

# AMC BOSTON CHAPTER **ROCK PROGRAM**

## Info Night

# Agenda

- Welcome and Introductions
- Philosophy of the Rock Program
- Program Objective
- Program Logistics
- Program Application
- Recent Graduate Experience
- Questions & Answers



A person wearing a red shirt, black pants, and a white helmet is climbing a large, layered rock face. The climber is positioned in the lower center of the frame, facing away from the camera. A blue rope is attached to their harness and extends downwards. The rock face is composed of large, flat, greyish-brown slabs with visible horizontal layering. The background shows more of the rock face and a clear blue sky. The overall scene is bright and sunny.

# Rock Program Philosophy

Frannie Bui

Boston Mountaineering Committee



Founded in Boston in 1876 to explore and preserve the White Mountains of New Hampshire



Outdoor recreation and environmental activism

11 chapters from Maine to DC with 275,000+ members, advocates, and supporters

A photograph of a person climbing a rock face. The person is wearing a green shirt and a white helmet. The background shows a lush green forest. The text is overlaid on the left side of the image.

# AMC Boston Climbers

Boston Chapter  
Mountaineering  
Committee

Community for climbers in the Boston area.

In the 1890s, AMC climbers started exploring the Rockies and Alps, bringing new techniques back to New England where AMC climbers opened up now-popular areas.

Continue to develop new climbing areas, preserve threatened lands, and climb for fun.



# AMC BOSTON CHAPTER ROCK PROGRAM

Rock Program exists to educate future generations of climbers

Started in the 1960's

Run/taught by volunteers, not professional instructors

We want our Students to become part of our climbing community

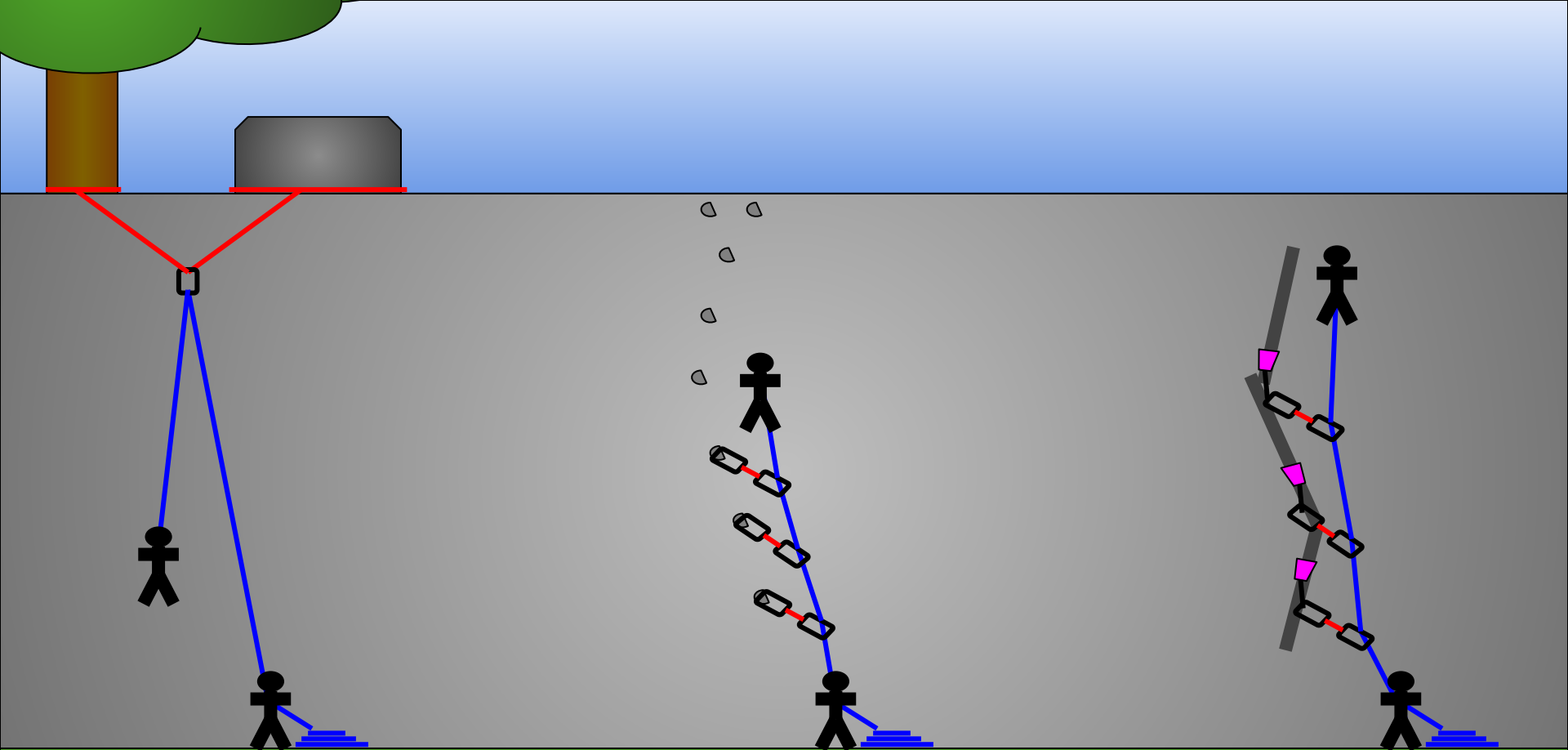
## Post-program events:

