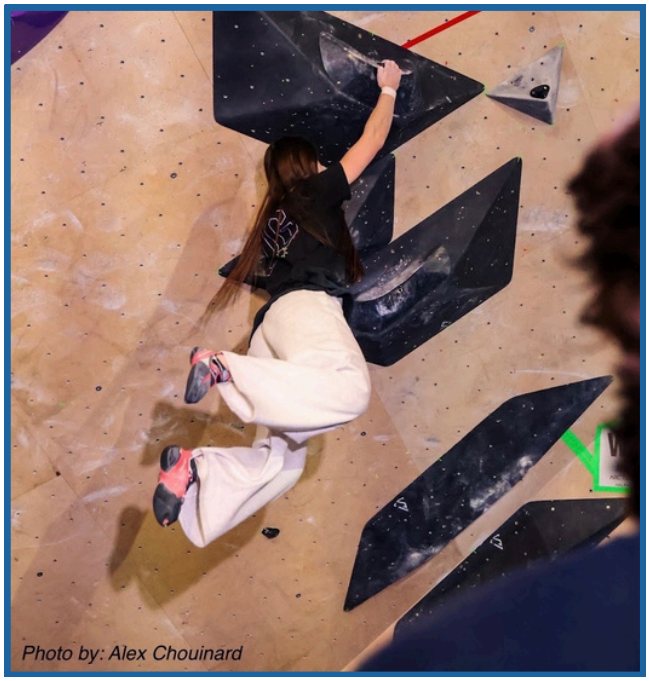
CLIMB NOVA SCOTIA

October, 2026
News Letter | Edition 3

CNS October Newsletter



Fall updates

Memberships

The CNS Membership year has ended, meaning it is time to renew! A reminder that this date is for folks who bought memberships BEFORE May 1, 2026. If you have any questions or confusion around your membership, please email us at membership@climbnovascotia.com

Reel Rock

Reel Rock is on this november folks! Exact dates are still TBD, but CNS has been working hard to confirm dates for the screening, stay tuned!

IceFest

CNS has been in talks for this years Icefest, updates will follow on our social media and newsletter as more information is confirmed.

Senior Boulder Qualifier Series

- Nov 14: Fit Rocks, Saint John NB.
- Nov 28: Fredericton Bouldering Co-op, Fredericton NB.
- Dec 5: Seven Bays Bouldering (Location TBD) NS.

