

CLIMBING COURSES AT THE ROXX

THE FIRST PITCH






An Introduction To Climbing Movement

This course is a great introduction to climbing movement. It is designed to help climbers analyse and develop skills which will enable them to build a solid base from which to break through to higher grades.

WHO IS THIS CLIMBING COURSE FOR ?

New climbers who have completed the Roxx Beginners Course or who are confident Top Rope belayers. Intermediate climbers who want to gain a greater understanding of movement techniques in order to develop their climbing skills.

ON COMPLETION OF THE COURSE A CLIMBER WILL BE ABLE TO:

-  Perform an effective sport-specific warm-up
-  Identify straight-arm potential to maximize efficiency
-  Understand footwork principles in depth
-  Demonstrate the “3 building blocks” of movement
-  Understand the importance of opposing forces

The amount of time spent on each topic will depend on the needs of the individual or group.

Instructor:

Sefton Priestley

Former NZ Sport Climbing Champion and Runner up in the Oceania Championships. New Zealand Representative at the World Champs in Spain 2007. Graduate of the SIT High Performance Sport Academy. Head Coach of the Flying Geckos Climbing Club. Senior Roxx Routesetter.

COURSE DETAILS:

- Cost:** \$45.00 - excluding entry to The Roxx & Gear Hire
- Duration:** 2 sessions x 1.5 hrs
- Dates:** Ask at Reception or go to www.theroxx.co.nz for times of the next course
- Booking:** Ask at Reception or Tel 03-377 3000

Phone 03-377 3000 • Website: www.theroxx.co.nz
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the
roxx
climbing centre