



HANGDOG NEWSLETTER

MARCH 2009

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SPECIAL POINTS OF INTEREST:

- **Weekday Special continues:** The \$10 after 5pm entry rate is still valid Monday to Friday.
- **Uni Night Tuesdays:** Free harness hire and free pizza for students
- **Tour de Corde at Hangdog 1st and 2nd of May**

CLIMBING FEVER

It's been a busy couple of months at the gym.

Uni night is proving to be a real success. We spent a couple of days with a stall at the university for O-Week this year to let all the new students know we were here. If you are a student, check out Tuesday nights at Hangdog for free harness hire and free pizza! Bargain.

With outdoor days, competitions and promotional nights it's shaping up to be even more exciting over the next couple of months.

With the weather so nice at the moment Nowra is calling as well. We're going to schedule outdoor days well in advance now so that you have plenty of time to plan.



TOUR DE CORDE CLIMBING COMPETITION

Rounds 1 and two of the top rope climbing competition 'Tour de Corde' have been held at Penrith and Brookvale recently. Seniors competed on Friday night and juniors on Saturday morning.

The comps have been fantastically well organised by the NSW reps for Sports Climbing

Australia, Carlie and Rob Le-Breton.

Hangdog had over 20 competitors and there were more than 100 competitors in the event.

We have had quite a bit of success also, with a first, second and two third places so far. Well done guys.

The next comp is on at HANGDOG!

On the 1st of May for senior competitors and 2nd for juniors. Everyone is invited so come along and have some fun.



Check out Carlie's video of the comp on Youtube: [click here](#)

Check out the website for more information:

hangdog.com.au

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facebook

<http://www.facebook.com/home.php#/group.php?gid=5535650668> Click the link, join the group!

Climbing Tips..

- When moving up, stay as close to the face (wall) as you can, the closer your centre of gravity is to the wall, the less your muscles have to work to hold you. If your body is vertical, then all you need to do is stand in place rather than cling to the rock.
- When resting (and you should do this often to look down and check your footholds) straighten your arms (so you don't tire them out) and lean back (ideally with hips in and handholds fairly high up).
- Rely upon your legs more than your upper body strength. Your legs are much stronger than your arms so don't just try to act macho by pulling yourself up the face (wall), just stand up!
- Bring one foot up at a time, this will reduce the wear on your hands. Shift your bodyweight over your support leg before trying to move a foot up, this means you are balanced when you move.
- Try to position your hands and feet on the holds in the positions you will want them in for the next move. This will reduce the amount of switching and improve your speed and skill by making you plan your next move.
- For more tips come along to Hangdog on Thursday nights, after 7pm.

HANGDOG SINGLES NIGHT.....FRIDAY 24TH APRIL

No..... Nothing about dating! There are heaps of people out there who love climbing, but none of their friends do! This is simply an opportunity to meet other people at the gym who love climbing, but can't talk their scaredy-cat friends into having a go.... Hangdog staff will introduce everyone to each other and we'll be doing a special offer on the night. Free harness hire and a free coffee for everyone who comes along to take part! What a deal! Make some friends, meet a climbing buddy and get a free caffeine hit!

Email for more details or join the event on Facebook to register, or just show up on the night!

HANGDOG OUTDOOR GUIDED DAYS

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

We have now scheduled outdoor climbing days for the next six months, to give you to chance to plan your adventure with Hangdog.

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

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



Hangdog Outdoor Climbing Day

2009 Dates

Saturday April 18
Saturday May 16
Saturday June 20
Saturday July 18
Saturday August 15
Saturday September 19

