Teen Mountain Biking Camp

Dates:	**Introductory Program** – June 4 and 18 | July 2, 16 and 30 **Intermediate Program** – June 11 and 25 | July 9 and July 23 | August 6
Time:	**Introductory Program** – 9:00am-12:00pm **Intermediate Program** – 10:00am-1:00pm
Ages:	13-17
Tuition:	$65 Optional Bike Rental: $35 Additional Includes: Bike Clinic, Guide Services and Lift Ride
Amenities:	Biking Socks or Teen Camp Hat (Introductory Program) Bike Multi-Tool or Teen Camp Hat (Intermediate Program)

Mountain Biking Program

In the Teen Mountain Biking Camp, Campers will learn the ins and outs of mountain biking and apply their skills on the Sundance Mountain Resort biking trails. We offer two levels of this program, **Introductory** and **Intermediate** in the sport.

Requirements

All Campers must be able to ride a bike well and be comfortable on rocky and loose dirt terrain. Campers are not required to have previous mountain biking experience to participate in the Introductory Camp, but they must be skilled bike riders.

Teens must complete the Sundance Teen Introductory Mountain Biking Camp prior to registering for the Intermediate program.

Introductory Level | June 4 and 18 | July 2, 16 and 30

The Introductory Camp day will start off with instruction in mountain biking basics, including basic bike maintenance, providing a valuable foundation in the sport. Campers will head onto the mountain to put their newfound knowledge to use during a morning of guided mountain biking.

Intermediate Level | June 11 and 25 | July 9 and 23 | August 6

The Intermediate Camp day will build on the foundation from the Introductory Level. Campers will learn how to handle more advanced and technical terrain and be exposed to a variety of riding and training styles.

Location

Campers will check in and out at SMO Outfitters located in Creekside building. Throughout the day, Campers will spend time biking on the Sundance mountain biking trail system.

Guides

The Teen Mountain Biking Camp is managed by the Sundance Kids Camp Director with the assistance of the SMO Manager. Throughout the day, Campers will learn from experienced mountain biking guides in small riding groups.

Bike Rental & Helmets

Campers may either rent bikes from Sundance Mountain Outfitters (SMO) at an additional cost ($35) or bring their own bikes from home. Campers who rent a bike from SMO will each be fitted with a protective helmet. Campers who bring their own bikes must have an appropriate biking helmet which must be worn at all times during the ride. Biking outings may include a ride on the chair lifts.

Teen Mountain Biking Camp

Introductory Level Program

9:00am	**Camper Check-In** Introductions	**SMO Outfitters**
9:15am	**Bike Fitting** Bike Component Review Bike Maintenance & Care	
10:00am	**Load the lift**	**Ray's Base**
	Skills Progression Training	**Sundance Trail System**
11:45am	**Return Gear**	**Sundance Mountain Outfitters**
12:00pm	**Camper Pick-Up**	**SMO Outfitters**

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Intermediate Level Program

10:00am	**Camper Check-In** Introductions	**SMO Outfitters**
10:15am	**Load the lift**	**Ray's Base**
	Skills Progression Training	**Sundance Trail System**
12:45pm	**Return Gear**	**Sundance Mountain Outfitters**
1:00pm	**Camper Pick-Up**	**SMO Outfitters**

Teen Mountain Biking Camp Packing List

What Each Camper Should Bring

- ☐ **Comfortable Clothes** – Shorts or pants and a t-shirt
  - No loose-fitting long pants due to risk of catching in bike components
  - Light jacket/sweatshirt is good for cool mornings or changing weather
- ☐ **Comfortable Athletic or Hiking Shoes with Socks**
  - Shoes with bottom tread/grip are highly recommended
- ☐ **Sunscreen**
  - Please apply before camp and bring bottle to reapply
- ☐ **Sunglasses**
  - Can help protect again bright sun and wind
- ☐ **Sundance Summer Activities Waiver**
  - Completed **online** by parent/legal guardian

  https://waiver.smartwaiver.com/w/5cbe3aab0ef4c/web/
- ☐ **Mountain Bike (if not renting)**
  - Full or Hardtail Suspension
  - Tuned and sized for rider
- ☐ **Biking Helmet (if not renting)**
- ☐ **Water Bottle/Hydration Pack**

What We Will Provide for Each Camper

- ☑ **Experienced Mountain Biking Guide**
- ☑ **Mountain Bike (if renting)**
- ☑ **Helmet (if renting)**