

GRACE TRENCHARD



QUALIFICATIONS

- Climbing Wall Instructor
- BMC Fundamentals 1, 2

ABOUT ME

I started climbing aged 6 after trying it on a mobile climbing wall at Glastonbury. It went from there!

I competed at Nationals and soon made it onto the GB Climbing team and now coach at Depot Climbing.

I love the social & community aspect of the sport and am passionate about passing on knowledge to people I coach.

WHAT CAN I DO FOR YOU?

I can help you identifying and work on individual weaknesses, whether that be technique or strength, to help you become a well rounded climber.

I can also help improve your mindset and self confidence, which will help you progress.