



philadelphia rock gyms

Team PRG 2017/2018 Schedule and Season Details

Regular Season: Mid Sept through mid June

Scheduled Practices:

Oaks:	(SR)	M: 7-9pm	W: 7-9pm	Sun: 4-6:00pm
	(JR)	M: 5:30-7:30pm	W: 5:30-7:30pm	Sun: 4-6:00pm
Coatesville:	(SR)	T: 7-9pm	Th: 7-9pm	Sat: 11-1pm
	(JR)	T: 5:30-7:30pm	Th: 5:30-7:30pm	Sat: 11-1pm
East Falls:	(SR)	T: 7-9pm	Th: 7-9pm	Sat: 11-1pm
	(JR)	T: 5:30-7:30pm	Th: 5:30-7:30pm	Sat: 11-1pm
Wyncote:		M: 6-8pm	W: 7-9pm	Fri: 6-8pm

Fall Team Bouldering Competitions:

October 28 (Midnight Burn)	PRG Oaks	Oaks, PA	USAC/JIBS
December 2 (Heart Burn)	PRG East Falls	East Falls, PA	JIBS
December 9-10 (Regionals)	TBA	TBA	USAC
January 13-14 (Divisionals)	TBA	TBA	USAC
January 27 (Winter Burn)	PRG Coatesville	Coatesville, PA	JIBS
February 9-11 (Nationals)	TBA	TBA	USAC
February 17 (JIBS Champs)	PRG Wyncote	Wyncote, PA	JIBS

* JIBS Championship will mark the official end to our bouldering season. We will begin Ropes prior to the official end by late Feb

Spring Team Route Competitions:

May 12-13 (Regionals)	TBA	TBA	USAC
June 16-17 (Divisionals)	TBA	TBA	USAC
TBA (Nationals)	TBA	TBA	USAC

Season Overview

Team Expectations

Fees: Team fees are \$990 per year (10 Months), payable in full or a monthly payment plan (\$99 per month).

All teams will have 3 scheduled practices during the week.

Climbers are expected to **attend a minimum of 2** of these practices each week.

TeamPRG is a competitive climbing team, and we believe it is important for our climbers to support their teammates, as well as the team as a whole, in any events we attend. As such, we ask that each team member commit to attending any scheduled competitions for which they are qualified, barring any conflict or injury preventing attendance. We ask parents to alert the Head Coach immediately should any such conflict arise.

Fall Season

The Fall Season will be our Bouldering Season. The competition season begins officially in October, and will end with the Junior Indoor Bouldering Series (JIBS) Championships in mid-February. During the fall season climbers are required to attend a minimum of 2 JIBS prelims in order to qualify for the JIBS Championships in February.

Spring Season

The Spring Season will focus on Route climbing (including Speed climbing). Both indoors and out.

The Spring local Competition Schedule will be released prior to March 2018.

Team Climbing Trips

Our primary goal on TeamPRG is to foster and encourage a lifelong love of climbing in all of our young athletes. While competitive climbing is an important part of our sport, and a good focus during the school year, it is not the sum total of what climbing has to offer. To that end, the PRG offers a number of outdoor climbing trips throughout the year through our Youth Expeditions. TeamPRG members are encouraged to attend these trips and are offered a Team rate if they choose to do so.

In December, we will offer a bouldering trip over winter break to Chattanooga. Dates TBD

In Summer 2018, we will once again offer a climbing camp/trip to Red River Gorge, KY. This trip is open to any climbers who meet the safety requirements (or by coach's approval) and are interested in broadening their outdoor climbing experience.

We will also be holding the New River Gorge trip in July, as well as a trip to the Adirondaks in August.

Team Contacts and Resources

Head Coach	Tom Meehan	610-937-4295	tmeehan@philarockgym.com
Assistant Head Coach	Chris Palmer	610-996-7443	cpalmer@philarockgym.com
Program Director	Dave Rowland		family@philarockgym.com

Team Website

www.teamprg.org

Team FB Page

www.facebook.com/groups/103978736360705/

Practice Cancellation Procedure

In cases of emergency, such as bad weather, practices (and extremely rarely, events) may be cancelled or postponed. In such cases information will be **posted to the team Facebook page** and **sent out over our text alert system**. Barring extreme circumstances, cancellations will be posted no less than 2 hours before the start of practice. Should you be unable to access Facebook, or our text alert system, please speak to the Head Coach about making other arrangements for alerts.

While we will strive to contact each family in the case of a cancellation, the nature of such emergencies and modern technology are such that it is not possible to guarantee we can reach everyone in a timely manner, or occasionally at all. Because of this we strongly encourage families to **check with the gym on days where weather-related travel problems may occur (e.g. snow days)**. We strongly prefer not to cancel practices and will generally hold them in all but the most extreme weather.