



Summary:

Ceangal; Mountaineering Ireland’s Coaching Conference.

Creating spaces to connect, to gather insights, to share, discuss and collaborate in the co-creation of a progressive Performance Pathway.

‘Ceangal ~ (vb) meaning: to connect, link or join together; pronounced: key-angle or k-angle’

Description:

Welcome to Mountaineering Ireland’s first coaching conference. Bringing together indoor competition climbing coaches from across Ireland.


Creating spaces to connect as coaches, to gather insights from the climbing coaching community, to learn, share, discuss and collaborate in the co-creation of a progressive Performance Pathway which supports Ireland’s first climbing Olympians.

If you are a climbing coach working in a wall, club or competition squad and supporting Irish competition climbers we would like to invite you to join us in February 2025 for a weekend of sharing, learning, development and self-discovery.


Inspired by current best practices from adult learning and development, this conference will look to blend the traditional conference elements of keynotes, case studies and breakout groups with facilitated social learning spaces and sense making sessions. Participants will be supported across the two day event by coach developers from across the Irish high-performance sport community.

Event Details:

 Saturday 22nd & Sunday 23rd February 2025

 Bloc Climbing Centre & Dublin Climbing Centre

 Limited tickets available. Book yours now! Ticket sales will close on Friday 7th February 2025

 See below an outline of the event programme

 Psych **BOOK YOUR SPACE!**

Ticket Pricing:

🎫 M.Ire Member: €150 + eventbrite fee [full price]

🎫 Non-member: €200 + eventbrite fee [full price, plus membership fee]

🏔️ Member of the British Mountaineering Council or Mountaineering Scotland?

Click the MI Member option at checkout and enter your membership number.

➔ Not yet a member? Join our community of [insert number] people today! Click [here](#) to find out more.

➔ Psyched? **BOOK YOUR SPACE!**

About the Conference:

This two day event will bring together indoor competition climbing coaches from across Ireland to begin to answer the question:

“How do we (Coaches, Setters, Walls, MI) co-create performance focused Training & Competition Environments which are interconnected across a progressive Performance Pathway supporting the development and performance of Ireland’s future climbing Olympians?”

With access to the Dublin Climbing Centre for both Saturday and Sunday, bring your psyche, lunch and climbing shoes. We'll provide the rest.

➔ Read event outline below.

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Who is the Conference for?

Aimed at climbing coaches who are (or aspire to) actively coaching within Indoor competition climbing spaces across Ireland, supporting competition climbers at local walls, clubs and competition squads from grassroots and regional level through to national performance and high-performance programmes.

Open to any climbing coach working in Ireland who would like to be part of the future development of the Irish Performance system and wants to connect, learn and share ideas and best practice with other coaches from across the pathway.

Coaches are most likely to have completed Mountain Training’s Development Coach Award and/or have similar levels of coaching experience. Coaches must be at least 18 years of age.

➔ Read event outline below

➔ Psyched? **BOOK YOUR SPACE!**

What's Included in my Ticket?

- ✔ Online meet & greet with other delegates the week before (*Wednesday 12th February 14.00-16.00*)
- ✔ A two day comprehensive coach learning and development experience
- ✔ Access to the Dublin Climbing Centre for the duration of the event
- ✔ Free tea or coffee on arrival both days
- ✔ Event Lanyard
- ✔ An event pack, including exclusive Mountaineering Ireland journal and other partner goodies
- ✔ Opportunity to climb on Comp Blocs ranging from YCS Regional to Senior World Cup standard
- ✔ Access to event resources post conference
- ✔ Invitation to join future Mountaineering Ireland Coach Development opportunities (*via Conference Mailing List*)
- ➔ Read event outline below.
- ➔ Psyched? **BOOK YOUR SPACE!**

Why deliver a Coaching Conference?

With another epic display of climbing performances at the Paris Olympics and the recent appointment of Jackie Newton as Performance Lead and Tobias Preisler as Head Coach, our gaze naturally turned to thinking about the next four to eight years, and what lies ahead for Irish Climbing as we continue to build towards LA & Brisbane.

