



# BOULDER LEAGUE V

CLIMBING  
STARTS  
JAN 28th

LEARN MORE AT  
[THRESHOLDCLIMBINGGYM.COM/BOULDER-LEAGUE](http://THRESHOLDCLIMBINGGYM.COM/BOULDER-LEAGUE)

ALL AGES  
& SKILL LEVELS

5 WEEKS  
OF CLIMBING

COMPETE  
TO WIN!

YMCA MEMBERS: \$75 TO ENTER



# Boulder League

Bouldering is a type of climbing that uses no ropes or harness and only requires a pair of climbing shoes. Utilizing shorter climbing walls only about 15 feet high, climbers work to improve balance, climbing technique, strength, mental focus and overall fitness. The Threshold Boulder League is a great way to start climbing and get introduced to the sport.

## **Ages & categories:**

Climbers will sign up to compete in the following categories by age:

Youth, 8-12

Junior, 13-15

Open, 16-39

Masters 40+

## **Climbing Skill:**

Your skill level will determine at what level you will be scored. Beginner and more advanced climbers scoring is based on their level, and this allows anyone a chance to win! Your skill level will also determine which bracket you are in within your age category. If you don't know your skill level and are new to climbing, you can enter as a beginner. Bouldering climbs are rated by the V-Scale(see below), each route will be tagged by difficulty so you can easily climb and score on the routes that are in your level. There are also opportunities to earn progress points if you don't make it to the tope of the climb. These rules can be broken down when you get your scorecards and start to climb. No prior climbing experience is necessary, anyone can enter!

## **Skill Levels:**

Beginner (VB-V1)

Intermediate (V2-V4)

Advanced (V5+)

## **When:**

The League begins Monday, Jan 28th, and ends Friday, March 1st.

New climbs will be set each week for League climbers. Once each new week begins you can complete your climbs anytime Monday through Friday to improve your weekly scores. Scores will be tallied up at the end of the League to determine winners. We will have a Finals party to announce winners the evening of March 1st.

## **Where:**

Threshold Climbing and Fitness

6024 Westlake Memorial Parkway, Oklahoma City

## **Contact:**

For questions about the League you can email [Hello@thresholdclimbinggym.com](mailto:Hello@thresholdclimbinggym.com) or call 405-470-3611

## **Pricing:**

\$75 for YMCA Members for the full 5 weeks, this includes rental shoes and bouldering only access at the gym Monday through Friday.

For more information go to [thresholdclimbinggym.com/boulder-league](http://thresholdclimbinggym.com/boulder-league)



## BOULDERING LEAGUE V

**Circle Age Division:**

Youth (8-12)

Junior (13-15)

Open (16-39)

Masters (40+)

**Participant Name:** \_\_\_\_\_ **Gender:** Male or Female **Date of Birth:** \_\_\_\_\_

**Parent(s) / Guardian(s) / Emergency Contact Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP Code:** \_\_\_\_\_

**Phone :** ( ) \_\_\_\_\_ - \_\_\_\_\_ **Alt. Phone:** ( ) \_\_\_\_\_ - \_\_\_\_\_

**Email:** \_\_\_\_\_ @ \_\_\_\_\_

**Would you like to be contacted about our Annual Community Support Campaign?** Yes No

**Hold Harmless / Photo Release:**

The YMCA of Greater Oklahoma City will not assume responsibility for any injury incurred while participating in any YMCA activities. Certain risks of injury are inherent during participation, nor will the EDMOND YMCA be responsible for any lost or stolen items while members and/or program participants are using the YMCA Facilities. I, the undersigned, for myself and my heirs, do hereby release the YMCA of Greater Oklahoma City and its employees, volunteers, and agents from any and all claims for injury, loss, or damage I may suffer as a result of my participation, including any injury caused by negligence, if any, of the YMCA, its officers, employees, agents, volunteers, or the negligence of anyone else.

For participation in activities to be conducted by the EDMOND YMCA, I hereby give my permission and consent, now and for all time, to the YMCA of Greater Oklahoma City, the National Council of Young Men's Christian Associations of the United States of America (YMCA of the USA) and third parties collaborating with the YMCA and/or YMCA of the USA to make, reproduce, edit, broadcast or rebroadcast any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at the YMCA, for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by me. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## YMCA of Greater Oklahoma City – Parents Code of Ethics

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well-being of each child ahead of a personal desire to win.
- I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember the game is for youths – not for adults.
- I will do my very best to make the youth sports experience fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.

I hereby pledge to provide positive support, care, and encouragement for my child's participation in YMCA youth sports by following the Parents' Code of Ethics.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Childs name \_\_\_\_\_ Grade \_\_\_\_\_ YMCA Branch \_\_\_\_\_

## YMCA of Greater Oklahoma City - Consent to Treat

As the parent and/or guardian, I do herewith authorize the treatment by a qualified and licensed medical doctor of the following minor in the event of a medical emergency which in the opinion of the attending physician, may endanger his or her life, or cause disfigurement, physical impairment, or undue discomfort if delayed. The authority is granted only after reasonable effort has been made to reach me.

This release form is completed and signed of my own free will with the sole purpose of authorizing medical treatment under emergency circumstances in my absence.

Name of minor \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone Number \_\_\_\_\_

Other Contact in Case of Emergency:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Number \_\_\_\_\_