

Jackson Hole Mountain Resort's Elevate 2 Women's Camp
Monday February 29th, 2016 – Friday March 4th, 2016

This is our general schedule for our 2016 Elevate 2 Women's Camp. We will meet in the Gabe Room (third floor of the Bridger Center) at 4 PM on Sunday January February 28th, 2016. If you cannot make that time please meet on Monday morning at 8 AM on February 29th, 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.

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 Bridge 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*