

**Thursday Night:** 6:00 pm to 8:00 pm Optional gathering at The Wildflower

### **Friday- Day 1**

8:00 Meet in **lobby of The Lodge** at Snowbird for walk over to Tram Center

**OR**

8:15 – 8:30 AM **Meet in Aspen Room, Level 2, Snowbird Center.**

A Hearty Welcome! Intros- coaches and students in morning circle  
Stance, bindings, and board check (coaches will make sure everyone's gear is set up properly- it gets us off to slightly slower start this first morning, but much better than attempting it on snow).

9:00 AM **Groups head out with Coaches for morning session.**

12:30 **Meet for Lunch in the Rendezvous Cafeteria, Level 2, Snowbird Center**

*Lunch paid by individual*

1:30 **Head out with Coaches for afternoon session.**

4:00 **Last lift.**

**Reconvene in Aspen room.**

Video review for advanced groups

Post ride stretch, hi-fives, etc.

*Wine and Cheese reception at The Lodge at Snowbird (included)*

### **Saturday- Day 2**

8:15AM – 8:30AM **Meet in Aspen Room in The Lodge at Snowbird**

Morning Circle, Assigning of coaches for the morning

Any equipment, heel lift (in boots) issues can be addressed; (if you're having equipment issues arrive at 8)

T-Shirt Day!

9AM **Head out and ride**

12:30 **Lunch: Restaurant at Rendezvous**

1:30 **Head out for afternoon**

4:00 **PM Last lift, reconvene Aspen Room for Video Analysis, post ride stretch, tales of greatness, high fives, etc.**

*Hors devours included, (Cash Bar paid by individual)*

### **Sunday Day 3**

8:15AM – 8:30AM **Meet in Aspen Room in The Lodge At Snowbird**

Morning Circle, Assigning of coaches for the morning

Any equipment, heel lift (in boots) issues can be addressed; (if you're having equipment issues arrive at 8)

9AM **Head out and ride**

12:30 **Lunch: Restaurant TBD**

1:15 **Group Photo**

1:30 **All Group Victory Ride!**

2:00 – 4:00 **Ride with your individual groups and coaches**

4:00 – **Aspen Room Post ride hi-fives, stretch, get your SheRide T-shirts if**

you haven't already. Round up all your gear cause we're outta here.

Grand Finale Group Dinner in The Aspen Room at the Lodge at Snowbird with coaches and SheRiders, sponsored by SheRide. Feasting, toasting, and much celebration! Camp Highlights Video Raffle of cool stuff and, fun, fun, fun!! Plan on attending this event so we can celebrate the special time we've spent together, and of course, to win stuff.

All proceeds from the raffle go to SOS.

### **Stuff to Have with You:**

- Waterproof pants
- Waterproof Jacket
- Waterproof mittens or gloves
- Goggles
- Sunglasses
- Long underwear tops and bottoms
- Hat or Helmet (Helmet is the smart choice and all your coaches wear them!)
- Snowboard boots, board, and bindings that you like (if you don't have equipment- rentals available- details above)
- For Beginners: A "crash pad" for the bottom is great, and also wrist guards like those used for rollerblading.

Questions? please call Julie at 970-769-8397, or [email me](#).

### **Optional Monday- Day 4 InsightOut Coaching Workshop**

9 AM – Noon (ish) in Aspen Room at The Lodge at Snowbird. Gain insights and tools for living your perfect, joy filled life. Laugh, and maybe cry a little, with your fellow campers and facilitators while you learn about yourself and adopt tools to take forward into your life (and onto the mountain after lunch).

Lunch as a group (paid for by individual)

Takin' it to the slopes. Actually see and feel the things you've learned and loved in the morning while on your snowboard surrounded with love and support. Live it and love it. The whole idea is to learn some things in our mental, emotional, physical, and possibly spiritual bodies, and then let it go sink in on a cellular level on our snowboards.

Facilitated by Amy Steindler: Life Coach from the Martha Beck School; Julie Visnich, LCSW Psychotherapist and Addictions Counselor