

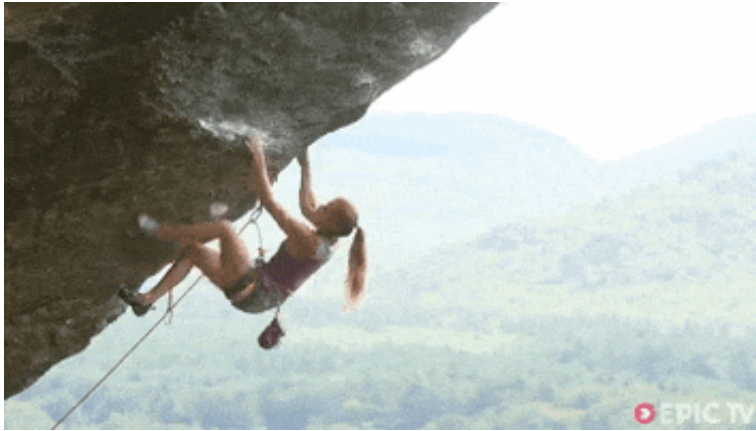
**From:** Anna Neznamova annadn@princeton.edu ✉  
**Subject:** 🎉 CLIMBING TEAM WEEK 3 🎉  
**Date:** September 25, 2023 at 1:55 AM  
**To:** ClimbingTeam@princeton.edu ClimbingTeam@Princeton.EDU



## TL;DR – Sign up for practice

Sign up for practice [here](#)! Look out for an email about our **FALL BREAK TRIP to THE RED RIVER GORGE!!!!**

Hi Everyone!!!



**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).

## 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 9/25 (ONLY belay certified climbers):**

**Monday 8-10 pm:** Projecting - *work on completing your hard routes before they get replaced*

**Tuesday 4:30 - 6:30 pm:** Technique Tuesday - *improve your climbing technique*

**Thursday 4:30 - 6:30 pm:** ARCing - *climb up, climb down, for a set time frame*

**Saturday 9:30 - 11:30 am:** Projecting - *work on completing your hard routes before they get replaced*

Green - Low Intensity

Yellow - Medium Intensity

Orange - Medium/High 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.

**Please show up on time to practice! Only show 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](#)