



NICAS ACADEMY
AGES 6+

WILD CLIMBERS
AGES 3-5

Achieve a **Nationally Accredited** Rock Climbing Qualification

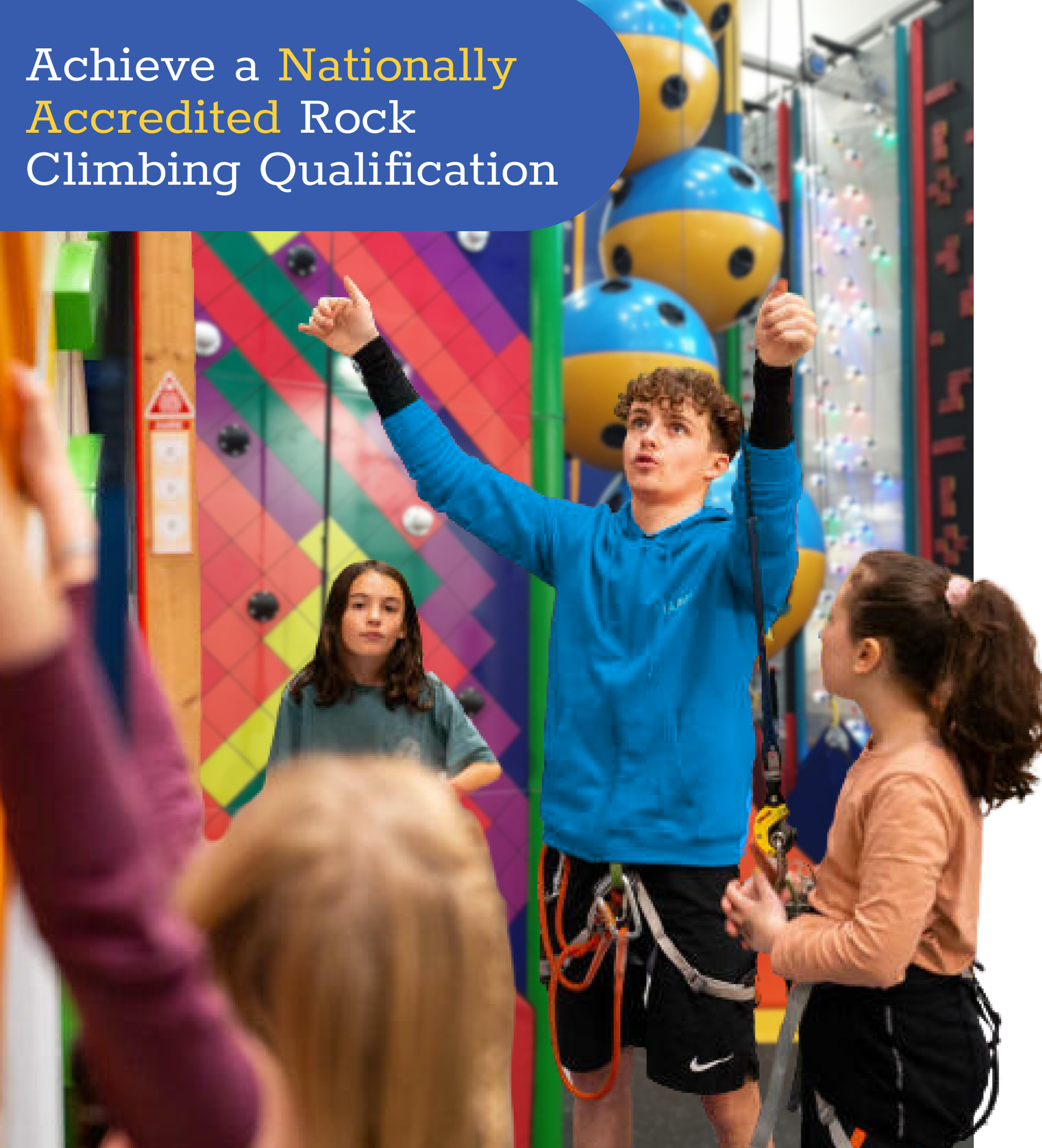
ENROL IN ROCKSTARS NICAS COURSES

Step into the exciting world of fun, safe and inclusive rock climbing with Rockstars NICAS Academy & NICAS Wild Climbers.

We offer 2 programmes to cater for all ages:

**ROCKSTARS NICAS
ACADEMY** AGES 6+

**ROCKSTARS NICAS
WILD CLIMBERS**
AGES 3-5



WHAT IS NICAS?

NICAS (National Indoor Climbing Award Scheme) is The Association of British Climbing Walls Training Trust (ABCCTT) is a small educational charity that delivers progressive incentive schemes that provide a gateway from indoor climbing into a pathway of life-long participation in rock climbing & mountaineering.



