

# Apex Climbing Coaching

#Apelmpact

www.apexclimbingcoaching.com



## MONTHLY COACHING; PRICING STRUCTURE

PLAN	DESCRIPTION	NOTES	TOTAL
Bronze	Rolling monthly tailored training plan, unlimited online support & monthly plan reviews.	A fully remote plan. This option largely benefits from climbing footage. Includes remote physical profiling every 6 months (via video).	£28 monthly
Silver	Rolling monthly tailored training plan, unlimited online support & a monthly, 1hr coaching session.	Coaching sessions to be arranged at monthly intervals. Includes both physical & technical assessments along with physical profiling.	£45 monthly
Gold	Rolling monthly tailored training plan, unlimited online support, monthly coaching reviews and <b>two</b> , 1 hour coached sessions per month.	Coaching sessions to be arranged at monthly intervals. Includes both physical & technical assessments along with physical profiling. Introduction of effective tactical and psychological approaches.	£65 monthly
Silver Team	Also includes a rolling monthly tailored training plan, unlimited online support & a monthly, 1hr coaching session with the Team!	All Silver plan aspects apply, within a small group setting (5 or less) in which to capitalise on group training psych & motivation. You will be climbing with to a group of a similar climbers, practising and training alongside each other.	£35 monthly
Gold Team	The rolling monthly tailored training plan, unlimited online support, monthly coaching and <b>two</b> , 1 hour coached sessions per month with the Team.	Included all aspects of the Gold plan, within a small group (5 or less) setting in which to capitalise on group training psych and motivation. You will be climbing with to a group of a similar climbers, practising and training alongside each other.	£45 monthly

**Requirement:** Minimum of 3 months commitment, paid on a monthly basis.

Each plan requires monthly payments to be made on the **1st** of each month. The first payment should include the monthly price **plus** a £20 deposit (which can be used towards the final months' payment). Coaching commencing prior to the 1st of the month will be charged prorated up until the 1st of the second month.

**Example;** Bronze Plan (£22pm) begins on week 3 out of 4 in February, meaning the first payment will be for 5 weeks coaching, leading up to April 1st (2 weeks + 1 month). This then continues from the 1st of each month going forward.

£5.50 (1 week of Feb) + £22 (for March) + £20 (deposit) = £47.50 first payment.

Apex Business account for monthly standing order purposes:

Bank: Nationwide

Acc No: 19870072

Sort Code: 07-04-36

Ref: Your Initials

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Reviewed Sep 2020

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## PRIVATE COACHING RATES:

INDOORS	SERVICES	NOTES	TOTAL
1.5 hr	•Physical profiling assessments	A session best used for one off physical profiling, intro to coaching or a motivating and informative strength and conditioning (S&C). Great for gaining an insight into your physical attributes and how coaching can help you climb up the grades, fast! These sessions also work very well as group training sessions.	£50 1:1
	•Strength & Conditioning		£65 1:2
	•Intro to technical development		£100 1:3&4
2 hr	•Bouldering	A one off coaching session based around the four vital sports development pillars; the technical, tactical, physical and psychological aspects of climbing.	£55
	•Speed Climbing		
3 hr	•Lead/Sport Climbing	Detailed, personal coaching on specific elements to develop maximum adaptations and improvements. A great monthly or bi-Monthly add on for Bronze Training Plan users or those looking for new ideas to grow and improve.	£65
	•Extensive Bouldering		
OUTDOORS			
Full Day (6 hrs)	•Bouldering Workshops	Coaching orientated workshops and courses geared towards introducing new and 'indoor only' climbers to the natural wonders of outdoor climbing! Dates are regularly published on the website and social media, however additional dates and bespoke sessions can be arranged.	Bouldering £45pp
	•Outdoor Roped Climbing		Roped Climbing £55pp
	•Family Abseil and Rock Climbing		

Many of our private sessions can be shared. An additional £10 per person should be added (up to 4 people per session). Outdoor sessions are already grouped. To enquire, email [jamie@apexclimbingcoaching.com](mailto:jamie@apexclimbingcoaching.com) for specific details.

Venues, dates and time slots to be agreed for all sessions. Booking only confirmed once payment has been received. To gain the most accurate weather report possible and to choose the most suitable venue for all participants involved, outdoor session venues are confirmed around 7 day's prior to the chosen date, with all payments required in advance.