

Jackson Hole Mountain Resort's Elevate 1 Women's Camp  
Monday January 18<sup>th</sup>, 2016 – Friday January 22<sup>nd</sup>, 2016

*This is our general schedule for our 2016 Elevate 1 Women's Camp. We will meet in the Gabe Room (third floor of the Bridger Center) at 4 PM on Sunday January 17<sup>th</sup>, 2016. If you cannot make that time please meet on Monday morning at 8 AM on January 18<sup>th</sup>, 2016 at the Mountain Sports School Sales area (Café 6311) ready to ski/ride with boots on. You will receive a finalized schedule 7 days before the camp starts. Please feel free to email us with any questions at [camps@jacksonhole.com](mailto:camps@jacksonhole.com).*

**Sunday**

4:00 – 5:00 pm Registration and reception at Jackson Hole Sports – (Gabe Room – Bridger Center)

**Monday**

**Technical Focus/Goal Setting**

8:30 am Meeting at Gondola ready to ski  
9:15 am Groups are formed on the slopes  
10 am Ski with Coach  
12:00 pm Lunch  
1 – 4:00 pm Ski with Coach  
5:00-7:00 pm Happy Après with Presentation

**Tuesday**

**JH Tactics/Go For it**

8:30 am Meeting at Bridger Gondola/Tram  
9 am Ski with Coach – Video Analysis Session  
12:00 pm Lunch  
1-4:00 pm Ski with Coach – Review Video  
4:30 - 5:30 pm Stretching/Yoga Session

**Wednesday**

**Camper's Day Off**

It's your day – sleep late, chill out in the spa, go shopping in town. The possibilities are endless, you could even hit the slopes!  
Enjoy discounts at Chill Spa, Hotel Terra, and Solitude Spa in the Teton Mountain Lodge, appointments necessary  
Chill Spa, Hotel Terra 307.739.4055  
Solitude Spa, Teton Mountain Lodge 307.732.6865

**Thursday**

**Exploring the Mountain**

8:30 am Meeting at Bridger Gondola/Tram  
9 am Ski with Coach  
12:00 pm Lunch  
1 – 4:00 pm Ski with your Coach  
4:30 - 5:30 pm Après Presentation

**Friday**

**Wrap It Up**

8:30 am Meeting at Bridger Gondola/Tram  
9 am Ski with Coach  
12:00 pm Lunch  
3:00 pm Final ski with your Coach  
6:30 pm Banquet dinner & awards

*\*Schedule Subject to Change*