

# Introduction to



## Why Rock Climbing?

Because rock climbing provides the opportunity to challenge your body and mind every time like no other sport can do. It improves overall strength, endurance, and confidence while developing character building life skills such as, discipline and self-control. Our rock climbing gym appeals to all ages because of its positive, encouraging, and motivating environment for all levels of climbers. Let us help your students develop active lifestyle habits while they're young to propel them into a bright and healthy future. So, why not rock climbing?

## Who we are:

We are the Upstate's largest indoor rock climbing facility with over 6,200 sq. ft. of climbing space. We have two picnic areas, 14 top rope stations, a bouldering cave, ping pong, corn hole, and an all star staff!

## What we do:

The Climb Upstate rock climbing staff is dedicated to helping people climb to greater heights, not just on the climbing wall but in every day life. We strive to boost confidence, introduce new skill sets, and prove to children and adults that they can do anything!

## What we offer:

Check out our five categories of offerings on the following pages to determine what fits the needs of your students/staff. Prices will vary depending on the number of participants and length of your event. Contact information is listed at the end of each heading for further inquires. Call, email or go online today to book your group or event.

## Our location:

We are conveniently located off I-26 behind the Spartanburg Expo Center and High Point Academy and we're adjacent to the Upward Stars Volleyball Center. Our address is 6655 Pottery Rd., Spartanburg, SC 29303.

**Visit us online at [Climbupstate.com](http://Climbupstate.com)**

**or call us at 864-699-9967.**



**Come  
climb  
with  
us!**



## Fundraisers

Are you looking for a fundraiser that will get your students excited and involved? Our fundraisers can be student driven to success with minimal work on your part, but with maximum benefit for your group. Let our team provide you with a fundraising flyer to help promote your event. Climb Upstate offers 50% of the profits (excluding any previously booked groups or parties) from the day of your event. In the past, groups who have done strong advertising campaigns have received checks upwards of a thousand dollars. You are also welcome to sell/raffle food and other items to raise additional money for your school group. It's a great financial opportunity and a fun group activity rolled into one awesome day for your students, staff, their friends and families!

***\*For more information about booking your fundraiser email [climbupstateprogramming@gmail.com](mailto:climbupstateprogramming@gmail.com) or call us @ 864-699-9967.***



## School Climbing Teams

Customize a climbing team for your school! Our staff is skilled at creating a fun, challenging and character building climbing team environment. The sport of rock climbing provides children with the opportunity to exercise their bodies and minds through both individual and team participation. Rock climbing also develops many beneficial life skills, such as; goal setting, problem solving and communication. The possibilities for your students to grow are endless!

### ***The Details:***

All ages and ability levels are welcome. Practices will include warm ups, conditioning, instruction in climbing techniques, individual and partner climbing, team building games, and cool down. Teams are comprised of up to 20 climbers with both competitive and non-competitive options available. The twelve week season will consist of one weekly 2-hour practice. Gym membership is also included for all team members. Additional fees are required for participation in off-site climbing competitions, but fees are nominal. While these are recommended, they are optional.

Pricing options are available as individual or team rates with special reduced prices for school teams.

### Individual Rates

Regular price: \$149/member

**Your price: \$129/member**

\* 8 member minimum per team

### Discounted School

#### Team Rates

\$ 1,290

\$ 1,900

\$ 2,500

### # of team

#### members

up to 10

up to 15

up to 20

***\*For more information about school climbing teams email [climbupstatecoach@gmail.com](mailto:climbupstatecoach@gmail.com) or call us @ 864-699-9967.***



## **Group Events**

### **Class Days/Field Trips**

Customize your event to fit the needs and size of your group. Examples of activities for your group event may include, but are not limited to:

- \*Open climb time
- \*Climbing and non-climbing games
- \*Team building and leadership activities
- \*Friendly mini-climbing competitions
- \*Team Olympics
- \*Light, non-spiritual yoga
- \*Participation in program activities for *Leave No Trace*

#### ***The Details:***

Please call to customize your specific group event. Pricing will vary depending on number of participants, activities chosen and length of the event. Pricing will range from \$8-\$20 per person. Call us to discuss and quote your event!

### **Class Parties/Team Banquets**

You'll receive party space and climb time with a designated staff member to make sure your group is having fun! Our facility has two picnic areas, 14 top rope stations, a bouldering cave, ping pong, corn hole, and an all star staff! Your group is welcome to bring in food and drinks-local pizza discounts are also available.

#### ***The Details:***

Pricing is \$10/person. Book online or give us a call today!

