

RISING UP NEWSLETTER

R O C K G Y M

November 2023

risinguprockgym.com



RISING UP...DATES

This past month was a big month for us!

Costumes were a plenty in the gym twice last month with the trick or treat at The Common Ground and on Halloween. It was our first Halloween in the gym, and we hope that many more costumes and climb can take place here!

Last month was also incredibly special as we welcomed a new baby into our family. On October 20th, our family celebrated at home with a new baby sister, Bertie Grace in the house! You may catch her appearing at the gym from time to time.

We would like to give a special shout-out to David H. and Stephen H. for stepping up and covering the desk for us on several occasions, shout-out to Hunter D. for coming back in on a Sunday, and shout-out Michael M. for covering for us on Tuesdays!

UP COMING

November 11th will be VETERANS DAY and in honor of it we will be offering free climbing and shoes to Veterans and Active Military.

November 22: Turkey Climb! Why do a turkey trot when we know turkeys are better climbers :) This is the Wednesday before Thanksgiving.

November 23 - CLOSED

December 24, 25, 26 - Closed



FEATURE CLIMB

This month's feature climb is another V2/V3 with a slight downward movement after you step up onto the volume. One of our members here, Zach, shows us how to hold the position and balance on the volume as he grabs the lower hold before moving back up and over.

FAMILY CLIMB

With the addition to our family, it has us thinking about the importance of family and spending quality time together. With that in mind, we would like to offer a family based climbing time on Sunday afternoons!

Bring your family and support each other as you try the varying routes! Challenge a sibling or a parent to get on the leader board.

No family in town? No problem! Come meet some awesome people and call them family!

Sundays 1pm-6pm



TIPS AND TRICKS

Hold position/orientation

It is easy to do some route reading, as mentioned last month, but during that reading it is important to look at the hold orientation. If the hold is slanted on an angle, look and see what hand would best be used to grab it. It may be opposite of what you think. Some holds may be used as a press or an undercling. Some holds may require compression or pulling from an angle as opposed to sitting vertical on the wall. As always, if you have a question on a sequence, ask!



NEW TERMS

Expand your climbing vocabulary:

Volume: This is a 3 dimensional point on the wall that can be moved and changed with the routes. Rock holds are placed on them and climbers can use them as a part of the wall feature when climbing. If you see one of our 3 volumes, you can grab it or step on it, but please don't kiss it. We are entering flu season, and don't want to spread germs.

IN CLOSING

Reach out, reach up, and hang in there.

Feel free to leave a google review or tag us on social media!

Sincerely, Nelson Juarez ~ owner