DO YOU REALLY VALUE AND DO YOU REALLY A REDPOINT JOURNAL FOR CLIMBERS

ANDREJ MANDZUK

GO AND TELL YOUR FRIENDS THAT YOU LOVE THEM.

THANKS FOR THE BETA, TOM.

FRONT COVER PHOTO:

PHOTOGRAPHER: EVAN STEWART CLIMBER: ANDREI MANDZUK ROUTE: DINOSAUR HIGHWAY (14A/ 8B+) LOCATION: HORNE LAKE, VANCOUVER ISLAND

DO YOU REALLY WANT IT TO BE EASY? A REDPOINT JOURNAL FOR CLIMBERS

ABOUT THE AUTHOR:

ANDREI MANDZUK IS A ROCK CLIMBER, WHO JUST CAN'T STOP GETTING WAY IN OVER HIS HEAD ON LONG TERM PROJECTS. HE CREATED THIS REDPOINT JOURNAL TO HELP HIMSELF AND OTHERS RECORD AND OPTIMIZE THEIR LEARNING THROUGHOUT THE PROJECTING PROCESS.

WHEN HE'S NOT CLIMBING, HIS TIME IS SPLIT BETWEEN WORKING AS A MENTAL PERFORMANCE CONSULTANT, COLLEGE PROFESSOR, AND CLIMBING COACH. ANDREI HOLDS A MASTERS DEGREE IN SPORT AND EXERCISE PSYCHOLOGY; HE IS REGISTERED WITH THE CANADIAN SPORT PSYCHOLOGY ASSOCIATION, AND CERTIFIED BY THE ASSOCIATION OF APPLIED SPORT PSYCHOLOGY.

IN THESE ROLES, ANDREI HAS BEEN HONOURED TO WORK WITH PROFESSIONAL AND OLYMPIC ATHLETES ACROSS A RANGE OF SPORTS. INCLUDING AS A COACH WITH CLIMBING CANADA.



THE ART AND SCIENCE OF PROJECTING PRODUCED BY ANDREI MANDZUK

STEPPING INTO THE UNKNOWN, AND CHOOSING TO PROJECT A CLIMB, IS A BRAVE DECISION TO MAKE. IT REQUIRES COMMITMENT, AND A WILLINGNESS TO FAIL.

ON THE BAD DAYS, YOU'RE SIGNING YOURSELF UP FOR FRUSTRATION, DOUBT, PAIN, AND SUFFERING.

YET WHEN THE DAY GOES WELL, BREAKTHROUGHS HAPPEN, AND PROGRESS IS FELT; THEN THE REWARD IS JOY, SATISFACTION, AND THE ELUSIVE FEELING OF ACCOMPLISHING SOMETHING WHICH ONCE FELT IMPOSSIBLE.

TO PUT IT SIMPLY... IT IS A ROLLERCOASTER OF EMOTIONS.

BY CHOOSING TO ACCEPT THE CHALLENGE OF PROJECTING, YOU ARE OPTING INTO AN EXPERIENCE WHICH WILL PUSH YOU TO GROW AND DEVELOP. NOT ONLY AS A CLIMBER, BUT AS A HUMAN.

THE LESSONS, IF YOU'RE OPEN TO LEARNING THEM, INCLUDE RESILIENCE, PERSEVERANCE, OPTIMISM, RECOVERY, AND MORE.

IT HAS BEEN A PRIVILEGE TO LEARN THESE LESSONS OVER YEARS OF CRAG CONVERSATIONS, COACHING SESSIONS, AND SELF-REFLECTION. I HOPE THAT THIS JOURNAL HELPS YOU TO LEARN THEM TOO.

GLOSSARY

REDPOINT:

LEADING A ROUTE YOU'VE PRACTICED OR REHEARSED. OFTEN REQUIRING ADVANCED PREPARATION.

PROJECT:

A ROUTE THAT REQUIRES SUSTAINED AND COMMITTED EFFORT OVER MULTIPLE SESSIONS AND ATTEMPTS.

BETA:

INFORMATION ABOUT THE MOVEMENT AND SEQUENCE YOU WILL USE TO CLIMB THE ROUTE.

<u>CRUX:</u>

THE MOST DIFFICULT OR CHALLENGING MOVE OR SECTION ON THE ROUTE. THERE COULD BE MULTIPLE.

PERFORMANCE GOAL: WHAT OUTCOME ARE YOU AIMING FOR ON THIS ATTEMPT (FOR EXAMPLE: 5TH BOLT CLEAN).

PROCESS GOAL:

WHAT ACTION IS WILL HELP YOU ACHIEVE THIS OUTCOME (FOR EXAMPLE: CONTROLLED BREATHING).

