



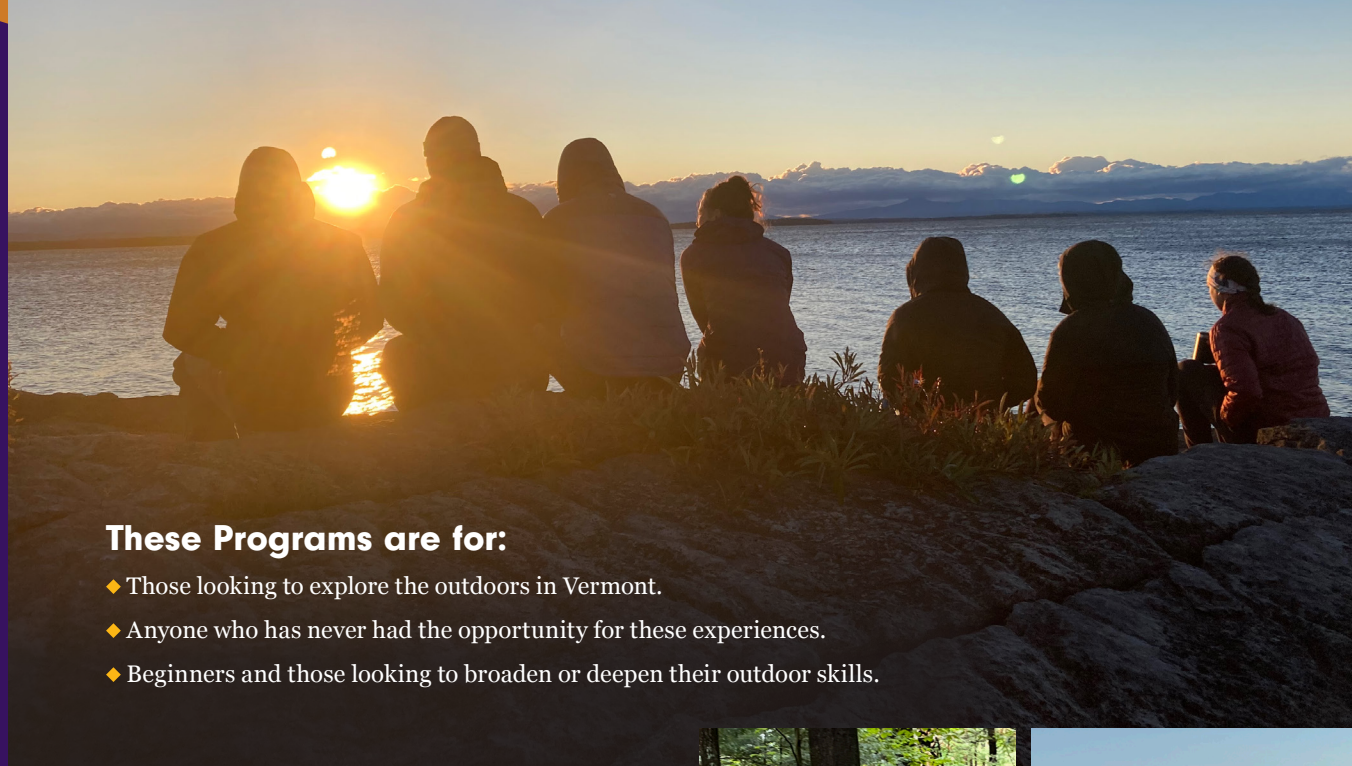
Guide to Adventure

Where will your
adventure begin?



The
Adventure Sports Center
SAINT MICHAEL'S COLLEGE

The Adventure Sports Center is a student focused and led organization dedicated to providing opportunities for outdoor recreation and enjoyment.



These Programs are for:

- ◆ Those looking to explore the outdoors in Vermont.
- ◆ Anyone who has never had the opportunity for these experiences.
- ◆ Beginners and those looking to broaden or deepen their outdoor skills.

