

# BIG WHIPS AND RODEO CLIPS

A TOOLKIT FOR YOUR NEXT SPORT CLIMBING PROJECT



CLIMBING ASSOCIATION



OF SOUTHERN ARIZONA



**Cheers to Tucson Hop Shop, and Thank You!**

# INTRODUCTION

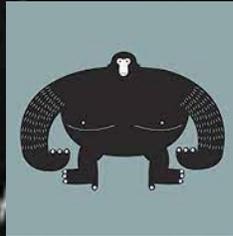
- A little bit about me
- No silver bullets here, but hopefully a lot of good foundational info
- This info can be applied to any type of project, but assumes your climbing objectives are outdoors
- What defines a climbing project?
  - A climb at or beyond your current climbing limit
  - A climb you'll have to work to complete
  - A climb you're willing to invest time and effort to complete
  - A climb that motivates you
- I'll touch on five different aspects of projecting and how they fit together





# 1. TRAINING FOR A PROJECT

WHAT DOES IT ALL MEAN?



# TRAINING FOR A PROJECT

- We are currently in the golden age of training for climbing

More resources than ever - books, podcasts, videos, coaches, pre-made training plans . . . .

Greater access to tools - climbing gyms, training-specific tools, training, videos, etc.

- More and more climbers are training as our sport has become a legitimate fitness and performance-based endeavor . . . . it can be easy to get sucked in



# TRAINING FOR A PROJECT

Training should be efficient

Longer sessions don't mean better climbing sessions

Training should be specific - tailored to your project

If your project is short and powerful you might benefit from incorporating bouldering (4x4s, board climbing . . . .)

If your project is endurance based you will need to spend more time on the wall (ARCing, Spraywall circuits . . . .)

Track your progress

A training journal is extremely helpful to review your progress and gain insight into your performances highs and lows

Don't skip out on the actual climbing

Climbing is a skill based activity, and there is no replacement for climbing

Be mindful of your rest and recovery

More does not equal better - don't run yourself into the ground

**QUESTIONS ????**



## 2. GOOD CLIMBERS GO CLIMBING



# GOOD CLIMBERS GO CLIMBING

- There is **ABSOLUTELY** no substitute for time spent climbing outdoors
- Indoor climbing and outdoor climbing are different in so many ways
  - Nuances in movement, friction, comfort level, risk assessment . . . . .
- There will always be a learning curve in translating training gains to outdoor performance
- The more you climb outdoors the less steep that curve will be

**QUESTIONS ????**



# 3. GO PROJECT SHOPPING



# GO PROJECT SHOPPING

- Explore different areas and try lots of climbs
- Learn what motivates you to try hard

Wall angle, hold type, rock type, climbing partner(s)

- Once you've picked a project learn the details of the climbing area

What time of year has the best conditions?

What are the sun/shade profiles for the cliff?

What are the best nearby warm-up climbs for YOU?

QUESTIONS????

You'll get to do a lot of this





**4. ENJOY THE PROCESS**

# ENJOY THE PROCESS

## LEARNING THE ROUTE

Arguably the funnest part of the process, because there is very little pressure. You just get to climb - YAY!

Learn moves and sequences, find clipping stances, try alternate betas, find rests, get used to lead falls, make a route map, and take notes

GET PSYCHED!

