

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)**.

4. **Breann Ritter (11)** looks ahead for the next hand hold. The bouldering wall is one of two events that everyone who competes will do, even beginners. "This is my first year in rock climbing club," said Ritter. 5. **Owen Logsdon (12)** gets ready with others in the club to start climbing for the day. Members that are not competing have the opportunity to choose their own daily activities. "It's really fun to improve each week you get a little bit better, that's what I really like. It's also not very competitive which I like because I don't really do the competitions I just really do it for fun," said Logsdon. 6. **Mark Hartlaub (11)** hangs from a bouldering wall. This was Hartlaub's second year in Rock Climbing Club after his friend forced him to go last year. "I always had a hard time finding a sport that I really enjoyed and climbing kind of comes easy to me and I like that I can accelerate. I also like being high up," said Hartlaub.



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1. **Matthew Scarsbrook (11)** boulders up the wall. Rock climbing club is the only club that is also a sport. "I have always been rock climbing since I was young, and then I found the club so I joined, about halfway through 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 lettering which is being offered for the first time this year. "I plan on lettering this year," said Doskey. 3. **Cheyenne Rohrer (10)** gets her 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.



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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 Hartlaub (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.

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)**.

my impossible.

Brad Wallerstein (12)



"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 I 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)**.

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