One value which remains at the heart of our thinking is that of connection, connecting with the wider community and ensuring that as we grow and develop our pathways and systems that we (climbers, coaches, setters, walls, MI) are better for being part of the journey, achieving success and winning in the right way. (link winning and winning well or similar from strategy lines).

One idea which resonated was of creating and facilitating spaces and ways to do this. Hence the creation of Ceangal.

Though the theme of this conference, 'Asking Questions before Looking for Answers' we will begin to explore the question...

"How do we (coaches, setters, walls, MI) co-create performance focused Training & Competition Environments which are interconnected across a progressive Performance Pathway supporting the development and performance of Ireland's future climbing Olympians?"

The aims of this conference are;

1. To create spaces to connect as coaches,
2. To gather insights from the climbing coaching community,
3. To share an update on the future of the MI Performance Pathway
4. To learn, share, discuss and collaborate in the co-creation of a progressive performance pathway which supports Irelands first climbing Olympians,
5. To begin the creation of a shared mental model which will measure our success.

We hope that by the end of the two days you will leave;

- Having made connections with other team, squad and club coaches from across the country and grown your coaching network
 - With a clear understanding of the future of MI Performance Pathway & direction of travel, and how you can play a part in its success
 - Feeling there is an inclusive space to ask questions, and knowing who to ask when they come up
 - Feeling you have offered your insights and experiences, that you have been heard and informed the developing Performance Pathway
 - Something meaningful and tangible which you can take back to your home environment and use to support the climbers you work with.
- Read event outline below.
- Psyched? **BOOK YOUR SPACE!**

How will the conference work?

Join up to 60 climbing coaches from across Ireland, 6 Coach Developers from the Irish High-Performance Sport Community & 8 Presenters from the UK & Ireland at Ceangal 2025.

 **Build Up...**

Great route-setting from both Mountaineering Ireland's and the BMC's top competition routesetters, with blocs ranging from YCS Regional to Senior World Cup standard, get ready to put your shoes on and climb some epic comp blocs!

Join the pre conference Zoom call at **14.00** on **Wednesday 12th February 2025** to meet the other people in your breakout group and coach developer for the weekend.

On the Day...

Head to registration and check in. Grab your event pack and a cup of tea or coffee then find your breakout group to complete the morning Arrival Task.

Each morning we will come together for stimulating keynotes, then head out to breakouts for sense-making and discussion. Capturing your thoughts & reflections using Menti.

After lunch we will continue with the breakout theme, moving around 3 key topics as you explore your coaching practice in more depth.

Finally coming back together to close the day.

Continue the fun on the comp blocs on Saturday evening as we have a social climb.

Everything in one place...

With access to the Bloc Climbing Centre for both Saturday and Sunday, bring your psyche, lunch and climbing shoes. We'll provide the rest.

After the event...

Let us know how you found the event with post conference survey. Keep in touch with new connections at future events, take those meaningful and tangible nuggets home to put into practice. We'll see you next time!

 Read event outline **below**.

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What's on at Ceangal?

Saturday 22nd February (Keynotes - 1a, 2, 3, 4 | Breakouts - A, B)

1a. 🙌 *Welcome & Intro*

The official welcome & introduction to Ceangal, Mountaineering Ireland's first coaching conference from Jackie Newton (Mountaineering Ireland Performance Lead).

2. 🗺️ *An Evolving Future for Irish Competition Climbing*

Jackie Newton & Tobias Preisler (Ireland Head Coach) share their current thinking on the direction of travel for Irish Competition Climbing & how as a community we can work together to support the first Irish Climbing Olympians.

3. 🧠 *Building a Shared Mental Model*

Liam Feeley (Mountaineering Ireland CEO) draws on his experiences from Leadership & Management to introduce us to the concept of Shared Mental Models and how working with both collaborative and joined up thinking we can create systems and processes for individuals to thrive.