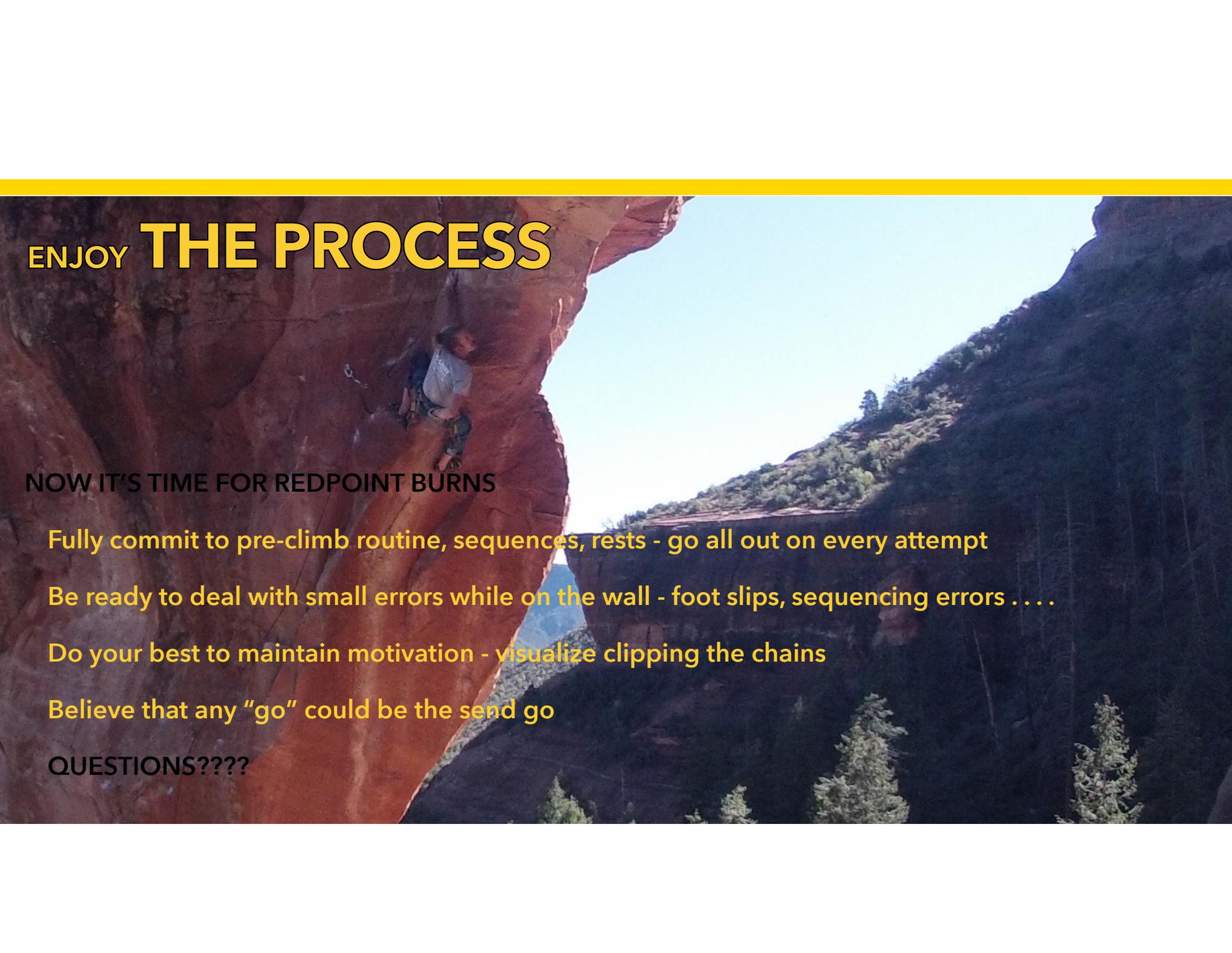
## DIALING IN THE ROUTE

Refine your climbing day routine - how you fuel, how you warm-up (on and off the wall), how long you rest between attempts

Gain fitness on the route - identify how many quality attempts you have on your project in a given session

Remain open to exploring options - new sequences, holds, where to clip (or not)





# ENJOY **THE PROCESS**

NOW IT'S TIME FOR REDPOINT BURNS

Fully commit to pre-climb routine, sequences, rests - go all out on every attempt

Be ready to deal with small errors while on the wall - foot slips, sequencing errors . . . .

Do your best to maintain motivation - visualize clipping the chains

Believe that any "go" could be the send go

QUESTIONS????

# ENJOY THE PROCESS

A glossary for sending your project

**CRUX:** The hardest move or section of the route

**REDPOINT CRUX:** A hard sequence higher on a route where you may fall due to fatigue rather than pure difficulty

**HIGH POINT:** The highest point you have climbed on a route before falling

**TWO-HANG:** Climbing a route with two falls/hangs

**ONE-HANG:** Climbing a route with one fall/hang

**LOW-POINTING:** Climbing from your lowest possible point on the route all the way to the chains with no falls



A photograph of three hikers in a rocky canyon. The hiker on the left is standing on a large rock, wearing a black jacket, blue pants, and a black cap. The hiker in the middle is standing further back, wearing a dark jacket and tan pants. The hiker on the right is sitting on a rock, wearing a black jacket, dark pants, and a purple beanie. A large yellow text overlay with a black outline reads "5. STAY MOTIVATED".

# 5. STAY MOTIVATED

# STAY MOTIVATED

- Projecting can and will wear on you
- It's very easy to get emotionally wrapped up in having success on a climbing project
- Here are few things I think about when I am experiencing failure more than success in climbing

I love being outside

I get to hang out with my friends

I like rock climbing

My climbing project isn't going anywhere



# STAY MOTIVATED

-Here are a few strategies for staying psyched

## Get a project buddy

Climb the same climb or different climbs

It's beneficial to play the support role as well as having consistent support from another climber that is sharing your routine

## Find a side project

Projecting two climbs at once breaks up the monotony

Generally your side project should be easier than your main project

## Treat yourself

I love having something to look forward to as a reward for making progress - One-hang, new highpoint, or the SEND!!

My go-tos are: Strawberry Pop-Tarts, Snickers, and Modelo

## Take time between projects

You don't have to go from one project straight into the next.



# REVIEW

## 1. Training for your project

Efficiency, Specificity, Track your Progress, Climb, Rest & Recovery

## 2. Good climbers go climbing

GO OUTSIDE CLIMBING . . . . . as much as you can

## 3. Go project shopping

Explore, sample, and find a climb that gets you psyched

## 4. Enjoy the process

Learn your climb, dial it in, and TRY when its time to send

## 5. Stay motivated

Remember that this is supposed to be fun, and try not to take it too seriously



A man in a blue long-sleeved shirt and dark pants is climbing a vertical rock face. He is wearing a climbing harness and a helmet. He is holding a red rope and has a yellow carabiner attached to the rock. The rock face is light-colored and has some blue streaks. The background is a clear blue sky.

# QUESTIONS

THANK YOU FOR ATTENDING