Fall Programs

Hiking

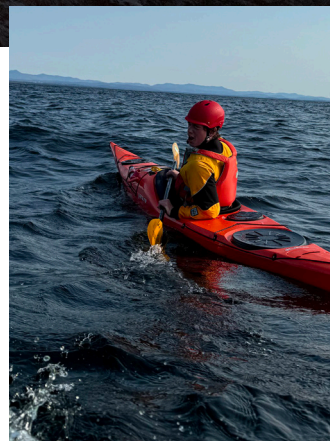
The mountains, hills and valleys of Vermont offer a myriad of hiking opportunities. From a long day on Mount Mansfield to a short stroll through Nebraska Notch, the Adventure Sports Center offers ways to explore at many levels.

Rock Climbing

Spend a day learning the basics of climbing movement and safety in a relaxed and fun atmosphere on one of our local cliffs. No experience is necessary.

Mountain Biking

If you are interested in trying trail biking, or furthering your riding skills, these trips are for you. While no mountain biking experience is necessary, you do need to know how to ride a bicycle.



Open Water (Sea) Kayaking

Enjoy a day of paddling on one of Vermont's lakes while you develop techniques and safety skills. Take a journey along some of the most beautiful shorelines in the northeast.

River (Whitewater) Kayaking

Vermont's iconic rivers offer fantastic opportunities for beginners and experienced paddlers alike. You'll learn how to maneuver in and out of current and paddle through rapids.

Winter Programs

Winter Hiking

Winter introduces a whole new look to Vermont's woods and mountains. From the rocky summit of Camel's Hump to Sterling Pond's wooded landscape, there is something for everyone.

Ice Climbing

Take a trip to beautiful Smugglers Notch and experience this incredible sport. We'll start with lower angle terrain and transition to more difficult climbs as your skills and comfort level build. No climbing experience is needed.

Mountaineering

If you are looking for a day of travel more challenging than hiking, then mountaineering is for you. Combining ropes, crampons, and ice axes you'll have the chance to ascend a classic gully in Smugglers Notch. No climbing experience is needed.

On any trip you'll get:

- ◆ An inclusive, supportive environment for experiencing and learning.
- ◆ State-of-the-sport instruction from student-instructors and working professionals.
- ◆ Top-of-the-line technical equipment and outdoor clothing.
- ◆ Opportunities to challenge yourself.



Scan here to follow us on Instagram.



Earning Credits while Building Skills

Backcountry Skills and Leadership Training (EM-140)

If you are interested in exploring the outdoors on your own or taking others into the backcountry, expect to do field-based lab work or are exploring search and rescue, this 2-credit course is for you (you can take it without earning credit). Whether you've never hiked or have spent weeks carrying your home on your back, there is always something to learn. It is the pre-requisite course to become an Adventure Sports Center Instructor and part of the Emergency Services Major.

Backcountry Skills and Leadership Training consists of:

- ◆ 9 classroom sessions Tuesday night or Friday afternoon
- ◆ 4 field training days including
 - SOLO Wilderness First Aid certification
 - Leave No Trace 101 course certification

To learn more:

- ◆ Attend a short informational session early in the semester.
- ◆ Drop by the Adventure Sports Center Office on the ground floor of Alumni Hall.
- ◆ Email adventuresports@smcvt.edu.

The program begins during the third week of classes in the fall, so don't delay.

Wilderness First Responder (HS-140)

The recognized industry medical standard for those who work in a position of leadership in outdoor settings including trip leaders, camp counselors, mountain and river guides as well as those conducting lab and fieldwork in remote settings. It is offered as a 4-credit course in the spring semester.

Winter Skills Course (EM-240)

Extend skills and knowledge of EM 140 into a winter environment through classroom and field work.

More information on these programs is available through this link.

These programs are part of the Emergency Services Major. More information is available through this link.



