**Extreme Sports: Sports Climbing**

Three Sources (one video; two articles)

Source 1 “Sport Climbing Tokyo 2020: New Sport on the Block” by Olympic Channel on YouTube

<https://www.youtube.com/watch?v=1qyZidUllxE>

Source 2 “Sports Climbing Reaches the Summer Olympics” Washington Post article adapted by NEWSELA

<https://newsela.com/read/sport-climbing-olympics/id/2000004134/?search_id=192b10d8-287d-4ea3-8dc5-b3d963ac7122>

Source 3 “Quick Guide: What is sport climbing?” (Olympic Channel Webpage)

<https://www.olympicchannel.com/en/stories/news/detail/quick-guide-what-is-sport-climbing/>

**Main Ideas in All Three Sources & Supporting Details**

* **Climbing is a mental challenge.**
	+ You have to think your way through the climb, through what sequence of steps you have to make.
	+ You have to have “complete focus,” you can’t think about other things
	+ Learn how to face your fears
	+ You don’t get to see the wall before the competition so once you’re do, you have to make fast decisions about the route you’ll take
* **Climbing is a physical sport.**
	+ You have to be strong enough to pull yourself up, stretch, hold on (visual images in video)
	+ Uses 650 muscles in your body
	+ Have to be able to hold onto a variety of holds, sometimes only with a finger tip
* **There are different types of climbing.**
	+ Speed –
		- where you race to the topc against someone else
		- race up a 15-meter wall (almost 50 feet)
		- safety ropes to keep them from falling
		- wall is at 95 degree slope
		- usually takes about 5 seconds for males, 7 seconds for females
	+ Lead/Sport climbing –
		- judged on difficulty
		- climbers try to get as high as they can on a difficult course in six minutes
		- wall is about 15 meters
		- if they fall, the top height they got to is what’s scored
	+ Bouldering –
		- shorter walls and no ropes
		- you have to move across routes
		- try to complete as many routes as you can
		- points are based on the difficulty of the routes you accomplished