

# Climbing Clinics Information



Climbing Instructors: Klemen Becan, Alex AJ Johnson, Lucas Dourdourekas

## FRIDAY 05/10/2018 – DAY 1

<b>Climbing Clinics Day 1</b> <b>/ Group A - 10:00 – 13:00</b> <i>Departure from Elena Village at 09.30</i>	Slab climbing with advanced foot technique, no hand climbing, balancing on feet.
<b>Climbing Clinics Day 1</b> <b>/ Group B - 15:00 – 18:00</b> <i>Departure from Elena Village at 14.30</i>	Slab climbing with advanced foot technique, no hand climbing, balancing on feet.

## SATURDAY 06/10/2018 – DAY 2

<b>Climbing Clinics Day 2</b> <b>/ Group A - 10:00 – 13:00</b> <i>Departure from Elena Village at 09.30</i>	Overhang with focus on more efficient climbing, heel/toe hooks and kneebars, no hand resting, climbing tactics...
<b>Climbing Clinics Day 2</b> <b>/ Group B - 15:00 – 18:00</b> <i>Departure from Elena Village at 14.30</i>	Overhang with focus on more efficient climbing, heel/toe hooks and kneebars, no hand resting, climbing tactics...

### Notes

- Each participant must register on the climbing clinics form
- Departure from Hotel Elena village half an hour before the clinics
- A participant can participate in only one group/clinic
- Each group can have up to 24 participants