



HANGDOG NEWSLETTER

MAY 2009

INSIDE THIS ISSUE:

WELCOME	1
TOUR DE CORDE	1
CLIMBING TIPS	2
OUTDOOR DAYS	2
PLAYLIST COMP	2

WINTER IS CLIMB TIME

Well here we are again.... Winter is nearly here. Is it me or are the summers getting shorter?

Luckily winter is the perfect season for indoor sports, and the perfect conditions for climbing at our favorite crag—Nowra.

We'll be continuing to run most of the promotions we have on through winter and adding a few new ones, as well as getting a team together for the upcoming SCA Bouldering Series.

As you've probably noticed we are constantly asking for your input at Hangdog. We have a goal of making the climbing gym that you want, rather than what we think you want. So if you have ideas and suggestions, don't be afraid to come and let us know, or post it on our FACEBOOK group.

TOUR DE CORDE CLIMBING COMPETITION

Recently Hangdog hosted Round 3 of the Tour de Corde. The comp was a huge success with over 100 competitors coming from all around the region to compete. The Hangdog Team did exceptionally well of course, one of the most impressive feats was Dennis Mitchell winning the Pumper category by completing 58 climbs in 2.5 hours!

Round 4 of the Tour de Corde was held at The Summit, Blacktown on the 22nd and 23rd May. The seniors competed on Friday night and the juniors on Saturday Morning.

Once again we had some excellent results from the seniors taking out a first place, three seconds and a third.

Hangdog is currently ranked 5th out of the 15 teams competing in the event, coming up to the last round of the competition to be held at Sydney Indoor Climbing Gym, St Peters on the 19th & 20th June.

The Tour is a social competition organised by Sports Climbing Australia. We think it's a great idea and if your interested talk to one of the staff about getting in on the next one.



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
- **Hangdog Playlist competition:** Win a three month membership!

Matt took out second place and is the Open A Male overall Tour Leader

Check out the website for more information:

hangdog.com.au

HANGDOG CLIMBING GYM

130 Auburn Street

Wollongong NSW 2500

Phone: 02 4225 8369

Fax: 02 4225 8991

E-mail: brett@hangdog.com.au



HANGDOG PLAYLIST COMPETITION

Don't forget to enter our playlist competition. Get yourself a FREE NIGHT of climbing and go into the draw to win a 3 MONTH MEMBERSHIP.

All you need to do is make a playlist that goes for 2-3 hours and name it "HANGDOG PLAYLIST" (please no offensive language, and definitely NO COUNTRY!



WHAT'S AN APPROACH SHOE?

Ever wondered what those half climbing shoe, half hiking shoes were? Approach shoes!

Approach shoes are hybrid footwear with some characteristics common to both hiking boots and rock climbing shoes.

Like a shoe or boot for hiking, it can be worn comfortably for long distances, BUT it also has a specialised sticky rubber sole, which maintains good traction on steeper grades of rock. We currently stock the 5.10 Guide Tennie, but we will be getting other styles in for you to try out!



Climbing Tips..

Find Rest Spots

Regardless of the speed of climbing, climbers who look for and take rests will do better than those who do not. Learning to spot and take advantage of rest spots is a very important technique in rock climbing. Too many climbers think they can muscle up a wall. Try and pick rest spots on the ground, to take a breather and re-chalk.

Watch and Learn.

The best way to learn and improve rock climbing technique is to observe the technique used by good climbers, and practice to develop these techniques yourself. Make mental notes as you observe climbers. Practice the moves you see while reinforcing the basic fundamentals of good rock climbing.

Keep Your Body Close to the Wall.

You should also keep your center of gravity balanced in a forward-backward direction. In other words, keep your body toward the wall, or away from the wall. As a rule, keep your body close to the wall. A good indicator to be aware of is the direction your knees point. In general, in a good climbing technique the knees do not point directly in towards the wall, and your body posture is rarely erect.

- For more tips come along to Hangdog on Thursday nights, after 7pm.



Hangdog Outdoor Climbing Day

2009 Dates

Saturday June 20

Saturday July 18

Saturday August 15

Saturday September 19

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.

facebook.

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