

**From:** Anna Neznamova annadn@PRINCETON.EDU  
**Subject:** 🌞🌞 CLIMBING WEEK 8 🌞🌞  
**Date:** November 6, 2023 at 1:08 PM  
**To:** ClimbingTeam@princeton.edu ClimbingTeam@Princeton.EDU

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**Hello Climbers!!!**

**Practices for the week of 11/6 (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**- work on your technique

**Thursday 4:30 - 6:30 pm:** **ARCing**- climb up, then downclimb for a set time period

**Saturday 9:30-11:30 am:** **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](#).

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!

**This weeks birthdays:**

Libby Blazes (11/11)

**PS: Add your birthdays here :)**

[Climbing Team Birthdays](#)