



DAN STEPHEN

Coaching Profile

I have been coaching for over 5 years with over 100 hours logged with both junior, adult & para climbers.

Having run a comp team in London, I now run the Depot Sheffield academy.

I'm a keen outdoor boulderer, with a background in competition style, which is a focus of my coaching.

What can I do for you?

I love coaching, and can help you progress regardless of your ability.

I can assess of your climbing movement style, strengths & weaknesses before discussing your goals.

This will provide us with the most suitable on and off the wall training recommendations to help you achieve your climbing goals.

Coaching Qualifications

- Foundation Coach
- BMC Fundamentals 1, 2 & 3
- Development Coach
- CWI - Climbing Wall Instructor