- Crow Hill
- New Seconds
- Acadia
- Rumney
- Cragging Days
- Gym Nights
- Climbers Nights
- Fall Frolic
- Ice Program
- Self Rescue
- Open Cabins
- SendHers
- BIPOC

# Program Objective

**Xiaoyu Chen**  
**Program Director**



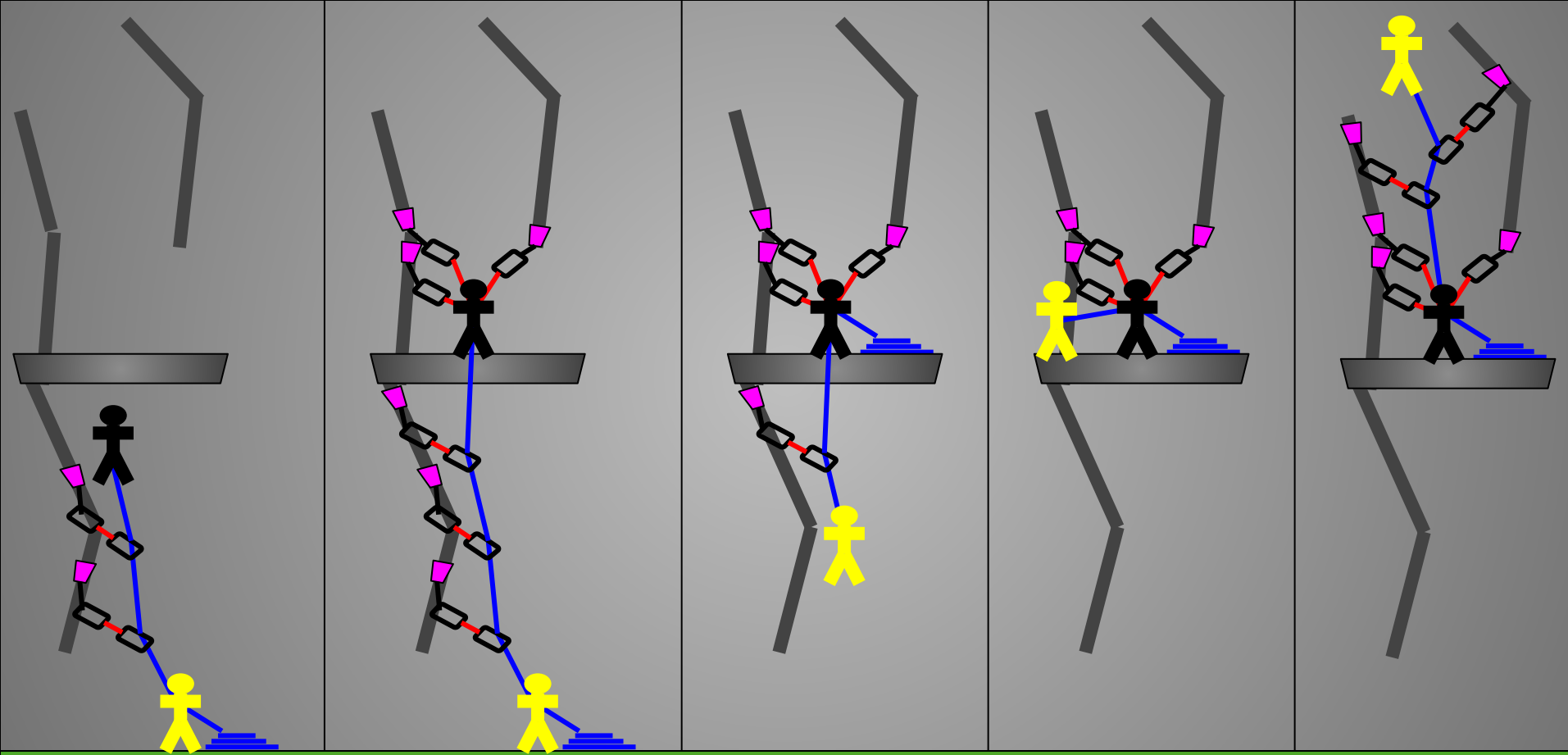


Top-Rope

Sport

Trad





Multi-Pitch Climbing



Climbing is fun!  
and dangerous!!

Risk can arise from personal  
and external factors.

**BOTH** must be considered.



Safety is identifying and managing risk.

This program will give an understanding of risks involved in climbing and expose you to basic safety systems.

Safety is YOUR responsibility!

We strive to create an emotionally safe space where you are empowered to manage your physical safety.