HIGHPOINT:

THE HIGHEST MOVE ON THE ROUTE THAT YOU'VE CLIMBED TO FROM THE GROUND BEFORE FALLING.

LOWPOINT:

THE LOWEST MOVE ON THE ROUTE THAT YOU'VE CLIMBED TO THE CHAINS FROM WITHOUT FALLING.

"THE ONE WHO MOVES A MOUNTAIN BEGINS BY CARRYING AWAY SMALL STONES." – CONFUCIUS

GENERAL INFO

CLIMB NAME:

GRADE:

LOCATION:

APPROACH:

SESSIONS:

ATTEMPTS:

WHY DO YOU WANT TO TRY THIS CLIMB?:

WHAT TACTICS WILL BE IMPORTANT ON THIS CLIMB?:

OTHER NOTES:

MILESTONES

HIGHPOINT:

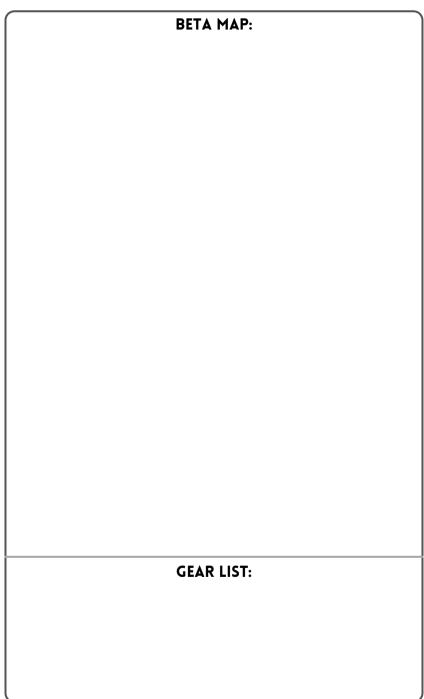
LOWPOINT:

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1	:
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•	-
1	
•	•
1	
•	-
•	-
•	-
1	
•	•
	-
•	•
-	-

BINGO:

GOING TO THE CHAINS	TWO HANG	CLIPPED ALL THE DRAWS ON LEAD
DOING THE CRUX IN ONE GO	FIRST GENUINE REDPOINT ATTEMPT	BELOW THE CRUX TO THE CHAINS
ONE HANG	DOING ALL THE MOVES INDIVIDUALLY	FROM THE GROUND TO PAST THE CRUX

BETA AND GEAR: 1



BETA AND GEAR: 2



GEAR LIST:

BETA AND GEAR: 3



"SUCCESS COMES FROM KNOWING THAT YOU DID YOUR BEST TO BECOME THE BEST THAT YOU ARE CAPABLE OF BECOMING." – JOHN WOODEN

USE THESE BOXES TO SUMMARIZE YOUR REFLECTIONS AFTER EACH SESSION SPENT TRYING THE ROUTE.

YOU MIGHT WANT TO INCLUDE INFORMATION SUCH AS ENVIRONMENTAL CONDITIONS, HOW RESTED YOU WERE, YOUR HYDRATION OR NUTRITION, CHALLENGING MOMENTS, LESSONS LEARNED, AND ANYTHING ELSE THAT YOU WOULD BENEFIT FROM REMEMBERING.

TRY TO FIND A CONSISTENT TIME AT THE END OF EACH SESSION TO COMPLETE YOUR REFLECTIONS. IT HELPS TO REVIEW YOUR ATTEMPTS FROM THE DAY; REFLECTING ON YOUR PREPARATION AND PERFORMANCE, AND SETTING YOURSELF UP FOR SUCCESS NEXT SESSION.

SESSION 1:	DATE:
SESSION 2:	DATE:

SESSION 3:	DATE:	
SESSION 4:	DATE:	
SESSION 5:	DATE:	
SESSION 6:	DATE:	

SESSION 7:	DATE:	
SESSION 8:	DATE:	
SESSION 9:	DATE:	
SESSION 10:	DATE:	

SESSION 11:	DATE:	
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"THE IMPORTANT THING IN LIFE IS NOT THE TRIUMPH, BUT THE STRUGGLE; THE ESSENTIAL THING IS NOT TO HAVE CONQUERED BUT TO HAVE FOUGHT WELL." – PIERRE DE COUBERTIN

SESSION #: ATTEMPT #:

CONDITIONS:



HOW DID THE ATTEMPT GO?