ROCKSTARS NICAS ACADEMY



Is your child ready to Reach New Heights? Rockstars NICAS Academy is the perfect starting block for kids to dive into the thrilling world of climbing. Over a fun-packed 12 weeks, they'll not only work towards a nationally accredited rock-climbing qualification but also grow in self-confidence, team spirit, & overall well-being.

Our academy proudly offers the NICAS Clip Foundation & Advanced programmes. These programmes provide the perfect challenge for your budding climber to achieve & excel.

Let your child be a Rockstar with us and watch them climb their way to success & beyond!



**ACHIEVE A NATIONALLY ACCREDITED
ROCK-CLIMBING QUALIFICATION**

ROCKSTARS NICAS ACADEMY

BENEFITS



- **Certified Pathway:** Achieve a nationally accredited qualification in rock climbing, establishing a robust foundation in the sport.
- **Safety First:** Participants are introduced to indoor climbing in a secure environment, ensuring a safe & positive experience.
- **Skill Enhancement:** Develop keen awareness of climbing techniques and movements, improving overall climbing proficiency.
- **Confidence Building:** Foster greater self-confidence through mastery of new skills & overcoming challenges.
- **Educational Alignment:** The program supports the assessment criteria of Key Stage 1 & 2 by contributing to physical, social, & emotional development.
- **Customized Goals:** Resources are tailored to meet individual needs, making it easy to set & achieve personal milestones in climbing.



ROCKSTARS NICAS ACADEMY

COURSE CONTENT



FOUNDATION COURSE

- **Beginner-Friendly:** Designed for new climbers, this six-week foundation course introduces the essential techniques & movements required for indoor climbing.
- **Skill Development:** Participants enhance their climbing skills, focusing on balance, coordination, & agility through tailored activities & games.
- **Confidence and Teamwork:** Each session is structured to boost confidence & foster teamwork, as climbers engage both individually & in groups to master new challenges.
- **Fun and Engagement:** Climbers enjoy a vibrant mix of games & the freedom to explore their favourite walls within our climbing centre.

ADVANCED PROGRAMME

- **Skill Advancement:** After completing the foundation course, climbers can progress to the six-week Advanced Programme, where they deepen their understanding of climbing.
- **Focused Techniques:** The advanced sessions emphasize footwork, weight shifting, & effective communication (buddy work), providing a more intensive training environment.
- **Continued Growth:** Climbers work through a personalized logbook, tracking their development & achievements in a structured manner.

CERTIFICATION & RECOGNITION

Accreditation: Upon completion of each course, climbers receive a NICAS certificate and a cloth badge, symbolizing their achievements and new skills.

Expert Guidance: All sessions are led by NICAS-trained instructors from Clip 'n Climb Cambridge, ensuring professional and supportive training environments.

This programme not only equips young climbers with the skills needed for safe and effective climbing but also nurtures a lifelong passion for this thrilling sport.



ROCKSTARS NICAS WILD CLIMBERS BENEFITS

AGES
3-5

NICAS Wild Climbers is the go-to programme for budding young climbers. With a playful, game-based approach, we make the first steps into climbing not just safe, but exhilarating! Our climbers develop keen awareness of movement, grow in confidence, and start on a fun-filled pathway to more climbing adventures.

NICAS Wild Climbers isn't just about reaching higher, it's about reaching out too. Designed to be inclusive and accessible, this programme welcomes everyone. It aligns with the Early Years Foundation Stage, promoting communication, physical development, & social and emotional growth. Plus, our resources ensure every child, including those with additional needs, feels included & valued.

Join us and watch your little ones climb to New Heights of fun and discovery!

**EVERY LITTLE ADVENTURE BEGINS
WITH A GREAT CLIMB!**





WHAT IS NICAS CLIP?

- **Registered Charity:** Committed to enriching our community.
- **Established in 2008:** A trusted name initiated by climbing industry leaders.
- **Widespread Participation:** Boasting over 170,000 registrations.
- **Extensive Network:** Over 250 NICAS providers across the country.
- **Recognized Standards:** Upheld by Mountain Training, ABC, and Sport England.

NICAS Clip is designed to introduce new climbers, including young children, safely into indoor climbing environment while boosting confidence. It serves as a pathway to more climbing activities, develops communication skills, physical development, & social/emotional growth, aligning seamlessly with Key Stage 1 & 2 assessment criteria.



EMBARK ON A JOURNEY WITH THE ROCKSTARS NICAS ACADEMY



REACH NEW HEIGHTS IN CLIMBING & PERSONAL DEVELOPMENT!

