



HANGDOG NEWSLETTER

NEWSLETTER DATE

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SPECIAL POINTS OF INTEREST:

- **Weekday Special continues:** The \$10 after 5pm entry rate is still valid Monday to Friday.
- **Outdoor Guided Climbing Day on the 31st of January 2009.**
- **Kids coaching classes 4pm to 6pm Thursdays at Hangdog**

HANGDOG NEWSLETTER IS BACK

Happy New Year!

Welcome to 2009 everyone. This year will be a big year for Hangdog and we've decided to start up the newsletter again so that we can keep you all informed of some of the exciting events and specials that are coming in 2009.

First a big thank you to everyone who has suffered with us through the refurbishment of the Hangdog building. The construction work did cause some interference with our trading but now most of the work is complete and I think you'll all agree the site looks a lot better!

During 2009 there will be a lot more events, specials and improvements occurring at Hangdog. Not the least of

which is that we will be moving locations some time this year! Though we haven't selected a new location as yet, it will give us the chance to make some major improvements and give the gym a new lease of life. More on this in future issues.

This year Hangdog will also be hosting a lot more competitive events, ranging from social comps to being part of the national bouldering circuit.

We have updated the logo for new look. We'll be purchasing new holds, features, and starting up senior coaching again.

There's lots happening at your gym so keep in touch and keep on climbing during 2009!



COACHING CLASSES

Kids coaching classes recommence with the start of the school term. They are held every Thursday at 4pm till 6pm.

Greg Collins, one of our staff and a serious local climber, will be conducting the coaching sessions.

We will be holding adult coach-

ing classes commencing at the end of February (We'll keep you posted on this)

In the mean time, if you have any questions on technique any of our staff should be able to help you out.



Check out the website for more information:

hangdog.com.au

HANGDOG CLIMBING GYM

130 Auburn Street
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E-mail:



Check out the new features on the pink wall



Hangdogs new crack climb!



Climbing Tips..

Ever seen those guys looking up at a climb and making weird hand movements like they are speaking sign language?

Performance Climbing Tip #1 **Preview and Read the Route.** This is a skill to develop just like any physical technical climbing move. Advanced climbers are skilled at reading climbing routes, this is one of the most important of the mental skills for improving climbing technique.

Before you climb, visualize the sequences through the entire route—or as much as you can see from the ground. Anticipate weight, balance, reach, and each move through the route. Here is the key: find the crux and decide the position you need to be in to complete it. Work backwards down the route.

Make mental notes where your left and right hands and feet are positioned. When you climb, start the sequence going into the crux so your hands and feet and body is



facebook

Did you know Hangdog has a Facebook group?

We use the group to announce specials, events and to keep you informed of anything in the gym. You can also find climbing partners, post pictures and videos, and have your say on current topics.

Just search for 'hangdog' on Facebook and you'll find us!

HANGDOG OUTDOOR GUIDED DAYS

Hangdog's Outdoor Guided Climbing days are the perfect introduction to outdoor climbing.

If you have been climbing in the gym for a while and would like to find out what outdoor climbing is all about then make sure you book in for one of our Outdoor days.

We head to Thompsons Point at Nowra, one of the areas best sports climbing areas. Don't worry, there are plenty of climbs ranging from beginners right up to ridiculously hard!

Hangdog runs a group climb-

ing day at least once a month, but we are happy to organize a special session if you have a few friends who all want to go.

Hangdog supplies a qualified instructor and all safety equipment. You can use your own gear if you want also.

Let us introduce you to the thrill of climbing on real rock! If you would like more information there are info sheets in the gym, or check out the website at hangdog.com.au

Of course you can always

email Brett at brett@hangdog.com.au any time.

Cost for the Outdoor Day is just \$70.00 per person.

There are only 4 places available for the next one so book in now!

Hangdog Outdoor Climbing Day
Saturday 31st January 2009

