

CLIMBING COURSES AT THE ROXX

THE FOURTH PITCH







Advanced movement for Lead Climbers

This builds on the syllabus of our Third Pitch course and aims to provide climbers with a comprehensive understanding of efficient climbing.

WHO IS THIS CLIMBING COURSE FOR ?

This advanced course is designed for climbers who have completed our Third Pitch course or who are consistently lead climbing Grade 23.

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

-  Use ballistic stretching when appropriate
-  Understand pacing, breathing, resting and refocusing
-  Use a range of advanced techniques sequentially
-  Understand across the body movements to avoid foot swaps
-  Understand the role of momentum in efficient climbing
-  Apply advanced mental training techniques to climbing

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