A. 🏋️ *Physical Preparation for Climbing*

Philip Duke (S&C Lead for the Irish Climbing Team) takes us over to Dublin Climbing Centre for a deep dive into Physical Preparation for Climbing. Bring your resistance bands and ideas to explore how to maximise your warm up time.

B. 🧩 *Creative Route Setting / Routesetters Vs Coaches*

Ever had the opportunity to climb on an Olympic or World Cup Boulder? Join Cailean Harker, Mark Scanlon, Rory Cummings & Conor Orr and get into the mindset of a Routesetter, exploring how they put together a selection of first class boulders from YCS through to Olympic standard. Can you figure out the beta and break their sequence?

4. 📌 *Day 1 Close*

Finally coming back together to recap the day, join us as we put our climbing shoes back on for a social climb on those amazing boulders from the afternoon breakout sessions.

What's on at Ceangal?

Sunday 23rd February (Keynotes - 1b, 5, 6, 7 | Breakouts - C)

1b. 🙌 **Welcome & Intro**

The official welcome & introduction to Day 2 of Ceangal, Mountaineering Ireland's first coaching conference from Jackie Newton (Mountaineering Ireland Performance Lead).

5. 🌱 **The Importance of Athlete Transitions**

Navigating the journey from grassroots to high-performance is not always as easy as it seems. Join Carol Keenan (Performance Life Skills Consultant from the Sport Ireland Institute) and discover the importance of athlete transitions, learn how you can increase the value and support you offer those aspiring to join the performance pathway and transition between each stage, thriving as they develop.

6. 🏆 **Environments are Crucial / What it takes to Win**

Following the fantastic performances of GB athletes at the Paris Olympic Games, join Tom Greenall (former GB Climbing Head Coach) and Liam Briddon (GB Climbing Performance Coach & Olympic Podium Coach) as they share their experiences creating coaching and training environments that supported Gold Medal winning success!

C. 🗨️ **Progressive Curriculum Development**

Through a facilitated whole group session Tim Cunnington & the team of Coach Developers will help us draw on all the elements of the conference so far, identifying how we can build a Progressive Coaching Curriculum to support climbers to transition across the pathway. Understand how your experience and the climbers you work with can create transformational spaces and experiences that really matter.

7. 📌 **Where Will This Take Us? / Conference Close**

Our final wrap up of the conference, Jackie Newton reminds us of all we have covered and links us back to what comes next...

...As a community, continuing to co-create performance focused Training & Competition Environments which are interconnected across a progressive Performance Pathway supporting the development and performance of Ireland's future climbing Olympians.

Ceangal 2025 - Event Timetable (Provisional)					
Saturday 22nd February 2025			Sunday 23rd February 2025		
9.00	Registration Opens			9.00	Registration Opens
10.00	Welcome & Intro			10.00	Welcome & Intro
10.15	An Evolving Future			10.15	The Importance of Transitions
11.30	A Shared Mental Model			11.45	Environments Are Crucial
13.00	A. Physical Prep (Dublin Climbing Centre)	B. Creative Route Setting (Routesetters V Coaches)	Breakout 1	13.30	Progressive Curriculum Development
15.30	B. Creative Route Setting (Routesetters V Coaches)	A. Physical Prep (Dublin Climbing Centre)	Breakout 2	15.30	Where Will This Take Us? / Conference Close
18.00	Day 1 Close		Keynote 4	16.00	Networking & Travel Home
18.30	Social Climb				
20.30					

Sense Making & Social Learning Spaces

Have you ever been to a conference and just felt burnt out by the end of it? Like there was so much information but you didn't really have the time to process or talk to others about what they thought? Were you only able to use a small percentage of what you learnt because you came away feeling overwhelmed and couldn't put it into practice?

Feeling like this at the end of a conference or 2 day event isn't uncommon.

