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Subject: 🍊🍊CLIMBING TEAM WEEK 6 🍊🍊
Date: October 22, 2023 at 9:23 PM
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Welcome back everyone!

Practices for the week of 10/23 (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: 4x4s - climb a route 4 times, repeat 4 times

Saturday 1-3 pm: Projecting - work on routes that are difficult for you

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](#).

ALSO we have a ~ 🍊 halloween hangout 🍊 ~ this weekend!! Email sent out recently.

(ALSO ALSO Aaron Serianni's birthday is TOMORROW!!!!)

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](#)