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Subject: 🌨 Climbing Week 1 🌨  
Date: January 28, 2024 at 5:52 PM  
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**Hello climbers and welcome back!!!**

**ANNOUNCEMENT** \*\* Saturday practices will be **1pm-3pm** this semester \*\*

**Practices for the week of 1/29 (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** - *efficiency*

**Thursday 4:30 - 6:30 pm:** **Pyramids** - *increase in difficulty, then decrease in difficulty*

**Saturday 1:00 - 3:00 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](#).

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!

PS: Add your birthdays here :)

[Climbing Team Birthdays](#)