# Focus of Rock Program

Safety systems for outdoors climbing

- NOT physical process of climbing

Able to safely follow multi-pitch trad

- NOT teaching how to lead climb

Inclusive learning environment

Exposure to skills and community to build upon

Climbing experience is nice to have but not required



# Belay & Anchors - Skills

Building top-rope anchors

Belay communications

Top-rope belay from the bottom using ATC & GriGri

Top-rope belay from the top using ATC & GriGri

Lead belaying

Catching a lead fall

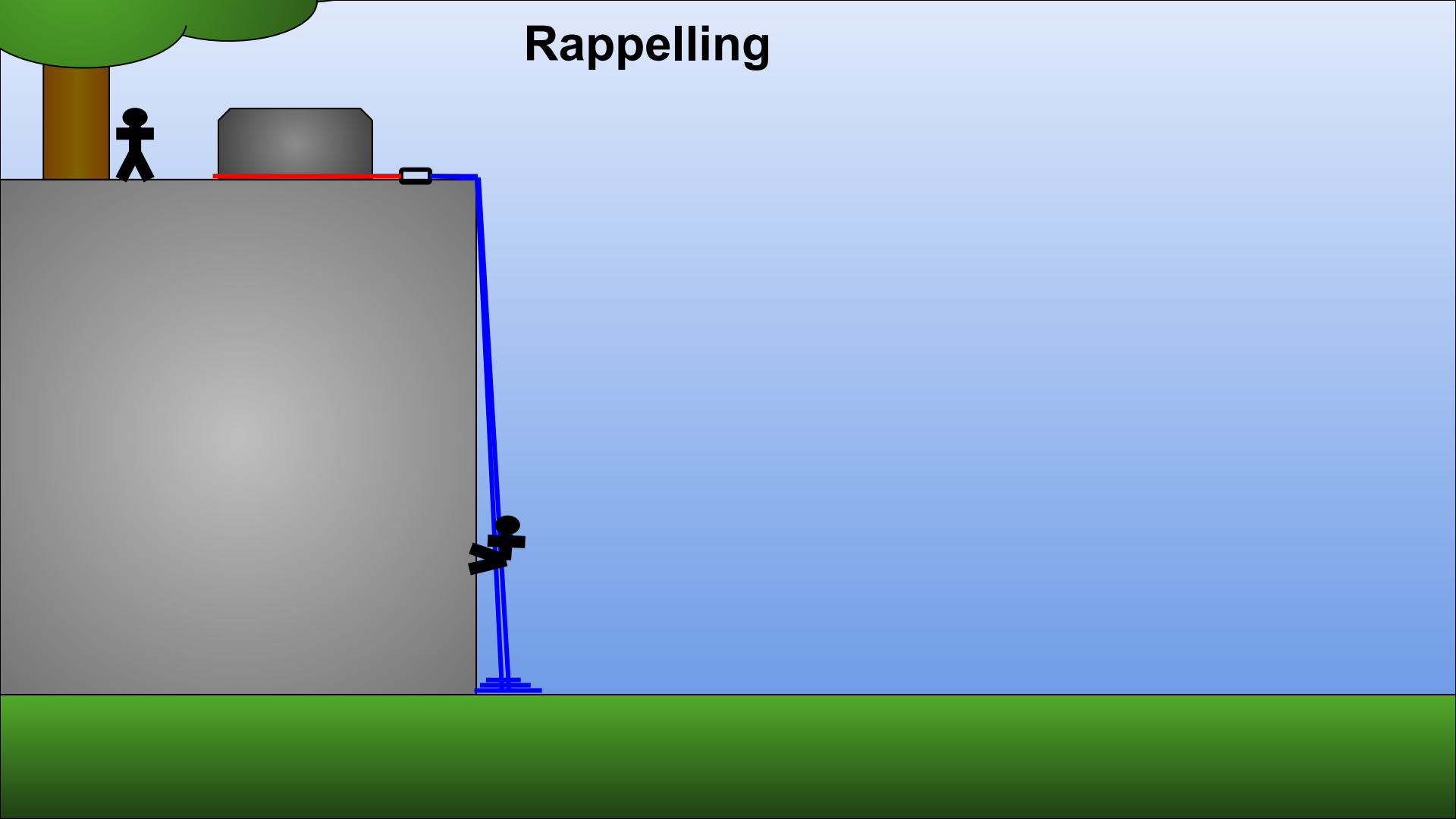
Belaying with double ropes

Introduction to the trad climbing process

Cleaning a fixed anchor



# Rappelling



# Rappelling - Skills

Building and using rappel anchors

Joining ropes for rappel

Coiling and throwing rappel ropes

Extended rappel with autoblock backup

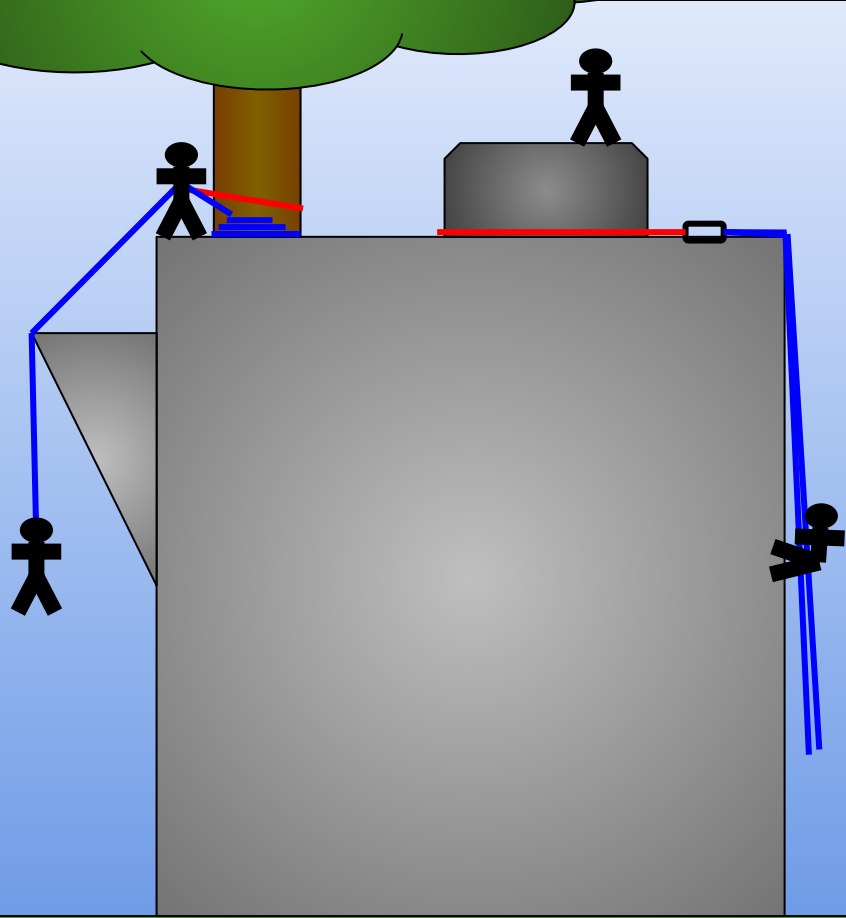
Direct münter hitch rappel

Free rappel

Multi-pitch rappel



Ascending





# Ascending - Skills

Using gear to make progress

Friction hitches

Ascending if unable to continue climbing





# Rock Program Logistics

# Schedule for 2024

Session	Date	Location
Knots Night	Wednesday March 27, 7-9PM	AMC Headquarters
Belay & Anchors Weekend	Saturday April 6 <b>and</b> Sunday April 7, 8:15AM – 4:30PM	Quincy Quarries
Rappel Weekend	Saturday April 13 <i>or</i> Sunday April 14, 8:15AM – 4:30PM	Quincy Quarries
Ascend Weekend	Saturday April 20 <i>or</i> Sunday April 21, 8:15AM – 4:30PM	Quincy Quarries
Open Climb Day (optional)	Saturday April 27, 11AM – 4:30PM	Quincy Quarries
