

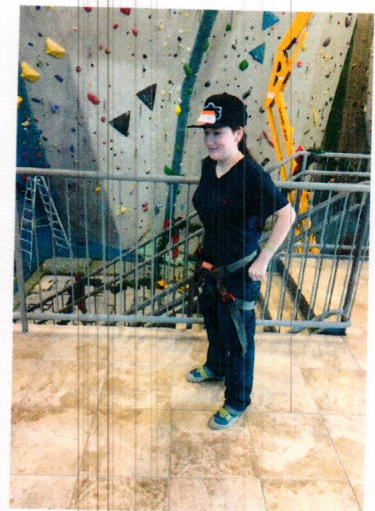
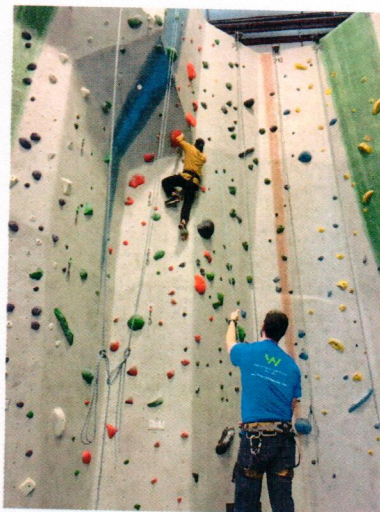
ROCK CLIMBING TRIP BY SAMANTHA RAPOSO

We went indoor rock climbing with school with a few kids and Nicole and Tim D. I was kind of nervous when we first got there because of how high the walls were and I'm scared of heights. I had only been rock climbing once or twice indoors and every time I went I was nervous. When we went, we all sat in a group and introduced ourselves to the Waypoint Adventures team. We met Dan, Emily, and Bonnie. After we introduced ourselves and did some warm up stretches, we did an exercise where Emily placed ropes on the floor and made circles. Each circle had a word on the floor: Comfort, Challenging, and Freak Out. Emily asked us questions as a group and whatever the situation made us feel, we would step into that circle. After we did that, we were taken upstairs to learn about the equipment we would be using to climb. I was wearing Timberlands so Emily brought me downstairs to change into some climbing shoes that I rented at the desk. They were kind of uncomfortable and tight. When I got back upstairs, we were put into groups. My group was Nicole, Emily, Lily, and Jason. We started off one at a time climbing the wall while Emily instructed us. I watched all

of my peers climb the wall and get up really high. I was nervous but when it was my time to climb it, I took it slow and I only got up the wall a little bit because I didn't like heights. I tried a few more times and I managed to make it up the wall a little further each time but still didn't get to high up. Everyone else was climbing up really high because they had been before and weren't that nervous.

One thing I noticed on the trip was that everyone was supporting each other. If someone was climbing the wall, everyone else would cheer them on and

encourage them to keep going up. Nobody was discouraging anyone. I was surprised to see everyone so engaged and helping each other out. After we rock climbed, we sat in a group and talked about the experience and said our goodbyes. Overall it was fun trip. I think it was a good experience because not only did people have fun, but we got together and really got to show support and be a group. I got to meet some of the kids I wasn't that close to in school. It was a fun trip and I can't wait to see what else is in store for us with Waypoint.



BEFORE AND AFTER SCHOOL ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE	NEWSLETTER	OPEN GYM	WEIGHT ROOM	ART CLUB	ART CLUB
				OPEN GYM	WEIGHT ROOM
					HOMEWORK CLUB
AFTER	BASKETBALL	HOMEWORK CLUB		BASKETBALL	FEED THE HOMELESS