Adventure Sports Center Instructors

ASC Instructors are motivated by their enthusiasm for Adventure Sports and their desire to share those experiences with others. All instructors completed the **Backcountry Skills and Leadership Training** course and were selected to participate in the **Instructor Training Program**.

Instructors develop technical, leadership, and coaching skills while gaining real-life experience in risk-management and decision-making while working with diverse individuals.

These student leaders apply the Saint Michael's College Ethical Leadership principles as they engage in servant leadership, placing the well-being and experience of the group above their own personal desires. The skills and knowledge developed as instructors serve them in fields ranging from healthcare to high finance as they strive to improve the world around them.

Additionally, instructors:

- ◆ Work closely with professional staff to facilitate individual development.
- ◆ Engage in non-program adventure experiences to further their own skills and knowledge.
- ◆ Have access to state of the sport equipment through our outfitter and relationship with equipment manufacturers.
- ◆ Can gain certifications from professional organizations such as; the American Canoe Association, American Mountain Guides Association, the Bike Instructor Certification Program and others.
- ◆ Join a network of hundreds of Adventure Sports Center instructor alumni and professional staff.



The Adventure Sports Center has played a crucial role in shaping my life by getting me involved with a community of amazing friends with whom I can share my affinity for the great outdoors. My time at ASC has been instrumental in helping me grow as a person, while I also honed my leadership and climbing skills. Being an instructor encouraged me to explore the picturesque parts of Vermont and helped me connect with nature and people in meaningful ways."

Swapnil Jhajharia, '24





Additional Opportunities

Ski and Ride Passes

With 4 major resort mountains within 1 hour of campus, there is always an option to ski or ride. The deals change annually, and details will be distributed in September.

Ski / Ride Transportation

Looking for a free ride to a Mountain? The Adventure Sports Center sponsors a van to a different mountain depending on the weekend. Drop by the office for more information.

PetraCliffs Climbing Pass

The PetraCliffs climbing pass allows access from September to May for less than the cost of a month pass. Bouldering, top roping and lead climbing are all available. Purchase this pass at the Adventure Sports Center office on the Ground Floor of Alumni North.

Spring Break Programs

The Adventure Sports Center sponsors programs like Backpacking the Grand Canyon or Rock-Climbing Utah over Spring Break. These opportunities are advertised in September and filled by October. Keep an eye on your email, Instagram or just drop by the office for more information.

Details

Program Registration

You can register for any Adventure Sports programs by visiting the office on the ground floor of Alumni North. Our programs fill up fast, signups are on a first-come, first served basis and require payment of trip fees (\$5-\$15 for day trip) to hold a space.



Adventure Sports Center Programs do have Eligibility Criteria which can be found here.

E-Mail List

Stay up to date on offerings by subscribing to our email list. Every week we will send out an up-to-date listing of upcoming programs through the "Adsports" list. You can sign up from the "Mailing Lists" page on your SMC Portal.

Equipment Rental and Usage

Any equipment or technical clothing that is necessary for our programs is available as a part of the trip fee. In addition, you can rent equipment for your own hiking adventure (packs, tents, sleeping bags, snowshoes, etc) from our outfitter for a nominal fee. We do not rent out climbing, biking, paddling or skiing equipment.

Contact Us

If you have further questions:

- ◆ Drop by our office on the Ground floor of Alumni North.
- ◆ Call us at 802-654-2614.
- ◆ Email us at Adventuresports@smcvt.edu

Follow us on Instagram @smcadventure
"Like" the Saint Michael's College Adventure Sports Center on Facebook.



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It is the mission of the Saint Michael's College Adventure Sports Center to enhance the liberal arts experience and contribute to the individual development of students through access to state of the sport outdoor pursuits training and co-curricular outdoor experiences.



The Adventure Sports Center seeks to address the historical inequity of outdoor recreation by:

- ◆ Working in partnership with other campus organizations devoted to diversity.
- ◆ Reducing participation barriers through access to instruction and equipment.
- ◆ Fostering a welcoming environment.
- ◆ Informing the campus population of the opportunities available.