

CLIMBING COURSES AT THE ROXX

THE THIRD PITCH







Movement for Lead Climbers

This course will better equip you to deal with the particular demands and challenges of lead climbing. This is a foundation course which leads to the advanced movement syllabus of our Fourth Pitch module.

WHO IS THIS CLIMBING COURSE FOR ?

This movement course is designed for climbers who have completed our First & Second Pitch courses **and** who have been lead climbing for at least 3 months.

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

-  Combine twistlocks, inlines and diagonals sequentially
-  Use lagging to prevent a barndoor effectively
-  Lead with the hips when moving diagonally
-  Be aware of the importance of centre of gravity control
-  Use advanced footwork to rest and clip when leading
-  Put mental training to use

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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