Graduation Weekend	Saturday May 4 <i>or</i> Sunday May 5, 8:15AM – 4:30PM	Quincy Quarries
Crow Hill BBQ (optional)	Saturday May 11, 9:00AM – 3:00PM Rain Date: Sun May 12	Crow Hill

*Admission preference given to students who can attend all instructional weekends.*

## **After Rock Program:**

- Trips: Acadia, New Seconds, Rumney, Fall Frolic, Cragging Days
- Skill development courses: learn to lead sport, learn to lead trad, self rescue, multi-pitch/rope management, etc

# Rain or Snow or Shine!

*Dress appropriately*



# Quincy Quarries

 Blue Hills Reservation  
Quincy, MA

Has long history of climbing

We encourage carpooling and will  
set up a shared spreadsheet.



# Gear



## Things We Give You:

- Double length sewn sling
- Length of cord for a Prusik loop

## Required gear:

- Helmet (Must be specifically for climbing, no bike/ski/etc. helmets allowed)
- Harness
- Tubular belay/rappeI device suitable for 2 ropes (e.g. ATC; Not a Gri-gri).
- 3 locking carabiners (1 large pear-shaped, 2 normal)

## Required gear can be borrowed at no cost:

- A deposit is required
- Come 20 mins early to Knots Night and **BRING A CHECK**

## Optional gear:

- Climbing shoes:
  - Nice to have but not strictly necessary
  - Please let us know if you don't own climbing shoes
  - We have some old ones if they fit you

# Communications

Weekly emails (on Tuesday before each weekend)

- Homework and Resources
- Attendance Planning sheet
- Carpool Organization sheet
- Feedback form
- Other updates





