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Subject: 🧟🧟 CLIMBING WEEK 7 🧟🧟
Date: October 30, 2023 at 12:45 PM
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HAPPY (almost) HALLOWEEN!!!!



!!!!Important updates for this week!!!!

We have pickups this Saturday, so please make sure to fill out the forms that Simone sent out to be picked up or help out!

Also, this TUESDAY is Halloween, so please wear your costumes to practice (assuming you can still use the appropriate gear). Best costume will win a prize!!! (idk what the prize is yet, but it'll be good)

Practices for the week of 10/30 (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: **Pyramids**- endurance workout

Saturday 9:30-11:30 am: Max Repeats - *climb a hard route as many times as you can (2-3)*

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.

Info on belay classes and open hours:

1. Attend a [learn-to-belay class](#)
2. Get belay tested + certified at any [Open Hours session](#).

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

Stay tuned for information about a hangout this weekend!!

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](#)