

## Full Schedule

### Friday

8am – 9am	Sign in & Breakfast in Highland Lodge
9am – 10am	Bike checks and adjustments
10am – 12:30pm	Skills on the mountain <ul style="list-style-type: none"><li>• Park Ready Skills: body positions and movement, cornering and braking</li></ul>
12:30- 1:30pm	Lunch
1:30pm – 2:30pm	Advanced cornering skills
2:30pm – 5pm	Freeride the mountain with coaches applying skills to trails and features
5pm – 6pm	Happy Hour at Highland Bar
6pm	Dinner

### Saturday

7:30am – 8:30am	Sign in & Breakfast in Highland Lodge
9am – 12:30pm	Skills on the mountain <ul style="list-style-type: none"><li>• Pumping, wheel lifts working into jumps and drops</li></ul>
12:30- 1:30pm	Lunch
1:30pm – 2:30pm	Jumps and drops practice
2:30 – 5pm	Freeride the mountain with coaches applying skills to trails and features
5pm – 6pm	Happy Hour
6pm	Dinner

### Sunday

7:30am – 8:30am	Sign in & Breakfast in Highland Lodge
9am – 12:30pm	Skills on the mountain <ul style="list-style-type: none"><li>• Work on personal goals and features</li></ul>
12:30- 1:30pm	Lunch
1:30pm – 2:30pm	Tips for judging your speed into larger features
2:30 - 5pm	Freeride the mountain with coaches applying skills to trails and features
5pm – 6pm	Happy Hour
6pm	Dinner

**\*Schedule subject to change based on ability levels and rider goals\***