

## Women's Camps 101

**Goal of the Camp:** Develop confidence while learning in a safe, supportive and motivating environment.

### Contacts:

**Supervisor:** Mariah Hunter

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**Coordinator:** Kelsey Rose

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### Summary of how each day runs:

#### Day 1 Saturday:

Morning meeting time: 8:45

**Skiers** outside Merlin's Patio and **Snowboard** outside Showcase Patio

Make sure to get a coach's name and phone number around the same level to help if there's a split in the group

Guest arrival/ check in time: 9- 9:30

**Skiers:** We will need help checking levels as guest sign in, so they know which level to go to by the time they check in at the tent. We all work as a team to get everyone out skiing/riding as fast as possible

**Snowboard:** help as a team to sort levels

**Morning goal:** is to figure out if there is a split in the group if there is resolve and find another group for the guest. Then to work on goals of the group some exercise and tactics that they can practice and the afternoon is used to practice these skills more and explore

**Sign out:** with Supervisor or with Coordinator, give your name, lesson level and number of students (so we know where your having lunch and to know which level if there's a split)

**Lunch:** Intermediate and advanced **skiers/ Snowboard** will be eating Lunch at 11:15am at Glacier Creek. Check in with Supervisor/ Coordinator. Beginners will be eating at the base of Blackcomb at the Wizard Grill. **Snowboarders** will be at the Roundhouse.

**Splits:** Please make sure these are finalized by the end of the day Saturday, so there is no switching on Sunday this helps make the experience of the guests so much better.

The full day lesson goes on the hill until 3:30 then we have Après together 🎉

## Après

Après is included in the camp, and you are paid an extra 45mins to be there.

We will finish our day at either Merlin's or other location you will be told at the meeting where your après will be as there is two locations.

Each ski guest will receive a Helly Hansen Toque, snowboarders receive different items from Showcase, and 1 drink ticket (for either beer or coolers) as well as some light snacks for your group (flatbread, salad, fries).

Après is from 3:30-4:15 and is only for our camp guests no partners allowed so please let guests know as there is only enough chairs for campers and coaches.

Please make sure you have given your phone number (if you are comfortable) to guests before leaving Après in case they are running late and need to get in touch Sunday morning.

## Day 2 - Sunday

**Morning meeting time:** 8:45 behind Garbos beside the Oakley shop

**Guest arrival time:** 9- 9:30

**Lunch:** Everyone at the Roundhouse we will have two seatings so please make sure you arrive on time and only stay 45mins and we only have a small window for our reserved seatings

Morning is for working on exercises and the afternoon is more of explore and practice the skills

End of day is at 3:00 please text Kelsey that you are down and safe, so we make sure everyone is accounted for

**Morning session** is optional but is a great way to start the day with the other coaches. Please text the supervisor or coordinator so they know that you will miss the meeting because of the session.

- 7:40am meeting, on EBCB/Garbo patio
- 7:45am upload

**Please read through the following Levels descriptions that get sent to the guests to assist us in placing them in the correct group at registration:**

Level 1: I have never put skis on before

Level 2: I can turn both ways in a wedge and stop

Level 3: I can ski green runs in a wedge and sometimes parallel

Level 4: I am parallel on easy blue runs

Spicy 4: I am parallel on all blue runs and enjoy new terrain such as small bumps and light powder

Level 5: I am parallel on all black runs

Spicy 5: I'm parallel on black runs and enjoy new terrain such as bumps and powder

Level 6: I enjoy double black runs and powder. I feel comfortable skiing almost anywhere on the mountain and look forward to exploring challenging alpine terrain