CEC Senior Boulder Nationals

Feb 11-12, 2027 Rose Bloc, Longueuil QC

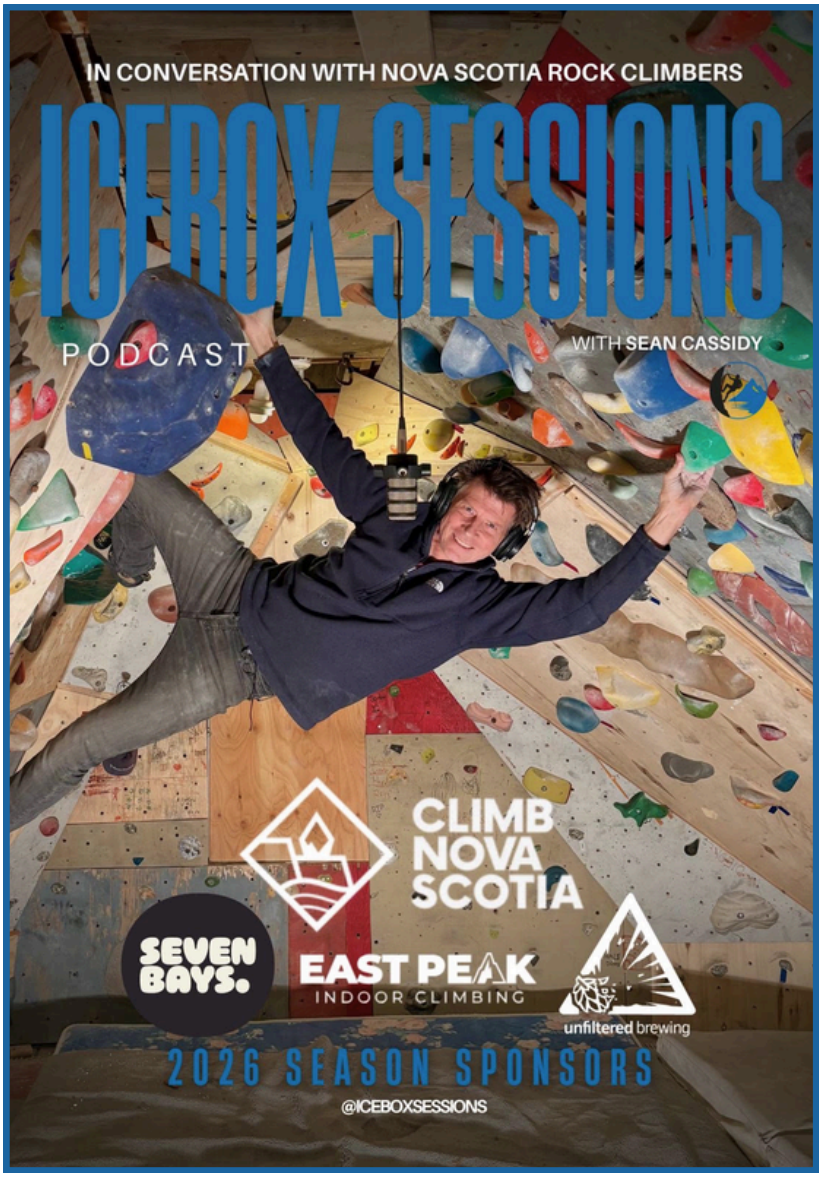
- Ranking for Nationals uses an athlete's best two out of three results in qualifying events.
- Athletes need to purchase a CNS membership BEFORE competing in any qualifying events if they wish to be ranked.
- **New this year**: provincial jerseys will be required at all CEC events. A link to purchase a jersey will be provided shortly after purchasing a CNS membership.
- Interested athletes can find out more information on the CNS website or by emailing pso@climbnovascotia.com

Contents:

- Fall updates
- Welcome to the Ice Box. By: Sean Cassidy
- Finding Motivation. By: Matt Stemmler
- Climbing Physio. By: Robin Short

Welcome to the Icebox!

By: Sean Cassidy



I like to tell my friends with mock seriousness that I am an influencer now. For someone that only got Instagram last year and still barely knows how to use it, this is obviously a joke, but who knows - maybe I'm influencing you right now?!

As a shy introspective kid who avoided attention wherever possible — and thought that most people were idiots — hosting a podcast is not something I ever would have envisioned for myself. But, as it turns out, with age and seasoning, I've realized that I actually do like people and find them interesting. I'm curious. And like Heather Reynolds told me, our maturing brains gravitate towards storytelling, so this is what I'm doing now I guess.

The original idea was to start a podcast on the uber-niche and mostly-uncool sport of SUP surfing - something I've been obsessing over for the last 10 years. To assist my learning, I've been consuming all kinds of podcasts about surfing culture, art, and technique, but there are no pods dedicated to SUP Surfing - so why not try to fill that global void? As that thought was percolating, it almost immediately hit me that I could start to learn the craft with a more local topic and community that I know well: Nova Scotia climbing! I mean why not? I've been climbing here for over 30 years and know lots of history and contributors in the community. Plus, Nova Scotia has so many unique characters, Inspiring adventurers, and interesting stories. I had no idea if this would work or be interesting to others. But you never know unless you try. So I decided to try.

The learning journey over the past year has been amazing. Hard skills like audio recording, music composition, web design, graphic design, Spotify, YouTube, social media etc - not to mention just learning how to interview someone effectively and ultimately editing those conversations into a story that flows.

It's all about the community and the guests - making them feel welcome and safe to have an open conversation together. Have you ever listened closely to a person - I mean really listened to them? Of course you've had moments like that, but for most of us it's actually kinda rare I think. It takes time, It takes energy, It takes focus. For the most part, we are only half listening to

each other in life. The interview process seems to bring that focus and presence. And it goes even deeper for me during the editing process. I listen to these conversations many times over - phrase by phrase. With each listen I gain a deeper understanding of the conversation that happened - and sometimes the conversation that didn't happen, if that makes any sense.