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CONDITIONS:



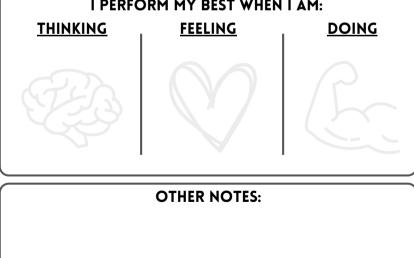
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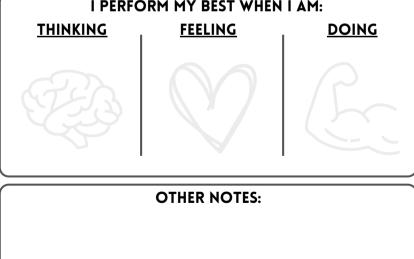
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HOW DID THE ATTEMPT GO?



OTHER NOTES:

SESSION #: ATTEMPT #:

CONDITIONS:



HOW DID THE ATTEMPT GO?





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CONDITIONS:



HOW DID THE ATTEMPT GO?





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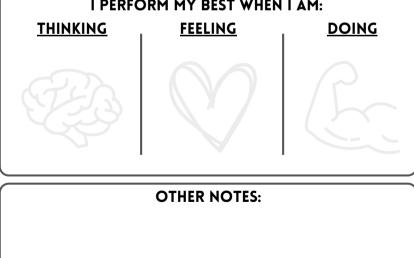
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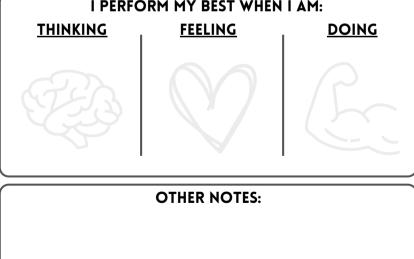
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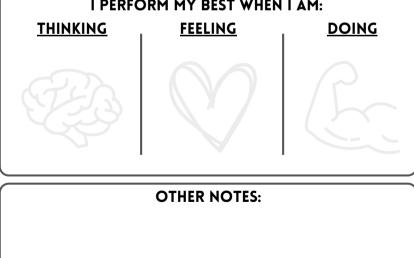






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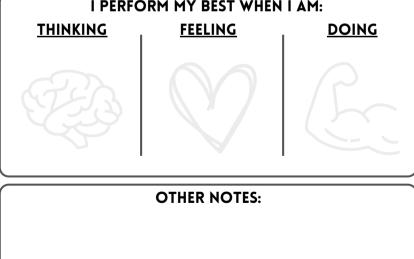






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OTHER NOTES:

SESSION #:

ATTEMPT #:

CONDITIONS:

PERFORMANCE GOAL:

PROCESS GOAL:

I HAVE SUCCEEDED IF:

TWO THINGS I AM			TWO REASONS TO
	IN CONTROL OF:		BE CONFIDENT:
1:		1:	
2:		2:	
	TWO THINGS I		TWO KEY WORDS
	CAN LET GO OF:		TO REPEAT:
1:		1:	
2:		2:	



OTHER NOTES:





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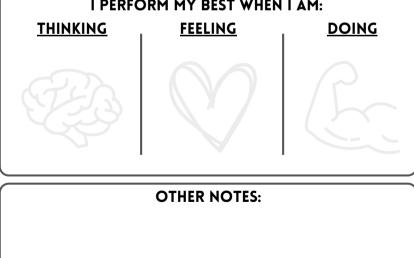






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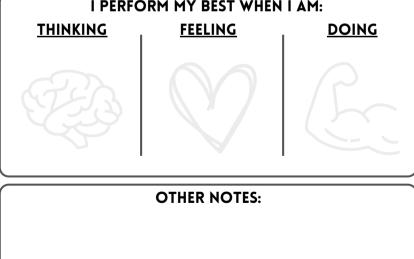






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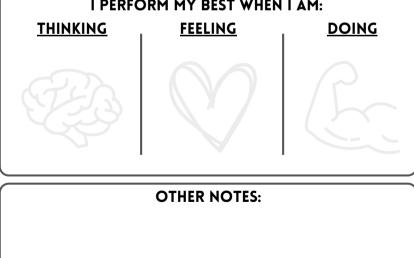






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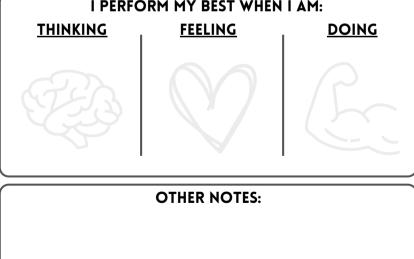






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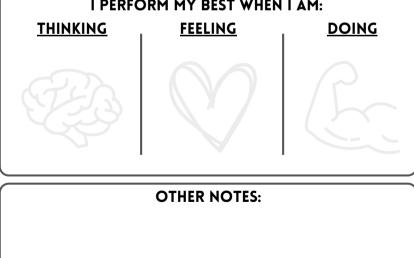






