



May 5, 2011

Dear Parents:

For the week of May 9 to May 13, Rock Solid Adventure Programs will be at Elmwood to provide our senior physical education students with a weeklong interactive rock-climbing course.

This program fits directly into our regular physical education timetable and skills such as repelling, ascending and top rope climbing systems are introduced. Students will learn safety techniques, plus team building, responsibility, and cooperation will be emphasized. The Rock Solid instructors are highly qualified and have developed a course designed for all skill levels. Skills taught will meet the curriculum demands of the phys. ed. program and the students will be evaluated on safety skills, technical proficiency, and climbing abilities. We have had this program at Elmwood since 2002.

Rock Solid Adventure Program (formally Boulder City Climbing School) has been established since 1991 and currently partners with over 100 schools in Ontario. Safety will be of the highest importance, and each student will be supplied with a safety harness, safety helmet, and a safety carabineer. No previous experience is needed.

We are looking forward to an exciting week in the gymnasium! The PHE Dept. will cover most of the cost and each student will be billed \$20. Please sign and return the attached permission form. **Rock Solid Adventures** requires that this form be completed and returned prior to the course.

Sincerely,

Brenda Neale and Erin Derbyshire
Senior Physical Education Teachers