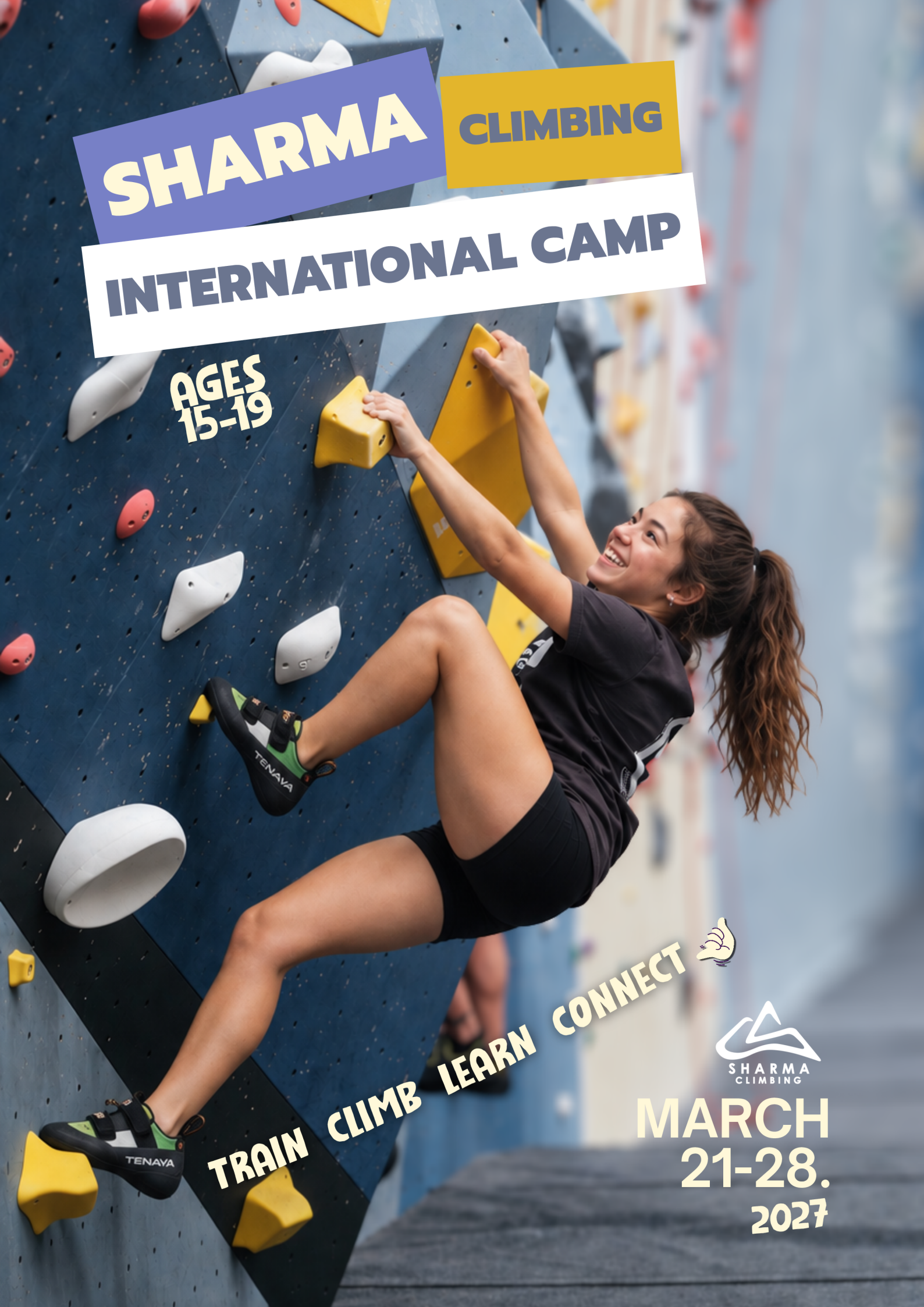

SHARMA
CLIMBING
INTERNATIONAL CAMP
AGES
15-19
TENAVA
TENAVA
TRAIN CLIMB LEARN CONNECT
SHARMA
CLIMBING
MARCH
21-28.
2027

YOUR WEEK

MARCH 21-28.

ARRIVAL & WELCOME

SUN 21

Sharma Climbing Gavà

Athletes arrive in Barcelona and settle into the Sharma experience.

- Airport transfer and accommodation check-in
- Welcome to Sharma Climbing
- Meeting with the coaching team and other athletes
- Programme, coaching philosophy and weekly overview
- Group briefing and preparation

FOCUS Welcome . Community . Goals

ASSESSMENT & TECHNICAL DEVELOPMENT

MON 22

Sharma Climbing Gavà

Establish each athlete's level and individual training focus.

- Individual climbing assessment
- Movement and climbing technique
- Lead climbing development
- Technical coaching
- Strengths and areas for development
- Personal goals for the week

FOCUS Assessment . Technique . Indivisual development

STRENGTH TECHNIQUE & PERFORMANCE

TUE 23

Sharma Climbing Gavà + Barcelona city trip

Physical and technical development, combined with a Barcelona experience.

- Strength and physical preparation
- Technical climbing sessions
- Individual coaching and video analysis
- Performance feedback
- Approaching climbing projects
- Barcelona experience

FOCUS Strenght . Technique . Analysis . Experience

ADVANCED BOULDERING & SHARMA EXPERIENCE

WED 24

Sharma Climbing Gavà + beach trip

Advanced technical training ahead of outdoor and competition days.

- Advanced bouldering
- Technical and tactical development
- Route-setting workshop
- High-performance coaching
- Individual feedback
- Sharma experience/session with Chris Sharma

FOCUS Bouldering . Tactics . Performance . Inspiration

YOUR WEEK

MARCH 21-28.

OUTDOOR CLIMBING

THU 25

Outdoor location — to be confirmed

Transfer indoor skills onto natural rock.

- Travel to the outdoor climbing location
- Introduction to the area and environment
- Natural rock climbing
- Outdoor movement and technique
- Route selection and project strategy
- Safety and outdoor climbing skills
- Coaching on real rock

FOCUS Outdoor skills . Adaptation . Adventure

OUTDOOR DEVELOPMENT & PERSONAL PROJECTS

FRI 26

Outdoor location — to be confirmed

A second day on real rock for individual projects and progress.

- Personal climbing projects
- Individual coaching
- Technical development
- Route and project strategy
- 1-to-1 feedback
- Athlete-led climbing goals
- Professional photography and video

FOCUS Personal projects . Independence . Performance

COMPETITION & ACHIEVEMENT DAY

SAT 27

Sharma Climbing Gavà

Put technical, tactical and mental skills into practice.

- Competition preparation
- Climbing competition
- Strategy and decision-making
- Team challenges and individual performance
- Final climbing projects
- Achievement presentations
- Celebration of the week's development

FOCUS Competition . Performance . Team . Achievement

CLOSING & DEPARTURE

SUN 28

Barcelona

Bring the group together one last time before
departure.

- Final group session
- Reflection on the week's development
- Athlete feedback
- Group photos and networking
- Airport transfers and departures

FOCUS Reflect . Celebrate . Connect