



DEVELOPMENT TEAM

2026-2027 INFO SHEET

CONTACT
teams@strongholdclimb.com

WHAT IS THE STRONGHOLD DEVELOPMENT TEAM?

Welcome to The Stronghold Development Team! We are so excited to get to know your child, help them learn and grow, and provide a space for them to develop a lasting relationship with this awesome sport. Please read this document carefully and keep it for your records.

Quick facts:

- The Development Team strives to create an environment that prioritizes a lifelong love of climbing centered around joyful movement, physical and mental resilience, and general fitness.
- Dev Team athletes attend either one Dev Team practice per week, or one Dev Team and one Rec Team practice per week. The Development Team runs year-round, although we cancel a couple of practices per year due to holidays. Once your child is a member, they do not have to re-apply or sign-up at the beginning of the next year.
- Dev Team also includes a monthly Stronghold membership, so Dev Team athletes are able to climb at our gyms anytime we are open! **
 - ** Under 14 must be actively supervised by an adult, under 18 can't use the fitness area without coach permission
- Dev Team is non-competitive. However, it is aimed at highly motivated climbers seeking a rigorous and fun team environment, or those who want to transition into competitive climbing.



ABOUT OUR PROGRAM:

- 4:1 coaching ratio
- 4 sessions for ages 9-17
- Sessions capped at 10 athletes
- All coaches are experienced climbers and educators



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DEV TEAM INFO AND POLICIES

General:

- We have 4 practice times to choose from:
 - Wednesday 4-6pm
 - Saturday 10am-12pm
 - Saturday 12:30-2:30pm
 - Saturday 2:30-4:30pm
- Dev Team is for ages 9-17.
- Dev Team is not a recommended starting point for the beginner climber. Some climbing experience is required before joining Dev Team.
- Gear (climbing shoes, chalk, brush) are recommended, but not required. We provide complimentary rental shoes, but not chalk or brushes.
- Athletes can be enrolled in Rec Team and Dev Team at the same time if they choose. To schedule your child's practices, please email teams@strongholdclimb.com.
 - 1x weekly Dev Team – \$200 monthly
 - 1x weekly Dev Team 1x weekly Rec Team – \$230 monthly

Attendance policies:

- Dev Team practices are cumulative, with skills and techniques from previous practices building toward future practices. We expect all athletes to attend practice consistently.
- Dev Team is divided into 4 3-month seasons per year:
 - Sept Oct Nov / Dec Jan Feb / Mar Apr May / Jun Jul Aug
- Athletes may only miss 3 practices total within a 3 month season.
 - Any absences beyond this limit may be discussed on a case-by-case basis with the Head Coaches.
 - Athletes are exempt from attendance requirements during the summer season (Jun - Aug).
- You may schedule up to 3 makeups per season for missed practices. Makeups can be scheduled via email.
- Please send us an email in advance or day-of if your child will not be at practice.



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Attendance policies continued:

- If your child is absent for 4 consecutive weeks, they will be removed from the roster. We do not save spots on the team due to any extended absence. However, we will do our best to expedite the athlete's return to the team. Please note that an immediate return to the team after an extended period of absence is not guaranteed, but we WILL add them back as soon as we can.
- Attendance requirements are waived during the summer season. If the athlete has extended summer travel plans that prevent them from attending practice, please freeze their membership for the summer. They will be able to rejoin the following fall season.

Tryouts:

- Admission to Dev Team is tryout-only.
- If your athlete would like to try out, please fill out our intake form [here](#). We will reach out to you to schedule a tryout once we have a spot available for your athlete.
- Some climbing experience is required – Dev Team is not a recommended starting point for the brand new climber.
- Love of climbing, focus, and hard work are expected!!

