



# TRANSCEND ATHLETICS INC.

Corp #2019746300

Transcend Athletics mountain bike and rock-climbing camp is back for 2022! We are excited to announce that we will be offering one week of this full day / full week camp in mountain biking and rock climbing again this summer.

These five fun-filled days will include 2 – 2.5 hours of on bike training and riding each day. Coaching is provided by PMBIA (Professional Mountain Bike Instructor Association) certified instructors from Hardcore Kids. The athletes will learn skills required to safely navigate single track trails, including balance position, controlled braking, weight distribution, cornering, climbing and descending techniques. For the more advanced riders, along with improving these skills, there will be opportunities to learn and practice how to jump, navigate drops and other trail features with confidence, and correct techniques for bunny hops and manuals.

The afternoons will see the kids head over to Vertically Inclined to explore the vertical environment and discover the excitement and accomplishment that comes at the top of the wall! The young athletes will learn rope skills including the tie-in knot and belaying (controlling the ropes), along with on-the-wall climbing techniques to help them attack new and more challenging routes. They will solidify these new skills with a variety of games and climbing activities. Kids 10 and over will get certified on how to operate the grigri belay system.

Between the mountain biking and the climbing the kids will get refueled with lunch (provided by Transcend Athletics). Snacks will also be provided to make sure energy levels are kept high throughout the day. All climbing equipment will be provided for this camp, but athletes must bring their own Mountain Bike (in good working order). Athletes will also be required to bring their own bike helmet and appropriate shoes (no sandals).

[www.transcendathletics.ca](http://www.transcendathletics.ca)

166 Willow Street  
Sherwood Park, AB  
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To help us provide the best experience and the best development for the kids and to offer the best value for the parents, we have a limit of 18 spots available in this camp to ensure maximum instructional benefit for each child. The young athletes should be 8 years or older for this camp. If you are younger than 8, please contact us for registration options.

Don't miss out on this great camp. This camp sold out last year, and will sell out again this year.

**Transcend Athletics – Mountain Bike & Rock-Climbing Camp**  
**Argyll Velodrome Association (6850 – 88 Street NW, Edmonton, AB)**  
**Vertically Inclined (8523 Argyll Road NW, Edmonton, AB)**  
**Cost - \$750 per child per week (no GST)**  
**July 4 to July 8**

- **Full Day Camp (8:30am – 4:00pm)**
  - **Lunch & Snacks Provided**
- **Individual Instruction – 6 to 1 Ratio (Kids to Coaches)**
- **2 – 2.5 hours of Mountain Bike Training or Riding daily**
  - **2.5 hours of Climbing instruction daily**
- **Transcend Athletics Shorts & T-Shirt included**
- **Additional Shorts & T-Shirts will be available for purchase**

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