

# Program Overview

## Friday, August 5, 2016

2:00 pm	<b>Registration Opens</b>
7:00 pm	<b>Welcome and Announcements</b>
7:15pm	<b>Historical Keynote: A Physiological Model for Rock Climbing – The First 2000 Years</b> <i>P. Watts, Northern Michigan University, USA</i>
8:15 pm	Social (wine, beer and snacks)

## Saturday, August 6, 2016

8:00 am	<b>Registration Opens</b>
8:20 am	<b>Announcements</b>
8:30 am	<b>Keynote: A Physiological Model for Rock Climbing – Today and Beyond</b> <i>V. España-Romero, Universidad de Cádiz, Spain</i>
9:45 am	<b>Research Session I</b>
	<i>N. Draper</i> - Assessment of climber performance: a multi-centre trial
	<i>J. Sveen</i> - Strength and forearm volume differences in boulderers and sport climbers
	<i>V. Vereide</i> - Correlation between relative peak isometric force and RFD and climbing performance
	<i>J. Balas</i> - Recovery during intermittent testing of finger flexor strength in rock climbers - a predictor of climbing ability?
10:45 am	<b>Break</b>
11:15 am	<b>Research Session II</b>
	<i>K. Phillips</i> - The effect of cold ambient temperatures on climbing-specific finger flexor performance
	<i>D. Aras</i> - The effects of long term sport rock climbing training on heart rate variability in sedentary adults
	<i>S. Drum</i> - Heart rate, perceived effort and anxiety during top-rope and lead rock climbing
	<i>K. Hewitt</i> - Effect of hypohydration on climbing to failure on a treadwall
12:15 pm	<b>Lunch - provided</b>

1:15 pm	<b>Expert Panel Keynote Session: Nutritional Issues in Rock Climbing</b> <i>L. Joubert</i> - Northern Michigan University, USA <i>A. Larson</i> - Southern Utah University, USA <i>S. Weber</i> - University of Colorado - Colorado Springs, USA
2:30 pm	<b>Research Session III</b>
	<i>V. Schoffl</i> - Slap lesions in rock climbers: outcome after primary long biceps tendon tenodesis.
	<i>C. Lutter</i> - Pulling harder than the hamate tolerates: evaluation of hamate injuries in rock climbing and bouldering
	<i>M. Simon</i> - Functional outcome after surgical repair of rotator cuff tears in rock climbers
	<i>C. Lutter</i> - Rock climbing related bone marrow edema of the hand: a follow-up study
3:30 pm	<b>Break</b>
4:00 pm	<b>Research Session IV</b>
	<i>M. Anderson</i> - Evaluating the Rock Prodigy training method
	<i>M. Anderson</i> - Finger strength improvements with the Rock Prodigy Training Center hangboard
	<i>E. Lopez-Rivera</i> - Comparison of the effects of three hangboard training programs on maximal finger strength in rock climbers
	<i>E. Hermans</i> - Effect of maximal and local muscle endurance strength training on climbing performance and climbing-specific strength in recreational climbers: a randomized controlled trial

## Sunday, August 7, 2016

8:20 am	<b>Announcements</b>
8:30 am	<b>Keynote: Bringing the Science to the Climber and Coach</b> <i>Eric Hörst</i> - Author of Training for Climbing
9:45 am	<b>Research Session V</b>
	<i>M. Simon</i> - Biomechanics, pathomechanism and risk factors of epiphyseal stress fractures in young high level climbers
	<i>L. Vigouroux</i> - Effect of hold depth on arms power and mechanical work during pull-up exercises.
	<i>G. Oettl</i> - The influence of low-friction quickdraws on impact forces in climbing falls
	<i>M. Kilgas</i> - Magnesium carbonate (chalk) increases hang time until failure in rock climbing

10:45 am	<b>Break</b>
11:15 am	<b>Research Session VI</b>
	<i>G. Gonzales</i> - Risk taking and ethics in rock climbers
	<i>P. Czermak</i> - Anxiety level and ability to climb routes in recreational indoor climbing
	<i>F. Baux</i> - Study of practical reasoning in regional and national level climbers during the ascent of an unknown natural boulder
	<i>A. Ilgner</i> - Importance of attention in mental training analyzed through falling
12:15 pm	<b>Lunch - provided</b>
1:00 pm	<b>Research Session VII</b>
	<i>P. Hoffmann</i> - Long-term radiographic adaptations to the stress of high-level and recreational rock climbing in young athletes
	<i>L. Donath</i> - Forearm compression sleeves and acute response of training variables in elite climbers
	<i>A. VanHorn</i> - Hang board performance time across multiple hangs in normoxia and normobaric hypoxia
	<i>J. Miller</i> - Comparing climbing kinematics of children with and without pathological gait
2:00 pm	<b>Break</b>
2:30 pm	<b>Research Session VIII</b>
	<i>E. Dagnan</i> - Motivation and habit formation: an exploration of rock climbing and its implications for exercise prescription
	<i>M.J. Epelde-Merino</i> - Case study of a climbing activity as an educational tool for primary school children throughout a whole academic year
	<i>S. Beekmeyer</i> - Investigating bouldering as a place making tool in urban design
	<i>S. Davis</i> - Climbers for bat conservation: engaging rock climbers through citizen science
3:30 pm	Free Time
6:00 pm	<b>Closing Buffet</b>
	<b>Featured Guest Presentation</b>
	<b>Lynn Hill</b> – Legendary climber and athlete