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
- Tuesdays 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