

Winter 2017/18 Sample Schedule



Sunday

4:00 – 5:00 pm Registration and reception at Café 6311 (1st Floor of the Bridger Center)

Monday

Technical Focus/Goal Setting
8:30 am Meet at **Bridger Gondola** ready to ski
9:15 am Groups are formed on the slopes
12:00 pm Lunch
1:00 pm Ski with Coach
4:00 – 7:00 pm Après Event at the Teton Mountain Lodge
Evening Dinner on your own

Tuesday

JH Tactics/Go For it
8:30 am Meet at Bridger Gondola/Tram ready to ski
9:00 am Ski with Coach
Video Analysis Session
12:00 pm Lunch
1:00 pm Ski with Coach
Video Analysis Session
4:30 – 5:30 pm Slideshow & Presentation
Evening Dinner on your own

Wednesday

Camper's Day Off
Enjoy discounts at Solitude Spa in the Teton Mountain Lodge, appointments necessary

Thursday

Exploring the Mountain
8:30 am Meet at Bridger Gondola/Tram ready to ski
9:00 am Ski with Coach
11:30 pm Lunch
1:00 pm Ski with your Coach
4:30 – 5:30 pm Pilates or Yoga
Evening Dinner on your own

Friday

Wrap It Up
8:30 am Meet at Bridger Gondola/Tram ready to ski
9:00 am Ski with Coach
12:00 pm Lunch
1:00 pm Final ski with your Coach
6:30 pm 2016 Elevate 1 Women's Camp Banquet Dinner, Awards, and Video Session – Teton Mountain Lodge

Schedule Subject to Change

