

GET Schooled AT THE NEW RIVER GORGE, WV

# WARRIOR'S WAY

Pat Goodman on The Greatest Show 5.13a  
Photo: Dan Brayack



Lydia McDonald on Finders Keepers 5.12b/c  
Photo: Michael Clark



## TRAD CAMP

Learn traditional climbing skills including:

- Lead trad routes safely and efficiently
- Gear placements using active & passive gear
- Building belay anchors
- Rope management
- Jamming techniques for cracks of all sizes
- Falling on your gear and how to land a fall
- How to dynamically belay a lead climber & give a soft catch

*Pre-Requisite: Able to lead 5.9 sport, and/or top-rope 10a with no falls*

**SESSION 1: TRAD CAMP--APRIL 4-6, 2008**

**SESSION 3: TRAD CAMP--SEPT 19-21, 2008**

## SPORT CAMP

Learn Sport climbing skills including:

- Lead sport routes safely and efficiently
- Clipping properly
- Getting off climbs safely
- Safe climbing techniques and how to avoid the most common accidents
- How to land a fall
- How to dynamically belay a lead climber & give a soft catch

*Pre-Requisite: Able to lead 5.8, and/or top-rope with no falls*

**SESSION 2: SPORT CAMP--JUNE 13-15, 2008**

**SESSION 4: SPORT CAMP--OCT 24-26, 2008**

**THE WARRIORS WAY METHOD** will teach you how to develop self-awareness, stay centered, reduce doubts and fear, fall safely, improve commitment, gain fluidity, and increase problem-solving skills so you can:

- Improve your climbing skill and confidence
- Break climbs into smaller risk events
- Effectively assess risk
- Stay calm, relaxed, focused, and committed
- Improve movement skills to climb more efficiently
- Increase the power of your strongest muscle, the brain

*For pricing, course availability and info contact*

**NEWRIVERCLIMBING.COM**



**800-73-CLIMB**  
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