



## **TEENS, Inc. After School Rock Climbing**

Spring, 2019

### **Program Outline:**

The TEENS, Inc. after school Rock Climbing program is run for three week blocks in Autumn, Winter, and Spring. It is open to all students 6th grade and up.

During our four weeks Rock Climbing, we will cover specific technical skills necessary for minimizing risk along with a strong focus of movement on the rock. The student's interests often drive whether we focus more on technical skills or physical climbing technique.

Rock Climbing will teach you a lot of different things. You will learn about balance and coordination, but also goal setting and communication skills. Rock Climbing is a healthy risk that encourages perseverance during personal challenge.

TEENS, Inc. provides all technical climbing equipment. Students only need to bring water and suitable clothing for outdoor activities. If participants have equipment they are welcome to bring it, but critical components (such as a harness) will need to be certified by the lead guide prior to using it.

Climbing sessions are on **Tuesdays** and **Thursdays** from **April 23rd to May 2nd**. We provide transportation from Nederland Middle/Senior School at 3:15/3:30pm and return to TEENS, Inc. by 7pm for parents to pick up.

**Cost for this session will be \$60. Scholarships are available.**

### **Registration for Students**

To participate in the Rock Climbing program Students and Guardians must complete the following paperwork:

- Participant Registration form
- Participant Application form
- TEENS, Inc. Medical form
- TEENS, Inc. Liability Waiver

## Weather:

Weather in the Rockies during Spring time can bring all four seasons in one day. Participants should come prepared to battle a variety of elements, and are encouraged to check the weather in the morning before leaving for school.

## Locations:

We will be in a variety of locations including Boulder Canyon, Flagstaff, and Eldorado Canyon. Boulder canyon tends to be a few degrees colder, while Flagstaff tends to be a bit warmer. Eldorado can be a little bit of both worlds!

## What to bring:

- Food/Snacks
- Water Bottle
- Clothing Layers
- Appropriate Footwear
- Positive Attitude
- Personal Climbing Equipment\*

\*Personal equipment needs to be certified by our lead instructor for use in our programs

## We will provide:

- Climbing Equipment
- Snacks From Community Food Share
- Water

## Climbing Gyms:

Outdoor locations are the preference, however, indoor facilities are essential for afterschool climbing in the Spring when the weather is questionable and outdoor climbing is not an option. Indoor climbing is a great way to train and hone in our technique in a *potentially* less stressful environment. Students tend to enjoy the experience of climbing indoors, and like to create routes of their own. If it is necessary, we will climb here at our TEENS Inc. wall!

No additional waivers will be required at this time.

**TEENS Inc. Spring Rock Climbing Registration**



Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_

Mailing Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Numbers:

\_\_\_\_-\_\_\_\_-\_\_\_\_ (cell)

\_\_\_\_-\_\_\_\_-\_\_\_\_ (landline)

Email: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

(work phone) \_\_\_\_\_ (home phone) \_\_\_\_\_

(cell phone) \_\_\_\_\_

Emergency Contact 1:

(Name/Relationship) \_\_\_\_\_ (#) \_\_\_\_-\_\_\_\_-\_\_\_\_

Emergency Contact 2:

(Name/Relationship) \_\_\_\_\_ (#) \_\_\_\_-\_\_\_\_-\_\_\_\_

List any medical problems or conditions that may impact your participation in the rock-climbing program (including allergies):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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**Our program is limited to eight participants. So please take the time to share with us why you think you would be a valuable member of our team?**

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**Why do you want to participate in TEENS Inc.'s Outdoor Leadership program, and What are you most excited to learn, do, or try?**

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**We will be asking for a four week commitment of every Tuesday and Thursday afternoon. Do you have any concerns about being able to attend?**

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**Please list any previous rock climbing experience:**

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