I don't think my guests realize it, but the whole process brings me closer to them - even friends that I have known for decades—this has been a special reward. The effort to make this podcast is not insubstantial. I am super grateful to have community support behind me to help make the project a reality. A big thank you to Climb Nova Scotia, Seven Bays Bouldering, East Peak Climbing and Unfiltered Brewing.

And of course, thanks to the community for listening.
-Sean

Finding Motivation
By: Matt Stemmler

"The algorithm has yet to send a boulder"

People ask me if I do any weightlifting or hangboarding to get stronger. They are hoping I will give them that ONE trick that they can just do twice a week and then automatically are flashing the hardest boulders at the gym or on rock. I hate to disappoint the gym bros with this essay, but I will not be talking about specific exercises or any silver bullets that will "unlock" the next grade for you. Persistent climbing with the intention of improvement will deliver better results than any exercise trend delivered to you by social media algorithms. The algorithm has yet to send a boulder. I think the worst possible things to happen to a climber looking to improve are getting injured, burnt out, and getting complacent.

Keep Climbing

First and foremost, if you want to stay motivated, you have to keep climbing. The biggest hurdle to climbing consistently for most people is getting injured. Injuries suck. Injuries are not fun. In 2023, I sprained my right A2 pulley on a MoonBoard project. The recovery and rehab were straight forward and easy. The real impediment was building up the confidence to just huck for a hold and not be afraid of re-injuring my finger.

Keep the Stoke

If climbing was not fun I simply would not do it. One of my training projects on the 2016 MoonBoard was Half Moon Var, a V5 boulder problem that had a shoulder move that took over three months before finally unlocking. Every grade has a problem that humbles you, and this one was mine. Instead of throwing myself at the boulder every session, I would try other boulders as well, find other projects, climb on other boards and wall angles. When I came back to the boulder problem, I had a fresh mindset and I was noticing that techniques and skills I had learned and developed began to solve the puzzle that was Half Moon Var.

Keep Learning

Even more than my love of climbing, across all sports and interests I love learning, and I love constant improvement. I pick my goals by trying to challenge something I am weak at and something I am already strong at. My first impressions of Grizzly in West Pennant had me imagining the first right-hand move was absolutely impossible for my size dimensions. It took time to figure out the nuances in shifting body positions that allowed me to place a tight right heel hook and eventually unlocked the move. To my knowledge, I am the shortest person to have sent the boulder. It is a record nobody else was chasing.

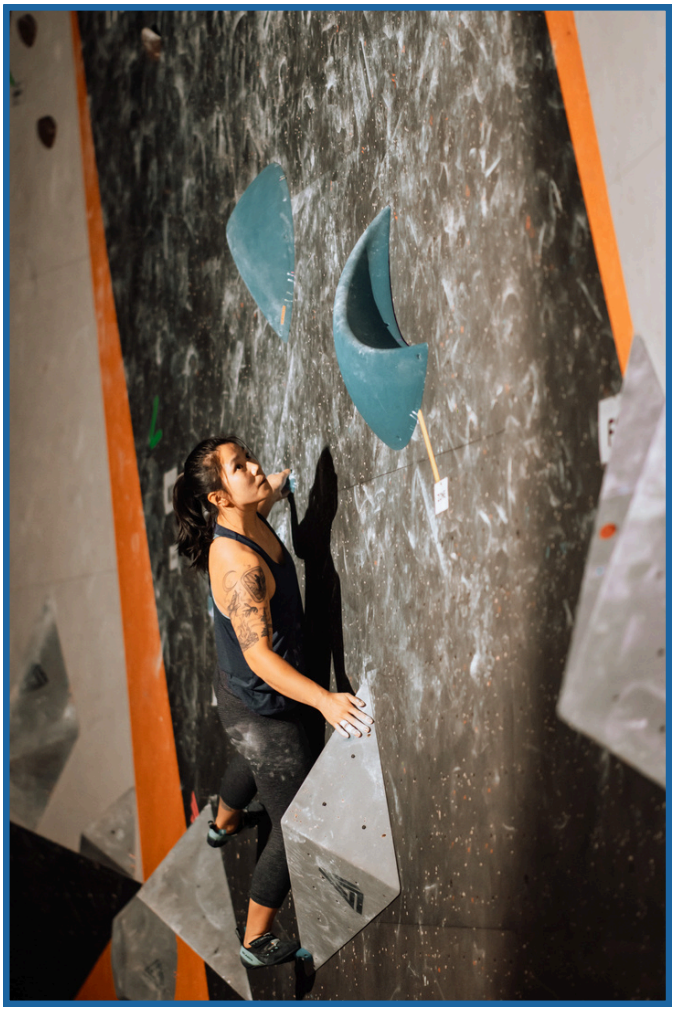
For my strengths, I am quite good at underclings and set a goal for a climbing trip to Red Rock in Nevada to send the V10 Americana Exotica, which I managed to send quickly. I believe that while it is important to train your weaknesses and work on them, it is equally important to remember your superpowers and play into your strengths as well.

