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Subject: 🌟🌟 CLIMBING TEAM WEEK 2 🌟🌟
Date: September 16, 2023 at 8:18 PM
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TL;DR – Sign up for practice [HERE](#) if you are belay certified!

Hi Everyone!!!



We were all so happy to see so many new and familiar faces this past week!!!!

If you are a new climber, you must get belay certified before you can climb at practice. OA will be having classes designed specifically for beginners to learn how to belay :) **You don't need to be belay certified to go climb at open hours.**

Step by step, here is what beginners need to do to begin climbing:

1. **Learn to belay** at belay class ([schedule and sign up here](#)). If you already know how to belay from somewhere else but are not belay certified at our wall, you can go to step 2.
2. Go to **open hours** at least 24 hours after taking the class to be belay tested/certified. Note that you can go to open hours and climb w/o being belay-certified (a Wall Staff member or another belay-certified individual will belay you). [Open hours times](#)

OA Climbing Wall Open Hours

Fall 2023 hours begin on Monday, September 11th

Open Hours - Princeton students, staff and faculty with an active PUID can climb for FREE. Individuals without a TigerCard (prox) are not eligible to climb.

- **Mondays 4:30-6:30pm**
- **Tuesday 8-10pm**
- **Wednesdays 8-10pm**
- **Thursdays 10pm-12am** (sponsored by the Alcohol Initiative)
- **Fridays 4:30-6:30pm**

3. Start going to practice :) !! **Again, you must be belay certified to attend practice!**

Practices for the week of 9/18 (ONLY belay certified climbers):

Monday 8-10 pm: Around the World - *switch ropes every 5-10 minutes*

Tuesday 4:30 - 6:30 pm: Technique Tuesday - *learn about using your legs*

Thursday 4:30 - 6:30 pm: Workout Day - *workout is TBD but it'll be fun!*

Saturday 1-3 pm: Projecting - *work on completing your hard routes before they get replaced*

Green - Low Intensity

Yellow - Medium Intensity

Red - High Intensity

All ability levels are welcome at all practices! The color coding is so that you have a general idea of what the vibe of the practice is going to be.

To attend practice, you **must sign up** and reserve a spot on [this spreadsheet](#). This is because our climbing wall is small and can't accommodate a lot of people at a time. If there are no spots left, you can add your name on the waitlist (also on the spreadsheet). **Do not reserve a spot unless you are already belay certified.** If you are not signed up for a spot and show up to practice, we will have to turn you away :(As the year goes on, the wall will get less crowded, so we eventually will not require signups, but for now, sign up for a spot. Open hours are a great option to climb outside of team practices if you still want to climb but can't get a spot at practices.

Please show up on time to practice! Only sign up if you can be there for the entire 2 hours!!

Finally, if you are interested in participating in climbing team social events, please sign up for the [social listserv](#) (separate) on [this form](#).

You can also join our groupme at [this link](#)!

One last thing—after Tuesday/Thursday practices, we eat *team dinner* (aka, nutrition practice) in a dining hall, so be sure to save your dinner plans for that!





PS: Add your birthdays here :)

[Climbing Team Birthdays](#)