

TOM RAMSDEN



ABOUT ME

I have experienced the highs and lows of the sport: frustrations over plateauing, competition nerves, and the thrill of making your first breakthrough into a higher grade.

I appreciate the psychological lessons that climbing teaches; feeling comfortable with your ability, progression, and achievement to enjoy a lifetime of climbing, both indoors and out.

QUALIFICATIONS

- Foundation Coach
- BMC Fundamentals 1, 2
- Development Coach Trained

WHAT CAN I DO FOR YOU?

I can help you become a better climber by providing technical insight; recommending strength and conditioning exercises and discussing the relationship between your mindset, your performance, and your enjoyment of the sport.

Although I specialise in youth competition coaching, I cover a range of techniques, tactics, and approaches that will benefit climbers of all ages, abilities, and attitudes.