**Application Process**



# Cost and Adaptations

\$210 for AMC members, \$260 for non-members

- Payment via PayPal preferred, credit/debit card OK, no PayPal account required
- You may join the AMC before you register and provide your member number later.

We are inclusive and equitable.

- Financial Assistance available
- We may be able to make adaptations in how we approach instruction or support you as a climber/learner if there is anything that could affect your safety and ability to participate fully
- To ensure applications are reviewed solely on merit, the committee will not be able to see Financial Assistance or Adaptation requests until after an application has been accepted.



# Application

We want to get to know you!

- What you hope to get out of the program
- Your experience outdoors, if any
- How you are involved in your community
- If you have any learning/adaptive/financial needs that we can help support

***NOTE: We get at least 2 applications for every 1 spot in the Rock Program. Your application is your chance to stand out.***





# Timeline

- 2/28 9pm Application opens
- 3/4 12pm Application closes
- 3/12 Admission offers sent out
- 3/18 Admitted students confirm and pay

# Recent Graduate Experience

## 2023 Rock Program Graduates



Photo credit: Diego Concha

**Diego**



Photo credit: Anish Dighe

**Maya**

# Questions?

Registration: [rockreg@amcbostonclimbers.com](mailto:rockreg@amcbostonclimbers.com)

General: [AMCRockBoston@gmail.com](mailto:AMCRockBoston@gmail.com)

[amcbostonclimbers.com/rock](http://amcbostonclimbers.com/rock)

