



RIDGE
MOUNTAIN ACADEMY



THE ULTIMATE **GAP YEAR** EXPERIENCE

MOUNTAIN SPORTS / EDUCATION / LIFE SKILLS / INTERNSHIP PROGRAM / HEALTH & NUTRITION

WHAT IS RIDGE?

RIDGE Mountain Academy is a campus-based gap year or semester enrichment program that revolves around mountain sports. Located in Whitefish, Montana, RIDGE is designed for male and female student athletes ages 17 to 20 that are interested in strengthening their training, forging new skills, and discovering their passions.

A fusion of mountain sports, education, and life skills, the program prepares student athletes of all abilities - beginner to elite - to develop balance, purpose, and their true potential.

MISSION

RIDGE Mountain Academy is dedicated to helping student athletes cultivate and strengthen their passion, focus, and happiness in life. We achieve this by providing tailored coaching in mountain sports and goal-oriented physical training, as well as opportunities for the student athlete to develop - mentally, physically, academically, and socially.

PHILOSOPHY

RIDGE Mountain Academy believes that a student athlete can benefit tremendously - physically, mentally, and emotionally - from working their bodies on a consistent basis, learning new skills in unfamiliar settings, and staying involved in their community. Through self-exploration and opportunity, they can realize their ability to achieve their true potential.

By creating a framework for making health and fitness a part of daily life, RIDGE helps student athletes to develop the mind-body connection, learn the importance of being present, and live each moment to the fullest.

GUIDING PRINCIPLES

Joy & Passion
Being Present
Intention & Focus

Energy & Balance
Individuality & Teamwork



call 844-MY RIDGE
(6974343)

email INFO@RIDGEACADEMY.COM

RIDGEACADEMY.COM



INSPIRING Knowledge & Education

- + Personalized program
- + Education
- + Life skills
- + Health and nutrition
- + Community involvement
- + Physical training
- + Positively structured living environment

RIDGE IS FOR:

Student athletes of all abilities,
beginner to elite.

LEARN TO Live & Train AS AN Athlete

Freeskiing
Snowboarding
Backcountry touring

Nordic skiing
Alpine racing
Skimo racing

Climbing
Mountain biking
Trail running

Skateboarding
Wilderness medicine
Pro athlete clinics



NOW ENROLLING STUDENT ATHLETES

17 - 20 years of age

[LEARN MORE](#)

RIDGEACADEMY.com | 844 - MY RIDGE | info@RIDGEACADEMY.com
(6974343)