To ensure that you can come away feeling that you have had the time and space to move, to process, to connect with others, to really get to grips with the content and apply it into your coaching practice, we will be creating specific and protected time to sense-make, process and learn together.

Facilitated and supported by coach developers live in the room, we will draw on best practices from adult learning and development defined by Beverley and Etienne Wenger-Trayner as;

“an event of mutual engagement in learning. It arises when a group of people, each eager to figure out how to do something important to them, discover and experience each other as learning partners.”

If you would like to find out more before the event, head to Wenger-Trayner.com.

Menti & Resources Access.

So that we can easily and accessibly gather insights and support the sense-making elements of the two day experience we will use Menti as part of the event programme. Using your phone or tablet Menti *“turns presentations into conversations with interactive polls that engage meetings and classrooms”*. If you would like to find out more about Menti before the event, click [here](#).

We will be creating a dedicated page on the M.Ire website so that we can host all resources which we are able to share from the event. This may include presentation slide decks, signposts to further reading and resources, and M.Ire publications.

Access to both Menti and Resources page will be shared to participants at the event.

[→](#) Psyched? **BOOK YOUR SPACE!**

FAQs

How do I join the pre-conference Zoom Call at 14.00 on Wednesday 12th February 2025?

After you have completed your booking you will receive an invite with the Zoom call details. Please log in 5 minutes before to ensure that your video and audio are working, ensuring that your name is visible and not a nickname or pseudonym (ie climbingdave48 or similar).

What is the conference schedule?

A preliminary event session outline can be viewed [here](#).

Are Lunch & Dinner provided?

There are cafe facilities available at the venue however we strongly suggest that you bring your own lunch and snacks with you. Tallaght shopping centre is across the road with lots of options for lunch and dinner. For more details see [here](#).

We are aiming to finish at 18.00 to allow you to depart and find an evening meal. Again we can recommend the venues at Tallaght Shopping Centre. We strongly recommend booking in advance due to Day 1 being on a Saturday.

How do I get to the venue?

Please see map and directions for car, bus and train travel below.

Click [here](#) to head directly to the Dublin Climbing Centre website.

Do I need to register online with the Venue before I arrive?

Yes, please do so [here](#).

Can I park my Van in the Car Park overnight?

Yes – there are spaces in the car park at Bloc and also at the Dublin Climbing Centre.

Will you be sharing a Delegate List?

Yes, this will be provided alongside an Event Lanyard as part of the Event Pack. The delegate list will include name, pronouns and squad/club/wall. We will share this in advance of the zoom call on Wednesday 12th February 2025 where you will have opportunity to meet some of the other coaches attending. We will not be sharing contact details.

Can I lift share or car pool?

We do not have a dedicated lift share site but strongly recommend making travel as safe and sustainable as possible. If you wish to talk to other delegates about this possibility we will include this as part of the pre conference call on Wednesday 12th February 2025.

Will you be taking photos or video during the event?

There will be both a photographer and videographer in attendance at the event so that we can capture photographic, audio and video content for future marketing use. There will be an informed consent form to complete at the morning registration so if for whatever reason you wish to not be included you can notify us and best efforts will be taken to ensure you are not included in the creation of these resources.

I'm a competition climbing coach based in England/Wales/Scotland, can I come too?

Yes! We want to encourage diversity of thought and experience and would really value the opportunity to collaborate with coaches from across Ireland and the UK, please do join us.

If you are a member of either the BMC or M.Sco remember to click the MI option at checkout and include your BMC or M.Sco Membership Number.

I'm not sure this event is right for me, who should I speak to?

If you have any further questions about this event please contact jackie@mountaineering.ie

I haven't received my ticket who should I contact?

For all event enquiries please contact jackie@mountaineering.ie who will be able to assist.

Can I transfer my ticket to a different name?

This can be done up to 14 days prior to the event starting. Please contact jackie@mountaineering.ie for further assistance.

Can I get a refund?

Refunds are available up to 7 days before the event. The Eventbrite booking fee is non refundable, so this will be deducted from your refund.

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