

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

8:10 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 – 5:30 PM Après Event

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

4:30 – 5:30 pm Presentation & Slideshow

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 PM Yoga & Stretching Class

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

6:00 pm

2016 Elevate 2 Women's Camp Banquet Dinner, Awards, and Video Session

Schedule Subject to Change