Climbing-Related CV

# Personal Details

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# Qualifications and Courses

Climbing Wall Development Instructor Award (CWDI); Climbing Wall Instructor Award (CWI)

Development Coach Award (DCA); Foundation Coach Award (FCA)

Professional Master’s Degree in Elite Performance, University of Central Lancashire

Single Pitch Award Training

BMC FUNdamentals of Climbing 1, 2 and 3

BMC Physical Conditioning for Climbing

REC First Aid Course

UK Coaching Safeguarding & Protecting Children Course

## Other Relevant Courses

BMC Coaching Symposium October 2016, The Depot, Manchester

Adventure Sports Coaching Conference, January 2018, PYB, Capel Curig

# Relevant Work Experience

Plas y Brenin, *Storeman*, November 2014 – August 2019

Joe Brown’s Climbing Shop, *Sales Assistant*, January 2009 – November 2014

Snow and Rock Birmingham, *Sales Assistant*, September 2007 – January 2009

Creation Climbing Wall, *Instructor*, February 2006 – December 2006

## Other Voluntary Experience

Anglesey Adventure Club (AAC), *Senior Climbing Coach*, March 2016 - present

Ogwen Valley Mountain Rescue, *Trainee member*, March 2013 – November 2014

1st Midland Baden-Powell Scout Group, *Scout Leader*, June 2002 – January 2009

# Coaching Experience

* *Private Sessions*. Performance coaching sessions, in a wide range of ages and abilities from juniors on low grade climbs, to adults bouldering 8a, to seniors looking to target weaknesses such as dynamic climbing. Sessions range from indoor and outdoor bouldering, indoor top roping and indoor leading, all conducted with student led learning.
* *Group Sessions*. Masterclasses and Workshops for groups of up to 10, including topics such as Improving Footwork, Static and Dynamic Climbing and Structuring Sessions. Syllabus led learning, albeit tailored to individuals during the session.
* *Freelance Instruction*. Often seconded to the Beacon or Indy climbing walls, I have conducted many Experience sessions, Intro Courses and kids clubs. The youth climbing sessions usually run over the course of a term and follow the NICAS scheme, where I have primarily run levels 4 and 5 (the lead climbing sessions).
* *Anglesey Adventure Club*. From early 2016, I have worked with this group, predominantly as either a bouldering or climbing movement specialist. Groups are always under-18 although I have worked with all age ranges and often worked with the stronger and more advanced climbers in the group.
* *Prowess Performance Squad.* From October 2022, I’ve worked with a hand-selected group of local climbers to continue to enhance and develop their skills. While there is no particular criteria for the squad, participants must be dedicated with a growth mindset
* *North Wales Youth Climbing Academy*. From December 2022 I have been coaching the Academy, working with a range of youths primarily with a competition focus. Each session is student led

# Coach Education Experience

* *BMC Fundamentals of Climbing 1 and 2.* I am an official provider of BMC Fundamentals 1 and 2 workshops and regularly arrange Foundation and Development Coach training days by established and experienced coach educators.
* *CPD Workshops*. One day workshops which qualify as CPD points for MTA, AMI and BMG members on Teaching Outdoor Bouldering.
* *Beacon Staff Training*. CPD workshops for Beacon staff members and freelance staff on various topics including bouldering and coaching

# Climbing Experience

Climbing and Mountaineering have been part of my life since my very early years. My parents first took me to the summit of Snowdon (Yr Wyddfa) at the age of 3 and we spent many years visiting the mountains of North Wales during my childhood, often including rock climbing. My first lead climb was at the age of 10, although I stepped away from climbing until my mid-teens where I discovered indoor climbing at the Rockface in Birmingham. This renewed enthusiasm saw me join the University climbing club at Lancaster University during my undergraduate degree where an interest became an obsession and eventually, a lifestyle. During these three years, I developed a wide breadth of knowledge and experience around climbing.

To date, that knowledge is vast and varied and it continues to grow. I have trad climbed up to HVS on various rock types and sport climbed up to 6c+, while I also have some experience with winter climbing, having climbed several grade III ice climbs in North Wales and Scotland. However it is with bouldering that my true passion lies and in my personal climbing, I have now become something of a bouldering specialist. I have bouldered up to 7c+, in at least 10 countries, visiting up to 120 different crags. I have climbed 7c abroad, in both Fontainebleau (*Carnage assis*) and Magic Wood (*Intermezzo*).

I have put up my own first ascents, developing crags such as Clogwyn y Garreg and expanding on the bouldering in Bryn Engan among other crags. Many of my first ascents feature in the latest North Wales Bouldering guidebook.

# Notable Publications

* *Mountain Training UK*: Bouldering. Guidance on session delivery and supervision. (2018). *Contributing author*
* *Professional Mountaineer*: regular contributions including A Change in Perspective: Coaching (2020); Reactionary Route Reading (2020); Coaching vs Instruction (2021); How Climbing Is Diversifying (2021); Replication Training (2021); Transitioning to Outdoor Bouldering (2022)
* *SMART Climbing*: research assistant for publication on psychological improvements in climbing (2022)

For full list of all publications, please see LinkedIn page: <https://www.linkedin.com/in/pete-edwards-57b184110/>

# Personal Statement

When Mountain Training UK began their Coaching qualifications, it aligned perfectly with my particular skill set. Becoming a climbing *instructor*, in the traditional sense was never going to be my passion but the idea of helping people to hone and refine their skillset, as a climbing *coach* aligns perfectly with my philosophy and ability.

The idea of watching and interacting with climbers has been second nature to me since 2002, while teaching and coaching students became a natural progression from my time as both a Scout and a Scout leader. In 2018, I was able to take it a step further with a Professional Masters in Elite Performance with the University of Central Lancashire, primarily studying climbing coaching. My postgraduate education gave me the unique ability to study much academic research in teaching and education, especially in adventure sport; knowledge I have subsequently been able to translate into my climbing coaching.

My coaching philosophy is based on helping climbers to both become more efficient in their movement while also developing a greater understanding in all aspects of their performance. Much of this is done through work on tactics and psychological improvements as well as technical refinements but the crucial aspect is that the climber is able to take the information from their session and continue to improve on their own. This is now done through the application of a set of movement theories I have created and called The Process (I am currently drafting a book detailing this work and some can be seen on my website) as well as through the application of the academic work I spent so many hours reading and absorbing.

As I have developed as a coach, I have progressed into coach mentoring and education. I make a special effort to network and mentor junior coaches, helping to develop their skills and helping to prepare them for assessments. In 2022, I started to run CPD workshops for MTA, AMI and BMG members on how to effectively teach outdoor bouldering; workshops that were very well received. Then in July, I began to arrange, assist and observe BMC Fundamentals workshops and Mountain Training coaching qualifications. Further courses are planned for the near future.

I am in a unique position: academic, practitioner and high-level climber and am now working with others to pass on the knowledge I have gained over the past twenty years.