



Submitted photo

Young climbers train in Bend Endurance Academy's youth climbing program. The BEA climbing program focuses on both indoor competition climbing and outdoor climbing.

## Climbers

Continued from B1

Balancing outdoor climbing with competition climbing is important, but another primary aim for all BEA programs is to teach kids to be good people.

"We work hard to create a culture that supports everyone as they push to improve, to the point where BEA has a reputation for cheering the loudest at competitions. And to show kids what it can be like to work hard towards something they want to achieve," Rougeux said.

The path to a tough goal can have highs and lows. Ella, a youth climber in the program for about two years, has learned that "In terms of successes and failures, my mind has an amazing amount of power," she said. "My thoughts can determine whether or not

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— Mike Rougeux, Bend Endurance Academy executive director

I send a difficult route or nail a new move, and what's more, I can harness my thoughts to empower me to do my best."

Ella also recalled an impactful moment with her coach when she was nervous ahead of a big competition. Her coach told her that whenever she is worried about something, to focus on what she can control. There's no use in worrying about things you can't control. That allowed Ella to have fun and do well. These powerful lessons apply to so much more

than climbing and will better prepare her for many challenges.

Moxie, another climber on the team, says that the biggest thing she has learned is to maintain a positive attitude. Neither of these athletes said that climbing a hard route or learning a new move were the most important things they gained from being part of the program. They both emphasized lessons about mindset and shared experiences.

The BEA youth climbing

program successfully trains youth for impressive achievements in climbing. It is known to be one of the strongest teams in the country and many athletes, up to 10 in some years, qualify and compete in Nationals each year. But instilling important and relevant life lessons is an even greater success that will have lasting impacts on the program's participants and in the climbing community.

## TOP PICKS WHERE TO EXPLORE

### Top picks north of Bend



Mark Morical/Bulletin file photo

Lake Creek flows near the Lake Creek Trail between Suttle Lake and the Metolius Preserve.

**Hoodoo Ski Area** — The ski area near Sisters still has around 100 inches of snow at the base to play on for anyone wanting to take on spring skiing. The area nestled within the Willamette National Forest is typically less busy than Mt. Bachelor and has over 800 acres of terrain and 34 runs to play on.

**Lake Creek Trail** — The easy, 8.8-mile out-and-back trail runs between the Metolius Preserve near Camp Sherman and Suttle Lake. Typically used for mountain bikes, hikers can also enjoy the coniferous trees overhead and quiet forest setting. The trail follows Lake Creek, the crystal clear stream that runs from the lake into the Metolius River.

**Scout Camp Trail** — With beautiful geologic formations to take in, the short but steep 2.5-mile loop near Crooked River Ranch has some breathtaking views on the way into the Deschutes River canyon. Some sections of the trail are pretty narrow, and the gravel underfoot can slip every now and again, so trekking poles are recommended if you get nervous in such conditions.

### Smith Rock climbing closures

To protect nesting raptors, the following climbing routes are closed: Cajun Cliff, Victoria Tower, Little Three Fingered Jack, Puddy's Tower, The Monument, Anglin's Buttress, French Tent Rock, First Kiss Area north of Monkey Face and Smith Rock Group NE Face (both towers, above 100 feet).

The Canyon Trail near the bald eagle nest is restricted to groups of four or less and noise must be kept to a minimum.

See [smithrock.com/seasonal-closures](http://smithrock.com/seasonal-closures) for more information.

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