

# **Climbing Performance & Nutrition with Jonathan Siegrist & Shaina Savoy**

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**ShayrdAir**



## Overview

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*A three-month online and in-person mentor program limited to 30 climbers with 5.15 pro climber Jonathan Siegrist and 5.13+ climbing nutrition therapist Shaina Savoy.*

Develop tools, strategies, and improved fueling habits that accelerate your climbing performance. Receive elite mentorship that helps you achieve your goals, and expand your climbing network with a psyched, close-knit community of 30 climbers that is equal parts social, educational, and supportive.

### **By the end of this course, you will be able to:**

- Set goals to catalyze real growth in your climbing.
- Dial your nutrition to maximize performance throughout your climbing season and beyond.
- Apply tactics and techniques to improve your redpointing ability.
- Understand the basics of performance training and structuring your own climbing and training protocols.
- Learn drills and exercises to improve your climbing technique and movement efficiency.
- Tap into a network of 30 fellow mentees who will become lifelong climbing partners and friends.



## What You Get

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### Master Class on Projecting

A 45-minute eCourse, walking you through a day in the life of Jonathan projecting, from preparing food for the crag with Shaina Savoy to visualization, redpointing tactics, and more. (Curriculum, Page 6)

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### Zoom Course Jonathan Siegrist

An 8-hour Zoom course taught by Jonathan over four sessions. Expect an in-depth learning experience discussing goal setting, strategies for projecting, training, and mental game. (Curriculum, Page 7)

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### Zoom Course Shaina Savoy

An 8-hour Zoom course taught by Shaina over four sessions. Expect to learn about topics like foundational nutrition for climbers, protein and carbohydrate best practices, and fueling for success at the crag. (Curriculum, Page 8-9)

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### Outdoor Clinic

Put all you learn from Jonathan and Shaina into practice during an outdoor clinic with them and your classmates at a Front Range crag outside Denver, CO. (Curriculum, Page 10)

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### Climbing Trip

To celebrate the end of the program, ShayrdAir organizes a climbing trip in Ten Sleep, Wyoming with Jonathan, Shaina, and your classmates so you can push yourselves, cover final questions, and most importantly, have fun!

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### Slack Channel

Our course Slack channel connects you directly with Jonathan and Shaina so they're in your pocket 24/7, and with your classmates, so you can crowdsource questions and coordinate meetups with your peers.

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### Learning Teams

Within the class of 30, ShayrdAir assigns you to a five-person learning team. Carefully selected based on a skill survey taken at the beginning of the program, your team will consist of peers with similar goals and skill levels to your own.



## Course Timeline

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\*All Zoom Sessions take place on Tuesday nights from 6:30-8:30 pm MT.

\*\*Jonathan and Shaina's outdoor clinic weekend will occur on Saturday, July 20 and Sunday, July 21. Each clinic will consist of 15 students, and over the weekend, each student will receive one full-day clinic with Jonathan and one with Shaina.

\*\*\*ShayrdAir organizes a community climbing trip to Ten Sleep, WY to celebrate the end of the program. This year's trip takes place from August 9-11. Jonathan and Shaina will be onsite on August 10 to celebrate and climb with you. Your campsite reservation for the weekend will cost \$20.

Jun 14	Jonathan Siegrist Master Class On Projecting Released
Jun 18	Jonathan Siegrist* Zoom Course, Performance #1
Jun 25	Jonathan Siegrist Zoom Course, Performance #2
Jul 2	Shaina Savoy Zoom Course, Nutrition #1
Jul 16	Shaina Savoy Zoom Course, Nutrition #2
Jul 20-21	Outdoor Clinic Weekend With Jonathan & Shaina in Boulder, CO**
Jul 23	Jonathan Siegrist Zoom Course, Performance #3
Aug 6	Shaina Savoy Zoom Course, Nutrition #3
Aug 9-11	Community Climbing Trip With Jonathan & Shaina in Ten Sleep, Wyoming***



## Letter From Jonathan & Shaina

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“Hello all!

My name is Jonathan Siegrist and I am a professional rock climber now living in Las Vegas, Nevada. I have spent the last 16 years traveling tirelessly around the United States and the world, searching for my next project and trying my best to collect as many redpoints as I can!

My name is Shaina Savoy and I am a Nutrition Therapist Master and passionate rock climber. For years I have developed my understanding of food as fuel for athletes and the importance of nutrition for both our health and performance - while also pursuing climbing at a high level and traveling in between!

