

# Stuck between a rock and a hard place

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Focusing on the moment can be challenging for many college students, especially with the academic, financial, mental and social pressure.

Cal State Fullerton's Climbing Club proves that being in the moment and focusing all your energy on the goal you are trying to achieve is important.

The club was founded in the spring semester of 2023 by Tyann Adams, the former president of the climbing club. During her time at CSUF, Adams was surprised

to learn that out of all the sports clubs on campus, there was not one dedicated to rock climbing. Thus she began her journey to create something new with the help of her friends.

Current board members have been in the club as regular members since the club formed.

"We are all here; we are all students and have this common interest in climbing. Because of that, we all have this 'want' to further expand that knowledge," said Emily 'Mia' Castro-Luis, a third-year public relations and marketing major at

CSUF and social media producer of the climbing club.

The whole goal of the club was to create something that people could find in unison with others who share the same interests to create a community.

Since its formation, the club has had the opportunity to do five climbing excursions every semester. Recently, the club went to Joshua Tree for a climbing trip.

For the club's outdoor climbs, they tend to make it a two-day excursion where they camp. Most members have not been camping or outdoor climbing.

There is a \$75 fee requirement to the sports club insurance if a member desires to go on outdoor and indoor

climbing trips with the club. Though rock climbing is a naturally expensive sport, the Titan Outdoor Center allows students to rent out the equipment needed.

General meetings are also hosted every other Monday from 8 p.m. to 10 p.m.

The rock climbing club is for everyone.

Regardless of your level or experience, everyone is welcome to join and try it out. The more one participates and pushes oneself, the more their



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CSUF students enjoy the SRC rock wall as a break in-between classes.

skills will improve.

"Consistency is key," Castro-Luis said. "I tell [new members] if you want to get better, you have to come in here consistently."

Not only does this club push its members to do the best that they can physically, but the club has also given some of its members a sense of belonging and involvement.

Castro-Luis recalls seeing new members light up when they begin outdoor climbing and feeling the rock beneath their fingers. There is a sense of happiness just being outdoors.

There are many opportunities for growth, especially on the physical and mental side. When one climbs, the only thing one can think about is the climb. It takes away from the stress of deadlines and homework assignments.

Though many new members are shy and do not know anyone, once they join the club they come out of their

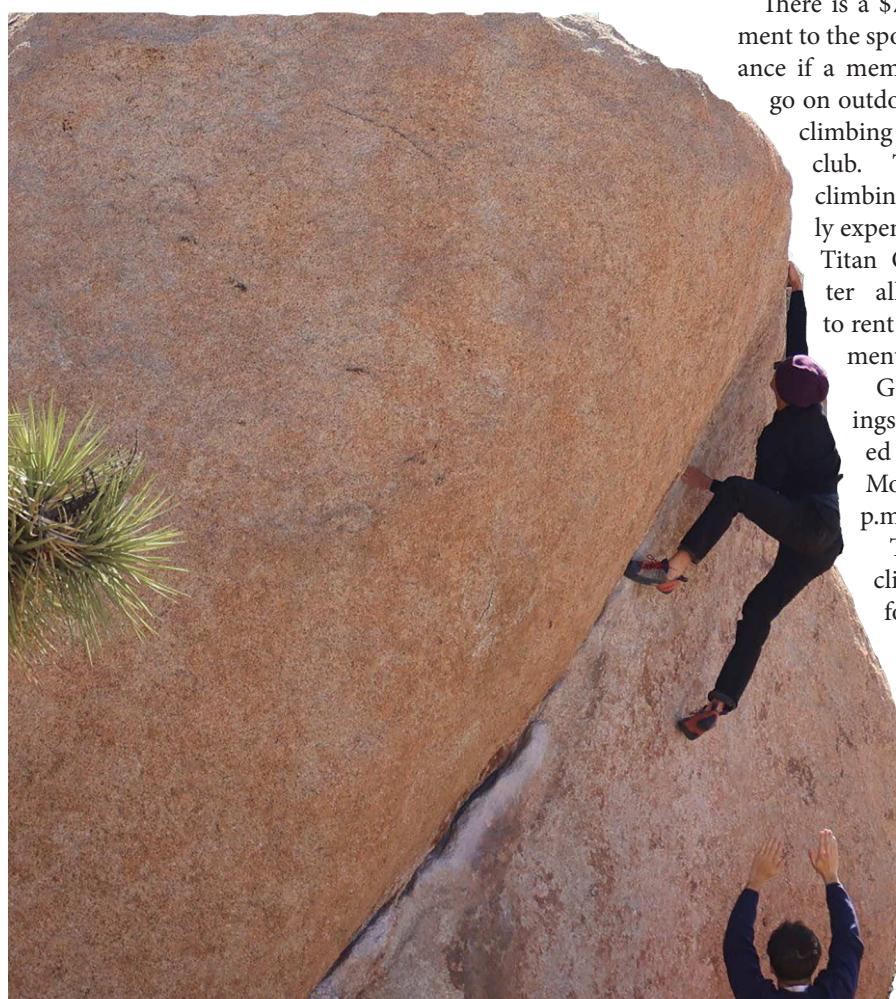
shells; moreover, because of the changes of being a part of something, several members have shared that they are happy to be a part of the trips this club goes on.

"There is some level of confidence gained when you join the club, especially when you go on the outdoor trip," said Sage Wengler, fourth-year game art animation, immersive media major and treasurer of the climbing club.

Climbing is a great way to overcome one's fears and perform tasks one may have found mentally challenging before.

Several connections between the members and the club help embrace the social and stress-free environment of being in the moment.

"Being able to enjoy something productive, socially, it's definitely good for stress and the sense of community really does help," Sage said. "Especially if you struggle with any kind of health issues, mental or physical."



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During the CSUF Climbing Club's latest trip, members got to experience bouldering outdoors.