

4-Day TRAD CAMP

location: At Red River Gorge

Tuesday, October 24, 2006
thru 10/27/06

Instructors: Craig Luebben, Elaina Arenz-Smith, and Arno Ilgner

What is the Trad Camp all about? We are offering a 4 day program and a 2 day crash course program. Both will have a small client to guide ratio of 3:1. We will focus on each climber individually so you get the most from your time at the Trad Camp. When you leave you'll climb stronger, smarter, safer, and more efficiently, and you'll have the skills you need for leading traditional routes.

When and Where will it be held?

4 Day Session: October 24-27 @ the Red River Gorge, KY \$850

Who is this camp targeted to? Climbers who want to:

- *Learn traditional climbing gear placements and crack climbing technique
- *Improve safety awareness
- *Gain a heightened degree of mental focus through applying the Warrior's Way program

What are the skills that will be covered?

1. Improve your climbing skill and confidence
2. Learn traditional climbing skills, including setting lead protection and building belay anchors
3. Lead traditional routes safely and efficiently
4. Climb multipitch routes and make efficient belay transitions
5. Climb cracks, from finger cracks to offwidths
6. Increase the power of your strongest muscle, the brain
7. Develop self awareness, stay centered, reduce doubts and fear, fall safely, improve commitment, gain fluidity, and increase problem-solving skills
8. Learn safe climbing techniques and how to avoid the most common accidents
9. Learn self-rescue techniques for escaping a bad situation
10. Have a fun-filled, educational climbing experience

What is included? In addition to the list below, all climbing equipment is included except: climbing shoes, harness and belay device.

*Lodging for 4 nights at a local Bed & Breakfast 4 breakfasts, 3 dinners 4