



## *Women's Snowboard Camp*

<b>Day 1 (Wednesday)</b>	<b>Technical Focus/Goal Setting</b>
8:30 am	Meet at Bridger Gondola/Tram ready to ride
9:15 am	Groups are formed
12:00 pm	Lunch
1:00 pm	Ride with Coach
5:00 pm	Welcome Après
<b>Day 2 (Thursday)</b>	<b>Refining Your Technique – Video Analysis</b>
8:30 am	Meet at Bridger Gondola/Tram ready to ride
9:15 am	Video Analysis
12:00 pm	Lunch
1:00 pm	Ride with Coach
4:30 - 5:30 pm	Stretch/Yoga Session
Evening	Dinner on your own
<b>Day 3 (Friday)</b>	<b>Backcountry Tour (Condition Dependent)</b>
8:15 am	Meet at Bridger Gondola/Tram ready to ride
9:00 am	Backcountry Tour
12:00 pm	Lunch
1:00 pm	Ride with your Coach
4:00 pm	End of Day
Evening	Dinner on your own
<b>Day 4 (Saturday)</b>	<b>Going Bigger!</b>
8:15 am	Meet at Bridger Gondola/Tram ready to ride
12:00 pm	Lunch
1:00 pm	Final ride with your Coach
6:30 pm	Camp Dinner

\*Schedule Subject to Change

For additional information call Jackson Home Mountain Sports School: 307-739-2779