If I had to hand the gym bros one silver bullet after all, it would be that the minute you get injured, get burnt out, get complacent, you will get stuck, and that is when finding motivation for improvement becomes an uphill battle. Sorry, gym bros.

Keep climbing, stay psyched, stay learning.

Keep Climbing:
Rehab, Prehab & Physio at the Gyms
By: Robin Short

When I got accepted into the MSc Physiotherapy program at Dalhousie, I was excited to learn more about the body, injuries, and how to help people return to doing the things they love. I was most interested in learning about the hands and arms, as I knew I wanted to work with climbers. However, the program is only 28 months, meaning more common conditions and injuries were focused on while hands were lightly touched on throughout the program. Given my interest — specifically from a climbing perspective — I pursued some additional courses which focused on climbing injuries; these courses had a deeper dive into hand injuries. Through my own climbing experience, injuries, and continued education, I have accumulated a well-rounded foundation for assessing and treating climbers.



Working out of East Peak and Seven Bays Bouldering (Bayers Lake) grants me access to their gym equipment and wall space, which is a major benefit for my clients. Having access to the gym allows us to work toward strengthening any specific weaknesses we find, while access to the wall allows for more functional and climbing-specific training. Climbers are such a fun population to treat; they are athletically driven, willing to push themselves and their limits, and typically goal-driven (wanting to get on their next project).

Physiotherapy is not just rehabilitation from an injury; it can also be used as preventative care/injury prevention.

Rehab: When a climber books in post-injury, we discuss the specific mechanism of injury. If it occurred inside at the gym, we have the opportunity to get on the wall and look at the problem, getting a better idea of what led to their injury. If the injury occurred outside at a crag or boulder, we discuss what project they were working, and I can get an idea of the climb. The workout rooms in the gyms have all the equipment we need to help strengthen and return to

climbing — there are squat racks and regular gym equipment, as well as more specific climbing needs (such as loading pins and hangboards). By using hangboards or on-wall movements as well as in-room treatments (such as dry needling), we can work towards getting back to projecting.

Injury prevention: Providing physiotherapy out of climbing gyms offers a unique opportunity to watch patients' form and (hopefully) get ahead of common injuries.

Climbers have booked an assessment with me to observe them on wall to gain a better understanding of how they move, any weaknesses and strengths, as well as any movement patterns that appear awkward or stiff. After the assessment, we discuss habits the climber falls into while climbing – sometimes habits they don't even know about – such as 3-finger dragging, hyperextending through their knuckles when crimping, and chicken-winging. Then, we work together to optimize their climbing techniques, which may include things like strengthening and/or stretching to help address these deficits before any potential injury can occur.

The climbing community is a friendly, tight-knit group. I often end up seeing climbers I have treated out crushing their projects or in competitions — that is so fulfilling – I like that I get to see their rehab translate into real-world progress.

Community Feedback/ Local Stories!

If you have a story or community event that you'd like to share on the CNS newsletter or social media, contact us at communications@climbnovascotia.com or our instagram @climbnovascotia.