

# CLIMBING COURSES AT THE ROXX

# THE SECOND PITCH






Expand your movement abilities

A course which will help you to climb more fluidly and effectively on any style of route or terrain. You will learn why different techniques work and how to extend your skill set.

## WHO IS THIS CLIMBING COURSE FOR ?

This course is designed to build on the content out of First Pitch course and is suitable for climbers who have already completed that module.

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

-  Understand advanced hand positioning principles
-  Use the '3 building blocks' in body-to-wall angles
-  Utilise advanced footwork pulling techniques
-  Understand how climbing mindsets can be identified
-  Perform a conditioning routine at home

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](http://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](http://www.theroxx.co.nz)  
Cnr Waltham Road & Byron Street, Christchurch, New Zealand.

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