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Subject: 🐼CLIMBING TEAM WEEK 4 🐼
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To: ClimbingTeam@princeton.edu ClimbingTeam@Princeton.EDU

TL;DR – No more practice sign-ups! Just show up!!! (if you're belay certified)
Look out for an email from our trip coordinator (Anna Pinkerton!) about the LEAD CLINIC this weekend to learn how to lead climb (required for people going to THE RED over fall break!)

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. Individual 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 10/02 (ONLY belay certified climbers):

Monday 8-10 pm: Projecting - work on routes that are difficult for you

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

No Practice Saturday - Lead clinic at the OA Wall

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.

We are getting rid of sign-ups this week, but keep in mind there may still be a lot of people showing up, and practices will be **first come first serve** so if you show up late and we're full, we will have to turn you away! Let this be motivation for you to show up on time :)

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](#)!

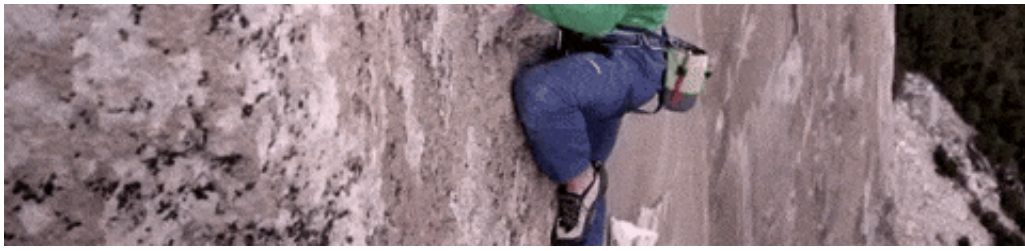
BIRTHDAYS THIS WEEK:

10/4 -- Vinay Konuru

10/8 -- Victoria Davies

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](#)