



**CLIMBING TEAM WEEK 1**



2 messages

**Princeton Climbing Team** <hoagie@princeton.edu>  
 Reply-To: "\"Princeton Climbing Team\"" <annadn@princeton.edu>  
 To: WHITMANWIRE@princeton.edu

Thu, Sep 7, 2023 at 11:18 AM

**TL;DR SO MUCH INFO!** Beginners, take a belay class and get tested. Returners and new belay certified climbers, 4 practices **NEXT** week starting **Monday, September 11, 8-10pm!!!**



**Welcome (back) all!!!!**

We're super excited to have everyone back, and we're super duper excited to let you all know that the wall will be opening up this **Monday (9/11)** for open hours and our first team practice! Get more info at: <https://climbing.princeton.edu/>

Open hours vs. team practices: practices have an associated workout and a fun team vibe. Open hours are open to anyone to come climb and are not officially associated with the team (they are run by Outdoor Action). All are free to attend, with free equipment provided.

**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](#)). (Click on EVENTS to the right of Outdoor Action). 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](#)

3. Start going to [practice](#) :) !! Again, you must be belay certified to attend practice!

Practices for the week of 9/11 (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 - learn about using your legs

Thursday 4:30 - 6:30 pm: Endurance - 4x4s - endurance workout, you can pick routes of any difficulty so this is easily adjusted for your ability level

Saturday 9:30-11:30 am: Rainbow Day - no set routes allowed, also easily adjusted for your ability level

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 to 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.

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!

GET PSYCHED!!!

PS: Add your birthdays here :)

## Climbing Team Birthdays

PPS: Here are GPS coordinates to where the wall is if you get lost. Put these into Google Maps. 40.34556427111089, -74.64892566606747. See map at top of email. You have to climb a flight of stairs. We will have music playing. Fun times.

---

This email was instantly sent to all college listservs with [Hoagie Mail](#). Email composed by Anna D. Neznamova ([annadn@princeton.edu](mailto:annadn@princeton.edu)) — if you believe this email is offensive, intentionally misleading or harmful, please report it to [hoagie@princeton.edu](mailto:hoagie@princeton.edu).

---

**Princeton Climbing Team** <[hoagie@princeton.edu](mailto:hoagie@princeton.edu)>  
Reply-To: "\"Princeton Climbing Team\"" <[annadn@princeton.edu](mailto:annadn@princeton.edu)>  
To: [YEHYELLOWPAGES@princeton.edu](mailto:YEHYELLOWPAGES@princeton.edu)

Thu, Sep 7, 2023 at 11:18 AM

This email was sent to you as a subscriber of [yehyellowpages@princeton.edu](mailto:yehyellowpages@princeton.edu).

[Quoted text hidden]

If you would like to unsubscribe from this listserv, please send a "SIGNOFF YEHYELLOWPAGES" command to [LISTSERV@PRINCETON.EDU](mailto:LISTSERV@PRINCETON.EDU)