

CORY DRAPER



QUALIFICATIONS

- Climbing Wall Instructor
- Climbing Wall Development Instructor
- BMC Fundamentals 1, 2 & 3
- Climbing Foundation Coach
- Personal Trainer Level 3
- British Olympic Weightlifting Coach Level 1

ABOUT ME

I've been climbing for 8 years and coaching for 3 years within the Depot Climbing Academy.

I've been moving and training in a variety of ways such as boxing, calisthenics and more recently, Olympic lifts, for over 16 years.

When not training and climbing I like to compete and do the off mud run.

WHAT CAN I DO FOR YOU?

As well as coaching climbing movement and performance, I specialise in physical training.

From cardio to strength training, I can help improve your overall fitness combined with climbing specific training and coaching techniques.

I will take a holistic approach to improve your climbing.