your school's needs.

## **Coaching at Portside:**

- Coaching for your single booking
- Regular coaching as part of your term-based curriculum
- We also offer extra curricular Youth Programs

### Coaching at your school:

- Workshops where students can learn climbing principles and develop skills
- Regular coaching as part of your term-based curriculum

## Get in touch

If you'd like to make a booking, find out more or just chat directly to us, feel free to contact any of the facility managers:

#### O'CONNOR

adminoc@portsideboulders.com.au

#### **OSBORNE PARK**

adminop@portsideboulders.com.au

#### WILLETTON

adminwl@portsideboulders.com.au

**OSBORNE PARK** 12 Murphy St

WILLETTON 8 Kembla Way

# **Bookings**

Portside Boulders can facilitate single or recurring term bookings for your school. Bookings can also be arranged outside of our regular operating hours.

Portside Boulders staff will conduct a facility and bouldering safety induction on your first visit. Climbing shoes and chalk will also be included for all students.

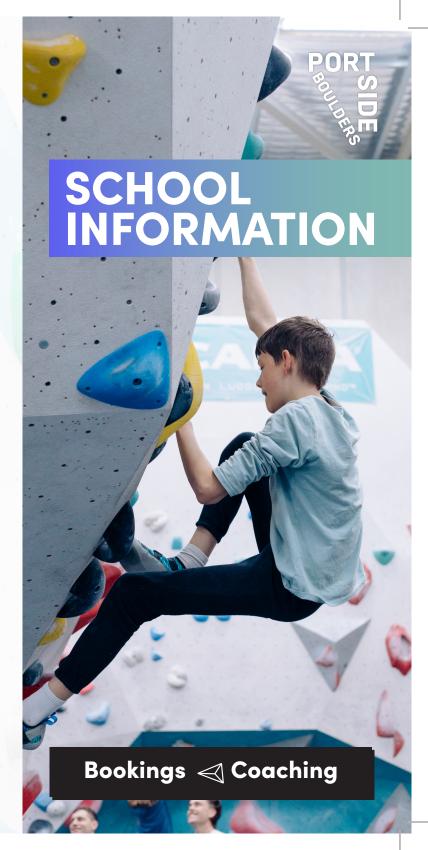
Your bookings can also be paired with our coaching options. We offer a range of options, and our coaching staff are also able to work directly with your physical education teachers to develop your own climbing program. We offer many flexible coaching options, ranging from in-person programs to online based learning.

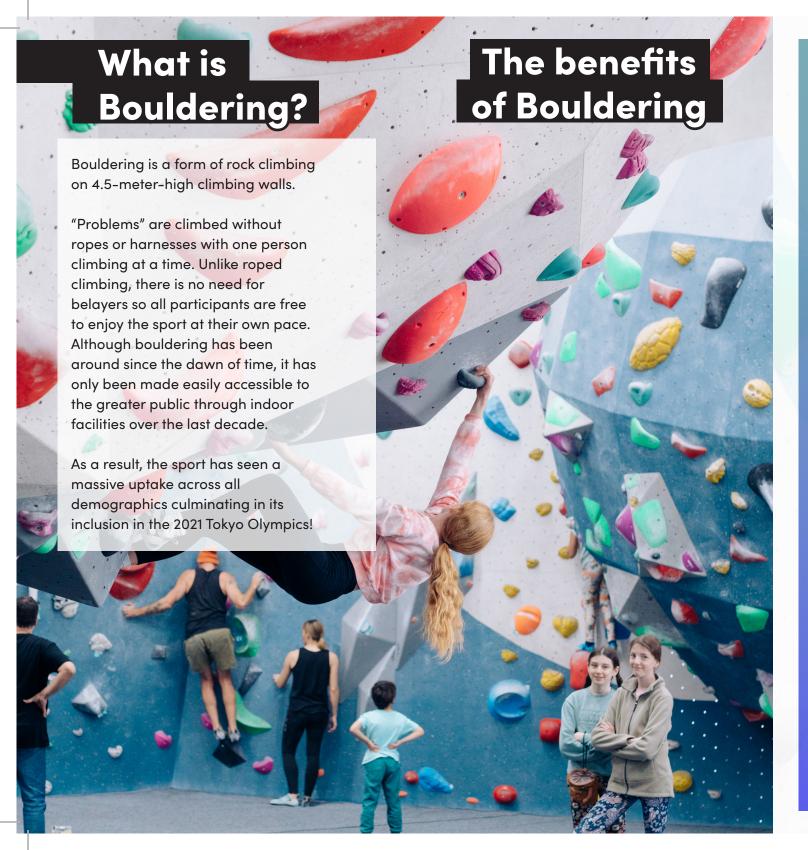
We also warmly invite teachers to come in and try a free climbing session to get a feel for the experience.

# **Pricing**

Standard pricing is \$14.40 including rental shoes.

We regularly offer discounts depending on whether your group has booked with us before, the size of your group and the number of sessions booked so please get in touch to discuss what rates we can offer.





### **PROBLEM SOLVING**

Bouldering is a sport which requires both problem solving and physical acumen.

This ensures participants remain mentally engaged whilst physically tackling problems.

#### **SELF-CONFIDENCE**

Progressing through a bouldering problem and reaching the top is a very clear measure of achievement. With each move, climbers are challenged to push beyond their comfort zone.

Climbers' self-confidence grows as they complete more problems and progress through the grades at their own pace.

### COMMUNICATION

Although students climb the problems individually, collaboration and teamwork are often crucial to solving problems.

Climbers share 'beta' (tips on how to climb the problem) to help each other 'send' the problem (reach the top of the problem.) This encourages students to support each other, exchange ideas and succeed together!

### **ACCESSIBLE**

Bouldering is a sport which utilises technique, strength, coordination, problem solving and flexibility. A strong student may be able to muscle up a problem whilst a creative problem solver could do it in a totally different way.

This helps keep the sport inclusive to people of all abilities and body types.