



CAMP SUNNY

SUMMER CAMP

ROCK WALL SPECIALTY CAMP

SUMMER 2017

Dear Sun Country **Rockwall Camp** Participants and Parents,

We look forward to another exciting year of Sun Country Rockwall Camp! Rock climbing camp will provide your children with the opportunity to work on basic climbing skills and techniques. They will have an opportunity to use our 32' indoor rock climbing wall, challenging climbing cave and a state-of-the-art treadwall. Topics covered will include:

- Harness Selection
- Equipment Identification
- Traversing Skills
- Flagging
- Smearing
- Route Reading
- Climbing Commands
- Hand/Finger Strength
- Games

Campers will improve coordination, strength, muscle endurance and self-esteem as the week progresses. Through challenges, teamwork and communication campers will develop lasting skills that will take them far beyond the peaks of the climbing wall.

Campers enrolled in the Sun Country Rock Wall camp should not wear restrictive clothing or jeans. Shorts should be long enough to protect the upper thighs from the climbing harness. Campers need to wear socks and tennis shoes every day.

On Friday, your newly trained rock climber will present a short exhibition to the families on all the super skills they have learned at the Sun Country rock wall!

We are looking forward to a rockin' great week!

David Jaeger

Department Leader
Sun Country Rocks!
rocks@suncountrysports.com



SUN COUNTRY SPORTS - WEST

333 SW 140TH TERRACE • JONESVILLE, FLORIDA 32669 • PHONE: (352) 331-8773 • SUNCOUNTRYSPORTS.COM