

Competition Preparation

Competition Skills
Ian Dunn GB Climbing Team

Before the Competition

- Training up to the competition
- Be prepared
- Research the event and the venue especially warming up facilities

Mental Strategies

- Make sure competitor knows what they can and can't control
- Hold mock competitions try out new strategies here not at an event.
- Try out techniques to be relaxed and perform at your best.
- Try to duplicate previous successes

The Week Before

- A 'light week'
- Drop the volume 50% the number of moves
- Maintain the intensity
- 72 hours rest before the comp day
- 30 minutes light bouldering the day before
- Travel arrangements (especially abroad)
- Ensure adequate sleep
- Make sure you buy; chalk, favourite comp food etc

The Day Before

- Ideally you should be at the competition venue already
- Try not to travel
- Check out venue and travel arrangements to it for the morning of the competition
- Have the right food either with you or buy it fresh
- Eat the right meals and stay hydrated don't experiment!
- Don't injure yourself
- Find out starting position
- Sort out equipment and clothes get everything prepared the night before

On the Day Skills

- Get up early, have a planned routine and follow it
- Eat Breakfast
- Leave in plenty of time do not be late or rushing
- Arrive and register if required
- Carry out your pre planned warm up routine
- Check the running order and calculate your climbing time keep checking, go to the loo 10 minutes before you have calculated you are going to climb
- Have everything you need food, water, sports drink, favourite / lucky clothing, reading materials, ipod, binoculars, chalk bag and boots
- Know how to deal with isolation and finals

The Climbs

- Watch the demos, get someone to record it
- Watch where the quick draws are clipped from
- Ask others about the route the sequences and holds
- Know the best climbers and watch them

On Sight Finals

- Find your climb quickly
- Use your six minutes
- Read the whole route from at least two positions
- Try to locate crux sequences
- Ask other climbers you trust what they think share advice but don't totally rely on it
- Especially check the starting sequence
- Check the clipping positions
- Judge distance between holds – use panel sizes
- Use binoculars to check un familiar holds
- If you sketch or make quick notes on cruxes share with trusted friends

Your 40 seconds

- Use your 40 seconds
- Check out cruxes again especially if not totally sure of a sequence
- Make sure you look at the first few moves and first two clips before leaving the ground
- Chalk up
- Remove boot covers
- Breath and start confidently

Win

- 'If you mess up, it's not your coaches' fault, so don't whine about your mistakes, learn from them'
- And remember 'second place is first loser!'

After Competition Analysis

- When
- Too soon
- Too long
- Analysis of success
- Analysis of a poor result or performance
- 'a climber who wants to do something will find a way; a climber who doesn't will find an excuse'

The Book of Excuses

- Attitude – not trying
- Body Awareness – skin, finger, arm, hurts etc.
- Mental Discomfort – scare of falling, clipping etc.
- Technical Difficulty – too hot/ cold badly belayed, don't like the holds or wall
- Technique – too tall, too short, not my style etc.

END

- Remember the person on the top step of a podium is generally not the most talented climber, it is the one who has trained the hardest and prepared the best.