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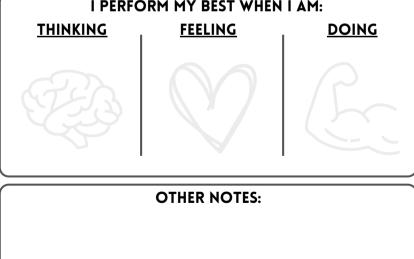






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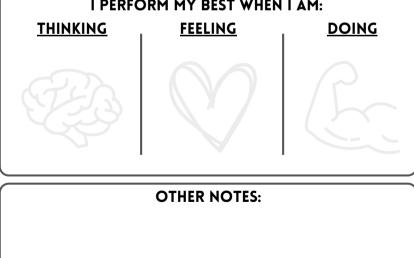






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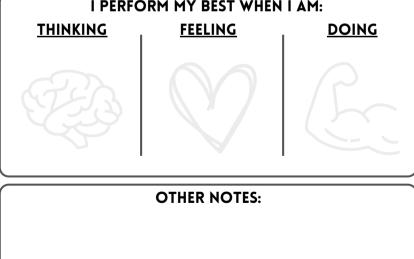






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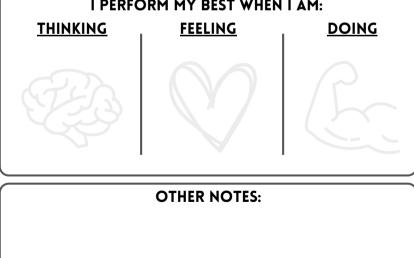






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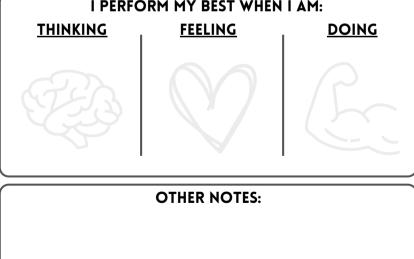






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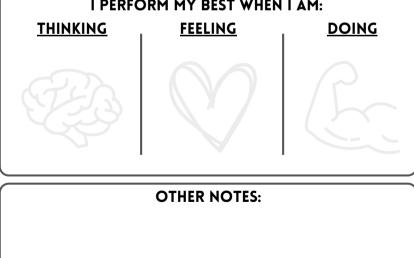






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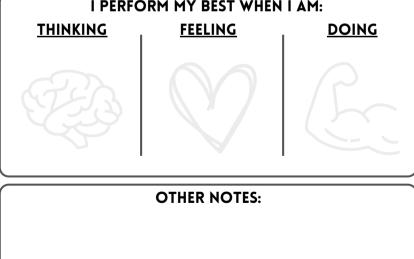






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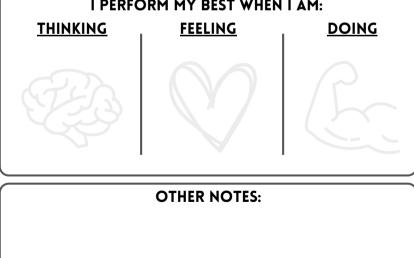






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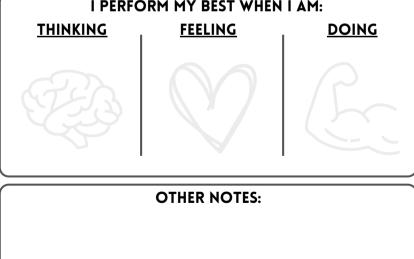






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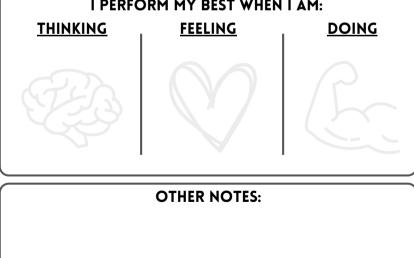






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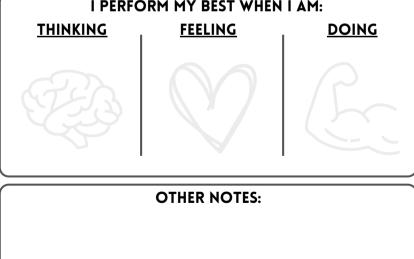






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"CARETAKE THIS MOMENT. IMMERSE YOURSELF IN ITS PARTICULARS. RESPOND TO THIS PERSON, THIS CHALLENGE, THIS DEED. QUIT EVASIONS. STOP GIVING YOURSELF NEEDLESS TROUBLE. IT IS TIME TO REALLY LIVE; TO FULLY INHABIT THE SITUATION YOU HAPPEN TO BE IN NOW."

- EPICTETUS



