



# Continuation Plan Contract

Now you've finished your last plan and we've done our Reflections, what's next? Well, in the immortal words of Steven Gerrard, we go again. You've got all the resources now so if you wish, you can go for it on your own; a win for me as a large part of my coaching philosophy is to foster independence! Or, if you prefer, I can go through the next plan with you as well.

That's exactly what the Continuation Action Plan is designed to do. This document lays out the detail of what you will receive from Prowess Climbing Coaching and what is expected from yourself.

You are free to leave the plan at any stage, without notice, there is no obligation to complete the course should you wish to stop.

## What is a Continuation Plan?

Basically, it's the same process as before. However, we already have a good idea of where we are, so there's no need to complete the Climber Profile again. Therefore, Continuation Plan comes in three parts:

1. Goal Map
2. Action Plan
3. Reflection and Feedback

Each of the Goal Map and Action Plan are conducted over a two-hour in-person session, while the Reflection session is one hour. After each session, the notes taken will be written up a copy will be sent to you for reference. A copy is also kept confidentially on file, in case you ever need it in the future.

### *Goal Map*

We'll use the Reflections from the previous plan to establish where we are. The we reset a new Outcome Goal, as well as some new Process Goals (or continuing with the old ones) across all four aspects of the TPP Model (technical, tactical, physical and psychological).

### *Action Plan*

With our updated Outcome and Process Goals, we'll come up with a new Action Plan. However, the Reflections from the previous plan will still be fresh in our mind and we will ensure we've learnt lessons from the last plan.

### *Reflection and Feedback*

Crucially, this time, we will have two plans to Reflect on, giving progress over time.

## The Price<sup>1</sup>

A Continuation Plan involves less contact time and thus, costs £200. A minimum payment of £100 is required before the first session, with the remaining balance due before your personalised plan is sent to you. This can be split across the sessions if you prefer, or can be paid in full. Please note, wall entry and kit hire are not included in the price of the Plan.

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<sup>1</sup> Discounts may be available, such as the Research Participant Discount. Please contact Prowess direct at [prowessclimbingcoaching@gmail.com](mailto:prowessclimbingcoaching@gmail.com) for more information.



## When are you eligible for a Continuation Plan?

As we are working straight from the previous plan, it is important we continue straight away. Therefore, the Continuation Plan is **only available if you sign up during the Reflection Session**. It may be possible to sign up a short while later but this is solely at the discretion of Prowess Climbing Coaching.

## Location

All Action Plans are priced to be conducted in North-West Wales, typically indoors. While it is possible to travel for the coached sessions, travel expenses are **not** included in the price and are considered extra to stated prices.

## The Sessions

The first two stages of the Continuation Plan require a two-hour coached session. This can be done in three ways:

- Two separate two hours sessions, with a short gap (between 1-2 weeks) in between sessions
- One four-hour long session covering both sessions in one day

How you wish to split the sessions is entirely up to you.

## What Prowess Will Provide

The following lays out what Prowess will provide as part of an Action Plan:

- Four hours coached contact time
- Personalised coaching to identify specific strengths, weaknesses, goals etc.
- Copies of Goal Map and Action Plan sent to you
- A Reflection session at the end of your plan
- Optional discounted sessions at any time<sup>2</sup> at £25 per hour (two hour minimum)

## Your Commitment

As part of this process, there are some commitments you are required to agree to. They are:

- Initial payment of £100 made in advance of the first session
- Settlement of outstanding £100 balance before commencement of the final session

There is a level of commitment required for any training plan to work. While every effort will be made to ensure the Plan gives you the best chance of success, it is essentially down to you to put the hard work in. No plan can guarantee success on its own and by signing up, you are committing to give every effort to making it work.

If the exercises are not working for you, or you are not making progress, please do use the consultations to discuss tweaks and adjustments.

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<sup>2</sup> Subject to availability



## Cancellations

Life can get in the way sometimes. Things can happen, injuries can occur, there are plenty of reasons why you may not get to the end of the arranged sessions.

While no refunds are typically available<sup>3</sup> should the plan be cancelled by the client, Prowess will make every effort to ensure you complete each of the sessions. Should you need to delay or rearrange the sessions, please do get in touch. There is no end date on when sessions can be rearranged.

If sessions are cancelled by Prowess, a full refund for any outstanding sessions will be issued.

## Declaration

To sign up, please fill in the following:

- By checking this box, I confirm that I will commit to the agreed Action Plan, take responsibility for my own involvement and do not expect any guarantees of reaching the agreed goals. I will not hold Prowess responsible should I fail to achieve the goal in the agreed time
- By checking this box, I confirm that I am aware that my body has limitations that are impossible to gauge when creating an Action Plan. I take responsibility for my own body and agree to do everything within my power not to incur an injury
- By checking this box, I confirm that I am not withholding any information regarding my current level of fitness/medical conditions that may be aggravated by participating in a training plan
- By checking this box, I confirm that I understand that climbing and mountaineering are inherently dangerous activities, potentially with a risk of injury or death and as such, I agree to use my own judgement and decision making before commencing ANY activity to ensure it is safe for me to do so

Name:

Signature (written or typed):

You will also be asked to complete a Form of Understanding (consent form) near the time of your first session.

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<sup>3</sup> Refunds for incomplete sessions are at the discretion of Prowess Climbing Coaching