***\*For more information about your group event email [climbupstateprogramming@gmail.com](mailto:climbupstateprogramming@gmail.com) or call us @ 864-699-9967.***



## Classes

### PE Classes

Customize your class(es) to fit your students' needs. Examples of activities include:

- \*Open climb time
- \*Bouldering, top roping, mock lead climbing
- \*Climbing and non-climbing games
- \*Team building and leadership activities
- \*Friendly mini-climbing competitions
- \*Team Olympics
- \*Light, non-spiritual yoga
- \*Program activities for *Leave No Trace*
- \*Options for activities with certified personal trainer

### ***The Details:***

You will receive a 2 hour class session with designated staff members. Pricing is \$10/person.

### Rock Climbing Classes

Your group can participate in the following classes with one of our experienced climbing instructors. These 2 hour classes are specifically geared towards increasing overall climbing knowledge and application. \*Please note: Rock 101 is a prerequisite for taking Rock 201.

#### **Rock Climbing 101**

This introductory course touches on the different types of climbing, gear & belaying, and climbing techniques. Cost per person is \$29 and includes instruction from a climbing coach, a manual, gear rental (harness, belay device, and shoes), and a day pass.

#### **Rock Climbing 201**

Learn outside theory on setting up anchors, preparing for trips, and advanced gear use training. Cost per person is \$29 and includes instruction from a climbing coach, a manual, gear rental (harness, belay device, and shoes) and a day pass.

***\*For more information about our classes email [climbupstatecoach@gmail.com](mailto:climbupstatecoach@gmail.com) or call us at 864-699-9967.***



## Team Building and Leadership Workshops

### Team Building Workshops

*“Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.”*  
~ Mattie J.T. Stepanek

Achieving remarkable success often means working as part of a team that communicates well and trusts each other. These relationships are the keystone to any team. Let us provide you and your team with a customized experience of fun and excitement while strengthening trust, communication and relationships amongst your team members. We offer activities for all ranges of athleticism, anywhere from actual rock climbing, to classroom-style problem solving. We have had great success working with school groups, as well as, corporate teams. Whether you are looking to engage and connect a new team of people or provide an experience to grow your current one, we will tailor your workshop to fit your group’s unique needs.

#### ***The Details:***

For more information visit our website below, call or email us. We’d love to work with you to design the ideal experience that fits your group’s needs and your budget.

### Leadership Workshops

*“Leaders aren’t born, they are made. And they are made just like anything else, through hard work.”*  
~ Vince Lombardi

Growing leaders is one of our goals and what better way to learn and grow than in a fun, active environment! Everyone can possess the capacity for leadership, but only those who cultivate it will ever become truly effective leaders. Our motivational workshops will engage your participants in activities that will challenge their ways of thinking and develop their leadership potential. Our activities focus on improving active listening skills, exploring new ways of thinking, and fostering an environment of strong communication and encouragement.

#### ***The Details:***

For more information visit our website below, call, or email us. We’d love to work with you to design the ideal experience that fits your group’s needs and your budget.

***\*To find out more information about our workshops visit us at [www.HighestGOLS.com](http://www.HighestGOLS.com), email [highestgols@gmail.com](mailto:highestgols@gmail.com) or give us a call at 864-699-9967.***



*Read what our satisfied customers have to say about our offerings.*

“My students had an amazing experience at our band fundraiser at Climb Upstate! This was a great opportunity for students to collaborate outside of the school setting, establish new friendships, raise money, and have fun.” ~*Megan Irby, Dawkins Middle School Band Director*

“Every time I go to team there’s always a new challenge. The coaches are supportive and encouraging and help me to reach my goals. When I finish a route that I’ve been working on for a long time I have a huge feeling of satisfaction.” ~*Alison, climbing team member (age 14)*

“This was exactly what I was looking for in a team building workshop.” ~*Amy Bailey, Dorman High School Swim Team Coach*

“We love Climb Upstate. They have super-friendly, knowledgeable staff. It’s a fun and incredible workout that is physically and mentally challenging. My kids who are on the Jr. Rock Climbing Team have become so strong and confident this season. The team is amazing!” ~*Julie Madden, member and climbing team mom*

“Every time she comes in she just gets better, stronger and more confident. She loves the coaches. They’re fantastic with her.” ~*Ryan Bennett, father of climbing team member*

“I have used Climb Upstate for work related purposes with our youth summer camp program and we go back again and again! Not only are their staff knowledgeable and very friendly, but Climb Upstate is easy to work with and flexible. We were also able to use them for our staff training, as well. We were provided a great facility to do the training, and wonderful and challenging activities for our staff to participate in. When we need a field trip that we know will be a hit or training activity, we always use Climb Upstate!” ~ *Caroline N.*

“Laura Bryan, myself and the rest of our team look forward to working with you again for our Leadership Converse 2017.” ~*Jordan Moeller, Admissions Counselor at Converse College*

“This is an event you will NEVER forget. The most practical and profound leadership training I have ever seen.” ~*Former CIO*