

Women's Rock Weekend Clinic Schedule

Please call us in the IMCS office to register in advance for the clinics, dinner, and slideshow! All women interested in learning to climb or improving their techniques are invited to attend. This event is a good way to network with other women climbers living in the New England region. Most of all this weekend will inspire, motivate, and lead your climbing skills to another level!

8:00 AM - Welcome Ladies!

ALL COURSES meet at IME on Main Street in North Conway Village for gear check, outfitting, and clinic orientation. Climbers should provide a day pack, water, food for the day and appropriate clothing.

Intro to Rock Climbing, Basic Skills: \$120 per person.

For brand new and beginning climbers. We will start by explaining how to properly use climbing equipment (shoes, harness, helmet, ropes, carabiners and slings), and then move from there to explaining the fundamental components of the climber's safety system: anchor and belay systems. We will work through basic climbing techniques, emphasizing proper footwork and balance. Spend the rest of the afternoon top-rope climbing so you can develop confidence in the anchor and belay systems and refine your own climbing technique.

Steep Climbing Skills - Level I: \$120 per person.

Climbing level - 5.6 - 5.8 Climbing techniques required for a variety of climbing situations, including crack, slab and face climbing. A great clinic to challenge you and improve your climbing technique.

Steep Climbing Skills - Level II: Crack climbing \$120 per person.

Climbing level - 5.8 and above. Climbing techniques required for traditional crack routes are the focus of this clinic. Crack and corner climbing requires many diverse techniques including finger locks, hand jams, laybacking, chimney climbing, and stemming. Learn how to love crack climbs, not dread them! A great clinic for all you who want to take it to the next level!

Rock Climbing Anchor, Protection and Leader Skills - \$120 per person.

For those with a desire to lead and efficiently follow traditional rock routes (single and multi-pitch). In this one day course we'll talk about rock protection, placing and cleaning gear, multi-pitch anchor systems, efficient belay methods, rappelling and rope management. This is a great way to start understanding the "sharp" end of the rope. We recommend that you bring any gear you may have for this course.

Saturday Evening Activities

4:00 PM - Après Climb Party at IME (FREE!!!). Back by popular demand, Mammut will be hosting a beer & snacks party for WRW participants and the local climbing community upstairs at IME from 4:00-6:00 PM on Saturday evening.

6:00 PM - Women's Dinner in North Conway Village (location TO BE ANNOUNCED...)(\$20: Please pre-pay when you register!). Join fellow women climbers and guides during our annual Women's Dinner. Win a door prize from our sponsors and come away with new friends!

7:30 PM - Slide Show, Silent Auction, & Gear Raffle at IME (\$5 at the door).

Sunday Climbing Clinics

8:00 AM - Welcome Ladies!

ALL COURSES meet at IME on Main Street in North Conway Village for gear check, outfitting, and clinic orientation. Climbers should provide a day pack, water, food for the day and appropriate clothing.

Basic Rock Climbing Skills II: \$120 per person.

For women who have taken our Intro Rock Course or those who have climbed a few times before (either indoors or outdoors) but feel that a refresher on equipment use, anchors, belays and movement skills would be worthwhile. The focus of the clinic will be to gain climbing experience, so get ready to tie in and head up!

Top Rope Setup : \$120 per person

A one-day course for gym climbers and recreational climbers interested in learning to set up their own top rope systems. You will learn about creating slingshot, redirected and tensionless top rope anchor systems and how to evaluate the risks attending all sites of top rope activity. Being capable of setting your own top rope systems will give you newfound freedom to introduce others to rock climbing and improve your own climbing skills.

Steep Climbing Skills - Level I: \$120 per person.

Climbing level - 5.6 - 5.8 Climbing techniques required for a variety of climbing situations, including crack, slab and face climbing. A great clinic to challenge you and improve your climbing technique. For those of you who have taken the Saturday Level I, this can be a continuation and will be held at a different location.

Steep Climbing Skills - Level II: Crack climbing \$120 per person.

Climbing level - 5.8 and above. Climbing techniques required for traditional crack routes are the focus of this clinic. Crack and corner climbing requires many diverse techniques including finger locks, hand jams, laybacking, chimney climbing, and stemming. Learn

how to love crack climbs, not dread them! A great clinic for all you who want to take it to the next level!

Steep Climbing Skills, Sport Climbing- Level II: \$120 per person.

Climbing level - 5.8 and above. Climbing techniques required for vertical to overhanging sport routes are the focus of this clinic. We'll practice fluid, graceful movement as well as dynamic, powerful styles. Learn how to read climbing sequences from the ground and how to rest in the middle of a steep pitch.

* LOCATION: Rumney, NH (Clinic participants must provide their own transportation.)*

Sport Climbing Leader Skills - \$120 per person.

Designed for any woman with a desire to lead and efficiently follow sport routes. Practice clipping and unclipping the rope into quickdraws (not as easy as it sounds!), learn the safest way to clean a sport anchor, and get the ins and outs of belaying with a gri-gri. We'll also cover strategies for saving energy and keeping a cool head on the sharp end.

* LOCATION: Rumney, NH (Clinic participants must provide their own transportation.)*