



Refresh

REC RETREAT 2020
Orillia, Ontario
May 22-24



INFORMATION PACKAGE

WWW.RECGYMPROS.COM/REFRESH



YOU'RE INVITED!

Rec Gym Pros and our sponsors are very excited to invite you join us for our **Refresh Rec Retreat** happening on **May 22-24, 2020** at **Camp Couchiching in Orillia, Ontario, Canada!**

Please take a look through our information package for all the details you may need. If you have any further questions, please check our website (www.recgympros.com/refresh) or you can send an email to Ali at recgympros@gmail.com.



NEVER HEARD OF REC GYM PROS?

The Refresh Rec Retreat is planned and organized by Recreational Gymnastics Professionals - or Rec Gym Pros for short. Started by Ali Stoffels back in 2016, Rec Gym Pros aims to connect the recreational gymnastics community - both online and in real life, to share & learn from great ideas & people in our field.

Check out @recgympros on instagram & facebook, and also our website to see our favourite ideas curated from around the web. When she isn't working as a Rec Director herself, Ali can be found hosting one-day Summits for rec directors, facilitating rec coaching clinics across the country and scheming more ways to support the rec community.



THE QUICK FACTS!

Who is it for?

This retreat is *exclusively* for **front-line recreational and preschool gymnastics coaches** and the **leaders who run these programs** (managers, directors, owners, etc).

What is it?

Refresh is a jam-packed (and super fun) weekend retreat full of **interactive coach & manager/ business learning sessions, networking, brainstorming, sharing of ideas** and **goal setting** -- all while **connecting and building our community**. Come prepared to think outside the box and step out of your comfort zone (at least a little bit). This won't be your average conference.

In between the gymnastics parts, we'll get to enjoy what our camp location has to offer with "try-it time" for classic camp activities like canoeing, paddle boarding, crafts, hiking, archery, etc.

Where is it?

Our host venue is the very charming **Camp Couchiching**, located on the east shore of the beautiful Lake Couchiching, about 20 minutes from **Orillia, Ontario, Canada** and about 90 minutes from Toronto Pearson International Airport. The nearest US Airport is the Buffalo Niagara International Airport in Buffalo, NY (3.5 hours away, plus border crossing).

When is it?

Friday, May 22nd (arrival between 5:00-6:30pm) to **Sunday, May 24th** (depart by 2:30pm)

Why is it happening?

Our rec gymnastics community is full of **brilliant, creative** and **passionate** people, who don't often have the opportunity to come together. Refresh will allow us to **connect, share, learn, grow** and **explore the issues that matter the most to us**. In short, **we want to support our people**.

Our goal is that every attendee leaves feeling refreshed - full of inspiration & new ideas, with new friends and an infectious enthusiasm for the important work we do!

ON THE *Refresh* SCHEDULE

REC RETREAT 2020

Below is an preliminary overview of the retreat schedule - details are subject to change

Full list of speakers & topics are coming soon.

Check back on our website for updates!

www.recgympros.com/refresh

FRIDAY, MAY 22

Evening

Arrival at Camp Couchiching (5:00-6:30pm)
Check in to cabins, explore & settle in
Welcome & Meet 'n' Greet
Evening snack



SATURDAY, MAY 23

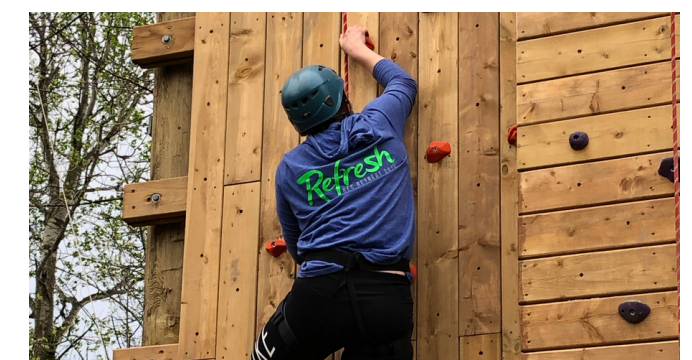
Morning

Morning Yoga/Morning Dip in the lake
Breakfast
Workshop Sessions (coaching path)
Workshop Sessions (manager path)



Afternoon

Lunch
Workshop Sessions (coaching path)
Open Space Discussions (manager path)
Free time or Camp Activity "Try-It Time"



Evening

Dinner
Super Fun Community Building Camp Game
Campfire
Evening Snack
Free Time



SUNDAY, MAY 24

Morning

Morning Yoga/Morning Dip in the Lake
Breakfast
Open Space Discussions (both paths)
Key Note Speaker



Afternoon

Lunch
"Community Harvest" Closing Activity
Pack up & depart by 2:30pm



THE VENUE

Camp Couchiching!



