



JACKSON HOLE®

Elevate Women's Ski Camp

Registration day prior

4:00 – 5:00 pm Registration and reception in Teton Village Sports!

Day 1

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 – 6:00 pm Après Event – “Shop Like a Boss” with Barclay Rappaport

Evening Dinner on your own

Day 2

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 pm Pilates class with Jess McMillan in the Gabe Room. Please bring a mat.

Evening Dinner on your own

Day 3

Camper's Day Off

Day 4

Exploring the Mountain

8:30 am Meet at Bridger Gondola/Tram ready to ski

9:00 am Ski with Coach

12:00 pm Lunch

1:00 pm Ski with your Coach

4:00 – 5:30 pm Presentation/Slideshow – Babeforce with Crystal Wright

Evening Dinner on your own

Day 5

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 2018 Elevate 1 Women's Camp Banquet Dinner, Awards, and Video Session

Schedule Subject to Change

