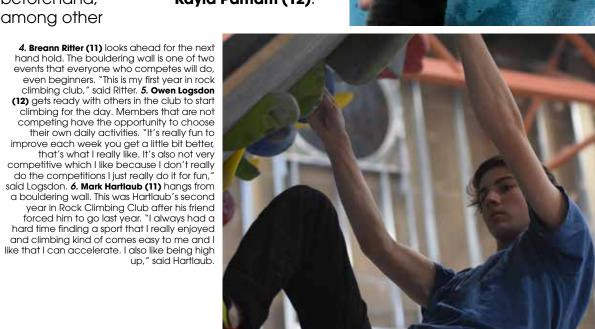
## on belay, climb on.

do you have what it takes to climb high and scale walls?

Rock Climbing isn't your average club. Not only does it provide students the opportunity to practice rock climbing and learn skills, but also a chance to compete. There are two types of competition: bouldering and sport climbing. Bouldering involves going up a shorter wall without harnesses. Sport climbing involves using gear and harnesses while being belayed on a longer route. To prepare for these competitions, climbers go through lots of preparation and practice beforehand, among other

things. "I mostly just make sure I'm not sore and making sure I'm climbing my very best that day," said Lawson Moore (12).

Rock climbing has something for everyone, from those who compete, to those who come out to have fun with their friends. They have two practice days, one is a more general practice day. "On Mondays at practice, those of us who compete go to Mrs. Davis, she creates workouts for us. A lot of the time our workouts will be based on either strength or endurance," said Kayla Parham (12).







boulders up the wall. Rock climbing club is the only club that is also a sport. "I have always been rock climbina since I was young, and ther I found the club so I joined, about halfway throuah freshman year. I did it for fun but then I started competing more, " said Scarsbrook. 2. Liliana Doskey (9) works on bouldering at practice Attending practice is just one of many requirements for letterina which is beina offered for the first time this year. "I plan on lettering this vear," said Doskey, 3. Cheyenne Rohrer (10) gets ner harness and ropes ready for a high ropes climb. When doing high ropes or top rope, the person climbing must trust the belayer because they are the ones that keep them from falling. "To set up for it, you put your harness on, and with the rope tie a figure eight knot, into the front loops of your harness," said Rohrer.

## climb if you dare.

members of rock climbing club share their craziest stories.



"I fell. I thought I was going to fall to my death so I caught the rope while I was falling. My hand got burnt really bad," said Lawson Moore (12).



"It was the hardest route I've ever done. There were no anchor points. I fell multiple times, I got scraped up and now I have scars," said Gabe Rogers (12).



"I was on climbing, I reached because I thought there was a hold and there wasn't. I fell and broke my ankle," said Brynn Robenstein (12).



"I had someone fall on me. I was walking into the cave and someone was on top hanging and they fell and hit my shoulders," said **Trent Hanney (11)**.





"It was more a mental thing; I couldn't really handle the thought of getting good grades. It didn't really process how I could do that successfully for my freshman and sophomore year. Then throughout junior and senior year I started to put a lot of effort in and eventually got those grades up. I wanted to become better so became better. My girlfriend and my family really helped me overcome. For anyone one going through the same situation, you need to find your motivation that will make you do what you want to accomplish and achieve your goals.

## what keeps you **hanging.**

a look into the gear that rock climbing club uses.



"I like my chalk and my chalk bag because we use a ton of chalk during climbing; it keeps our hands from sweating so we can stay on the wall and not slip," said Kayla Parham (12).



"I use my shoes to be a better climber. They are very aggressive and help me with slab, which is a type of climbing that is more based on technique and finger strength," said **Liliana Doskey (9)**.



"I like my harness because it keeps me from dying. I use it for top rope, and falling from that high without a belay is incredible dangerous," said Caroline Bushnell (10).

7. Ben Cross (11) practices for the next competition, state, which he will be competing in as well as Liliana Doskey (9), Kayla Parham (12), Mark

which he will be competing in as well as Liliana Doskey

(9), Kayla Parham (12), Mark Harlfaub (11), Sam Stier (11), and Nicole Behnken (10). Rock Climbing competitions are scored as an individual, then added up together as a group. "I like climbing because it gives me both a sense of thrill, as well as completion. Finishing a hard route on top wall is always rewarding," said Cross.

. "16034 . . . Palmer Ridge High School

Special Instructions

104

**Even** 

Page

WORK ORDER

WICS61801L ©2018 Herff Jones, Inc., All Rights Reserved

WORK ORDER

WICS61801R ©2018 Herff Jones, Inc., Job # \_\_\_\_

Palmer Ridge High School

Special Instructions

105

Odd Page