



01/10/2015

Training camps for young Ice Climbers to be held in Kirov, Russia

Dear National Federation members, Dear Ice Climbers,

The **UIAA** in collaboration with the **Russian Mountaineering Federation** organize a **training camp** for young competition ice climbers in Kirov, Russia.

All the age categories U22, U19 and U16 are invited to participate.

Two tentative dates for week long camps have been set:

- Training period 1: 16 – 29 November 2015
- Training period 2: 07 – 20 December 2015

The duration of the training camp is flexible and depends on the will and/or the budget of the National Federations. The stage can last 7 or less days stage.

The **training program** is the best opportunity to hone Lead and Speed climbing skills on the World Cup wall of Kirov. The camp will also propose bouldering and gym training.

The **schedule of training** camp include two times per day training: dry tooling in gym or construction for world cup, and speed on the 15m height Ice Tower.

The **Russian national team coaches** arrange training. The best Russian lead and speed climbers will also make training with the participants of the camp.

The participants will be accommodated in the hotel near construction (5 min. walk). The organization provides training place, gear - ropes and quickdraws, and coaching.

Participants' expenses are: visa, flight and train tickets, meals, accommodation in hotel.

- 2 pers/room - from 12 EUR/night
- Single room - from 20 EUR/night.

If you are interested in the training camp, please fill the Participant Form (attached file) and send back the document to Pavel Shabalin: pavelshabalin@mail.ru and Etienne Grillot: etienne.grillot@theuiaa.org

For more information, please contact Pavel Shabalin: pavelshabalin@mail.ru