Our aim with this three-month immersive course is to have the time and structure to teach what we feel are the key aspects of climbing performance. This includes the physical, mental, nutritional, and even emotional pieces that we have found to be the most critical to doing our very best on rock.

Over these many years, climbing has given us not only a strong sense of identity but also a life-changing athletic passion, a vehicle for amazing travel, and most importantly - a community.

We hope that in these months we can all truly grow together as ‘students of the game’ and share our experiences as we do.

Hope to see you in class!



## Take The Next Step

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Have questions about this program? **Call or text our Admissions team at 862-345-0954.** We're here to help you determine whether this program is right for you and your goals.



# Master Class Curriculum

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## Chapter 1 Introduction

- About Jonathan
- About Shaina
- Goals of the eCourse

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## Chapter 2 Before the Crag

- Food Prep
- Packing Your Bag & What to Bring
- Visualization and Mental Preparation
- Goals for the Day & Setting Expectations

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## Chapter 3 Warming up at the Crag

- How to Warm Up!
- Timing Your Tries
- Understanding the Cliff

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## Chapter 4 Trying the Main Objective

- First Days on a New Project
- Projecting Timeline
- How Many Tries To Have on a Project and How Much to Rest In-Between

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## Chapter 5 Wrap up

- What To Take Away from Each Session
- How to Integrate Rest & When to Come Back and Try Again
- Wrap up!



# Zoom Course Curriculum

## Projecting With Jonathan Siegrist

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### Class 1: Goal Setting and Projecting Tactics

- How to Begin with Goal Setting in Climbing
- Goal Setting for Short, Medium, Long Term
- Goals to Achieve Beyond Just Grades
- Projecting Timeline and What to Expect
- How Many Times Do You Try During a Day?
- How Much Do You Rest Between Tries?
- Using Intuition vs Sticking to the Program
- Multiseason Projects

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### Class 2: Training and Preparation

- Understanding the Basics of Training
- Training Methods and Exercises
- Most Common Mistakes in Training
- Balancing Rock and Plastic for Preparation
- Prioritizing and how to design your training based on your goals

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### Class 3: Climbing with Emotion

- How to understand and learn from failure and success
- Perspective, inner voice, and limit climbing
- Mental tactics
- Sharing stories
- Course wrap up!





# Zoom Course Curriculum

## Nutrition With Shaina Savoy

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### Class 1: Intro to Nutrition for Climbers, The Foundations

- Overview & Introduction
  - Why Nutrition is Important to Climbers
  - Energy
  - Macronutrients
  - Micronutrients
  - Nutrient Timing
- Energy
  - How Your Body Uses Energy
  - How Much Energy Do You Need?
  - Changing Energy Intake For Different Training Days
  - Low Energy Availability and REDs
- Micronutrients
  - What are Micronutrients and Why are They Important?
  - How to Achieve a Wide Variety in Your Diet

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### Class 2: Macronutrients and Their Role in Health & Performance

- Protein
  - What Is Protein & Why Is It Important?
  - Role in Health + Athletic Performance
  - How Much Protein Should You Eat?
  - Protein Hierarchy
  - Examples
- Carbohydrates
  - What Are Carbs & Why Are They Important?
  - Different Types Of Carbohydrates
  - Role In Health & Athletic Performance
  - How Much Should You Eat?
  - Examples
- Dietary Fat
  - What Is Dietary Fat & Why Is It Important?
  - Different Types of Fat
  - Role In Health + Athletic Performance
  - How Much Should You Eat Every Day?
  - Examples



### Class 3: How to Apply the Foundations, Nutrient Timing for Performance, Recovery Nutrition, and more!

- Review & Application Of Foundations
  - Key Takeaways
  - How To Build Balanced, Nourishing Meals
  - Nutrient Timing For Training & Climbing Performance
  - Recovery Nutrition
- Extra Topics Specific To Climbers
  - Supplements
  - Plant-based Diets
  - Travel Nutrition
  - Alcohol
  - Lifestyle
- Final Recap



## Outdoor Clinic Curriculum

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These clinics will take place at a crag on the Colorado Front Range outside Boulder. It will be an awesome opportunity to meet one another and put some learnings from the Zoom Course to work!

The aim of these clinics is first and foremost to have a great climbing day altogether in a beautiful setting. It will be a chance for participants to push a little harder with Jonathan and Shaina onsite, providing you with guidance and feedback in real-time.

All program participants will have the opportunity to ask questions, covering topics like redpoint tactics, trying hard, and climbing movement, which will then be addressed during our time together.