



## CLIMBING & CONDITIONING

High Performance classes  
Climbing / Conditioning Classes  
Private / Semi-Private / Group Classes  
Classes offered at CityROCK / Bloc11 / Krag  
Multiple coaching levels

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Hi, my name is Alyssa Jane Meyer. I am 23 years old. I have a degree in Sport and Exercise (Bachelor of exercise in Sport and Leisure), a diploma and higher certificate in fitness both finished with distinction. I love being in a gym environment and helping others who want to learn how to climb.

I have competed at the highest level in climbing (Open IFSC World Cups) and I hope to one day train professional and high-level athletes.

I would also love to climb hard on rock. Other than climbing, I do lyra (a form of aerial acrobatics on a hoop- done in the circus). In my free time I like to draw, write short stories and be in nature with friends. I like to do anything creative in my free time.

When I was really young I was a ballerina but switched to climbing when I was 12.

Since then I have been climbing both competitively and outside. I have been on the provincial team every year since 2015. I have even been on the Junior Protea Team twice and the Open Protea team three times. Climbing is my passion and as soon as I realised this and was old enough to start coaching she did. I coached in the club I grew up in, TopOut from 2018-2025 as well as Inside Edge Climbing when I lived in Johannesburg in 2024.

Climbing and sport is a place where I can express myself and get rid of stress. I decided to study exercise to help further the growth of climbing and try help us do better on an international stage. I have always wanted to start my own coaching and conditioning business and I am so excited to finally be starting one. I am excited to pour all my energy into coaching and helping the next generation of climbers get strong. I am also excited to help current climbers get strong. I am kind and compassionate and like to help those who need it. I am friendly and full of joy but i can also be there for you through hard times.

If you are interested in coaching or conditioning classes don't hesitate to get in contact.