Photo consent:

- Our photographers and social media manager will occasionally take photos of our youth teams during practices to create posters for our gym, content for our website, and social media posts on our Facebook and Instagram. Names of kids will not be divulged. **If you would prefer us not to use photos this way, please let us know via email**



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ATHLETE EXPECTATIONS:

What we expect from Dev Team athletes:

- Athletes **enjoy climbing** and are highly motivated to get on the wall.
- Athletes are **focused** and on task, even without direct coach oversight.
- Athletes **listen** to coaches' directions and willingly participate in all activities.
- Athletes receive and implement coach **feedback** well.
- Athletes follow bouldering **safety** rules and **etiquette** at all times with minimal reminders.
- Athletes practice excellent **sportsmanship**, and are **kind and respectful** to their teammates and other gym members at all times.
- Athletes encourage and support each other, and **work together** as a team.

What you can expect from us:

- **Personalized, professional attention from our coaches.** The team meets as a whole group at the beginning and end of practice, but, for the majority of the session, each coach is assigned a small group of no more than five kids. This allows our coaches to differentiate their strategies to ensure each climber receives the attention they need.
- **Intentional motivational tactics.** We encourage team members to step outside of the comfort zone while still maintaining positive and fun experiences during practices.
- **Zero tolerance for bullying.** We strive to ensure all team members treat each other with respect and kindness. As such, bullying in any form will have consequences. These consequences may include one-on-one conversations and amends-making, mandatory timeouts from climbing, and/or a call home. If the behavior does not improve, they will no longer be able to climb with the team.
- **Zero tolerance for unsafe or inappropriate behavior.** Because climbing is an inherently dangerous sport, we have strict safety rules that minimize the likelihood of injuries and accidents, and you can count on us to enforce these rules for every single team member.



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GYM POLICIES

Waivers:

- Dev Team members must check into the gym by scanning their membership fobs every time they come to the gym (for Dev Team or otherwise).
- Everyone who enters the gym MUST have a [waiver](#) on file.
- This includes parents/guardians, grandparents, siblings, babies, nannies, babysitters, and everyone else!
- If you do not already have a waiver with us already, please fill one out on the iPads at the gym entrance or [here](#).

Siblings/friends climbing:

- Only the athletes enrolled in Dev Team can participate in practice. However, we encourage Dev Team members to climb with their friends and family outside of practice hours!
- Any siblings/friends not on Dev Team must:
 - Have a [waiver](#) on file filled out by a parent/guardian
 - Be checked into the gym, on a guest pass or day pass
 - Be actively supervised by an adult at all times

Parents climbing or using the fitness area:

- Dev Team memberships DO NOT include free gym access for parents!
- If you'd like to use the fitness area or climb, you can:
 - Use your child's guest pass (1x monthly)
 - Buy a day pass (\$30)
 - Sign up for a discounted Dev Team parent membership! (\$84 monthly)
- For all of these options, you must sign a waiver and check in at the front desk.



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MEMBERSHIP POLICIES AND BENEFITS

Membership freezing and canceling:

- To freeze or terminate your child's membership, please email membership@strongholdclimb.com or fill out our online form [here](#).
- Freezes/terminations take effect on the 1st of each month, so you must email or fill out [this form](#) BEFORE the 1st of the month if you would like to freeze/terminate. Because memberships are billed monthly, you can only freeze for a full calendar month or more.
- A Dev Team membership comes with many perks, including:
 - Access to the gym at any time!
 - One monthly guest pass and Bring a Friend Friday (bring a guest for free on the first Friday of the month)!
 - Free rental gear at every visit (Dev Team or otherwise)!
 - Discounts on gear purchases!
 - Free intro classes for parents!
 - PLUS weekly sessions in a team setting!

FAMILY BENEFITS!

We offer some great perks to make climbing more accessible to the entire family

- Dev Team parents get a \$15 membership discount!
- Dev Team members get a \$10 family discount if a sibling/parent is also a member!
- Families pay a maximum of \$100 in initiation fees!
- Free intro classes for Dev Team parents!





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A FINAL NOTE

While this might seem obvious, climbing is deeply important to all of us here at The Stronghold. We want your child to experience the same fulfillment, joy, and inspiration we have felt on our climbing journeys!

We hope to maintain open lines of communication with you and your child to ensure they are developing a healthy and long-term relationship with this wonderful sport – and the community that comes along with it. As such, please don't hesitate to come to us with any questions or concerns you or your child may have along the way.