Camp Couchiching is located 90 minutes north of Toronto, just outside of Orillia in a town called Longford Mills. It is easily accessible by HWY 400/11 & HWY 12 if you are coming from the south. Camp Couchiching occupies 20 acres of beautiful natural surroundings on the eastern shores of Lake Couchiching. The site is only 15 minutes away from in-town amenities and emergency medical services.

Address: 3990 Longford Mills Rd, Longford Mills, Ontario. LOK 1L0
Website: www.campcouchiching.com

Accommodations

While at Refresh, attendees will reside in one of the twenty modern cabins. All of the cabins are insulated for three seasons, equipped with heat, running water, and toilet facilities. Each cabin sleeps up to 15 people with bunk beds and plenty of storage space. There is one main washroom complex that includes shower facilities, located in the middle of the cabin loop.

On your registration form, please indicate if your preference for being in a single gender or co-ed cabin. All attendees under 18 will be automatically placed in a single gender cabin. We are happy to keep your group together, though to help us build community, please expect to share cabins with folks from other clubs.

Common Space

Camp Couchiching boasts several indoor gathering areas including their dining hall, community hub and "towne hall" buildings - we will be using these spaces for meals and breakout sessions & activities. Of course there are outdoor spaces to enjoy too - including a beautiful waterfront and space for a campfire.

Food Service

The Food Service Department at Camp Couchiching is committed to excellence and they will prepare all meals (and evening snacks) while at Camp Couchiching. They strive to make food that is both nutritional and delicious. You can see a sample of their menu options by [clicking here](#).

All meals & snacks will be provided. Please do not bring food from home.

Camp Couchiching works hard to be a nut-sensitive site. They don't serve food with known nuts or peanuts in them and they work diligently with food providers to ensure they don't send get products which "may contain" nuts or peanuts.

Please indicate any food allergies or dietary needs/restrictions when registering so Camp Couchiching can accommodate accordingly.

Refresh
REC RETREAT 2020



JOIN THE FUN!



How to Register

1. Visit www.recgympros.com/refresh
2. Click the **Register Now** button
3. Follow the prompts to sign in/up to make an account
4. Input participant information & payment details
5. You are in!
6. Start a countdown!!!

Registration Fees

1-2 people: \$325 CAD + tax each

3+ people: \$300 CAD + tax each

EARLY BIRD DISCOUNT:

Register by March 31st for an additional \$25 off per person!



**REGISTRATION
OPENS FEB 4TH!**

What's included?

Unlike other conferences, there are *no extra costs for food & accommodation* for our attendees! In a nutshell -- if you can get yourself to & from Camp Couchiching, everything else is included. No extras.

- Accommodation (Friday & Saturday night)
- All meals (from Friday evening snack until Sunday lunch)
- All workshops & sessions, camp & community building activities & games!
- Official Refresh swag item!
- Access to a beautiful space with incredible people!

Cancellation Policy

If you are no longer able to attend REFRESH, there is an option for full refund (less a \$10 admin charge) available until April 30th, 2020. Between May 1st and May 14th, a partial refund (50%) is available. After May 14th, we are unable to process any refunds for the event. *Please note: All refund requests must to be emailed to recgympros@gmail.com.*



This event would not be possible without the generous support of our incredible partners & sponsors.
Thank you for helping us make the Refresh Rec Retreat happen!

OUR OFFICIAL PARTNER



BECOME A SPONSOR

There are many ways to support the Refresh Rec Retreat!
For more information, please check out our [sponsorship package](#)
or send an email to recgympros@gmail.com



WWW.RECGYMPROS.COM/REFRESH