

# Rock Climbing Day Camp

**When???** From Monday June 19th to Friday June 23rd 2017

**Who???** Boys from Grade 3 to Grade 8

Come out and improve your climbing technique. Make the transition from the artificial indoor wall to the natural rockface. During 5 consecutive days we will be visiting 5 different locations in the Laurentians or the Eastern Townships. **Be one of the lucky 18 Selwyn students to participate in this great experience.**

We will be leaving each morning from Selwyn House at 7:30 am

Travelling to and from by Selwyn School Bus

You must bring your own lunch and snacks

Our return home is scheduled for 5 pm

We will be climbing on 5 different sites maintained by the fédération québécoise de la montagne et de l'escalade (FQME).

The two instructors for the duration of the camp are:

Jean Pruneau - Initiateur Rocher (Paroi naturelle) diplômé de l'ÉNEQ  
(École national d'escalade du Québec)

-Moniteur moulinette Rocher FQME (Fédération Québécoise de la Montagne et de l'Escalade)

-W.F.A. (Wilderness First Aid Certification)

Cory Deegan – Initiateur S.A.E. (Structure artificielle d'escalade) diplômé de l'ÉNEQ  
(École national d'escalade du Québec)

-Animateur rocher ENEQ et FQME

-W.A.F.A. (Wilderness Advanced First Aid Certification)

In case of rain we will climb here at the school in the gymnasium. With the use of technology we will film our climbing students to help them improve their technique, and understand how their body position relates to the forces of balance and gravity. During the afternoon, there will be organized competitions in speed, technique, bouldering problems, and dynamic movements.

When at the rock face, students will climb on 6 supervised ropes with their belaying partner. They will also be working at the base of the crag on specific bouldering problems using crash pads and learning how to spot each other safely.

While Mr. Pruneau will be setting up the ropes and the anchors, Mr. Deegan will teach "First Aid" to the participants.

Cost for the week: \$325 if paid before the end of April, \$375 after May 1<sup>st</sup>.

There is a 100\$ non-refundable in case of cancellation.

Cost includes:

- Transportation
- Climbing equipment
- Membership to the Fédération Québécoise de la Montagne et de l'Escalade, which includes access to all registered climbing sites by FQME.
- Prior to the camp we will teach the 18 boys how to master both the belaying and spotting techniques
- First Aid Certification

**For more information regarding the climbing camp, please contact Jean Pruneau : (514) 931-9481 ext: 2340 or [pruneauj@selwyn.ca](mailto:pruneauj@selwyn.ca)**

**Registration for the camp.**

**Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Please make the cheque payable to Jean Pruneau for the amount of \$325**

**(\$375 after May 1<sup>st</sup>)**

**June 19– 23, 2017: Parents signature :** \_\_\_\_\_