



# Refresh

REC RETREAT 2022

*Orillia, Ontario*

*May 27-29*

INFORMATION  
PACKAGE

[WWW.RECGYMPROS.COM/REFRESH](http://WWW.RECGYMPROS.COM/REFRESH)

# Refresh

REC RETREAT 2022

## 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 27-29, 2022** 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](http://www.recgympros.com/refresh)) or you can send an email to Ali at [recgympros@gmail.com](mailto: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.

After a decade of rec directing (and many more as a coach), Ali has made the leap to take RGP full time. So when she isn't curating fun ideas to post on social media, you'll find her consulting for gyms, hosting one day summits for rec directors, facilitating coaching clinics for other gyms and, most recently, co-developing and launching RGP's ground breaking new online course - Rec Director 101!



# 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, high ropes, 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 27th** (arrival between 5:00-6:30pm) to **Sunday, May 29th** (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 2022

## FRIDAY, MAY 27

### Evening

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



## SATURDAY, MAY 28

### 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 29

### Morning

Morning Yoga/Morning Dip in the Lake  
Breakfast  
Open Space Discussions (both paths)  
Goal Setting



### Afternoon

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





## *Ali Stoffels*

Ali is the founder of Rec Gym Pros and enthusiastic (aka obsessed) about all things rec gymnastics - especially anything "outside the box" - when it comes to program planning, coach development & leadership training! After Rec Directing for the last 10 years, Ali has leapt into RGP full time and now keeps busy consulting with gyms, speaking at conferences and most recently co-launching Red Director 101 — an online course to help new rec directors learn the skills they need to be confident leaders of their own programs. She loves all things crafty, camping, travelling and escape rooms!

### **Sessions:**

- Circle Games for Summer Camp
- Staff Evaluations - The Good, The Bad & The Ugly... and The Way Forward



## *Sarah Fennell-Cooper*

Sarah grew up in the gym, competing in both artistic gymnastics, and power tumbling. She's a former preschool director for programs both in the US and New Zealand. Sarah also spent five years teaching Kindergarten and she has a Master's degree in Educational Psychology. Sarah LOVES to teach! She's been a speaker at our industry's biggest stages all across North America. For the past six years, as the founder of Happy Gymnastics, and co-host of The Gym Fix podcast, Sarah shares her enthusiasm and unique behind the scenes knowledge of how kids work in the gym -- and helps gym owners with how to make every coach your start coach!

### **Sessions:**

- Creation Station
- How to Help Preschool Coaches with Class Management (without breaking a sweat)



## *Ashley LeBeau*

Ashley was the Director of Preschool Gymnastics when the Champaign Gymnastics Academy (Illinois, USA) opened its doors in 2012 with 122 recreational gymnasts. In 2017 she became the Recreational Director overseeing all recreational programming, including preschool, which now includes over 700 students. CGA's motto to "Be Awesome Always" encourages their gymnasts to be their best selves both as gymnasts and individuals outside the gym. Ashley continues to develop CGA's program and inspires her staff to embody the spirit that gymnastics is truly a sport for everyone regardless of age, body type, and athletic ability.

### **Sessions:**

- Preschool Gymnastics and Brain Development – How concepts like balance, proprioception, and bilateral coordination teach more than just gymnastics!
  - What these concepts means + alllll the stations



## *Alicia Hutson*

With over a decade of experience in recreation, my passion is creating programs for all ages, and abilities to thrive in. When I'm not on the floor working with the recreation program, I am helping new coaches and athletes fall in love with gymnastics and leadership. As a Learning Facilitator, Rec Director and one of the creators of Rec Director 101, I take pride in educating and learning with future coaches and fellow Rec Directors.

### **Sessions:**

- Handstand Mania
- More than "Good Job"
- Learning to Lead - Raising Leaders in Your Gym



## *Jen Nedgial*

Jen started out as a young gymnast at the club her father ran and then returned to the gym when her daughter got involved in the sport. Jen worked hard to move up the ranks coaching rec, interclub and provincial gymnasts. In 2008, she followed her passion to open her very own gym, Giant Gymnastics! Starting with just 3 coaches and 50 kids, Giant Gymnastics has continued to grow year after year, now with over 1000 kids and 40+ on her staff team. In 2014, Giant Gymnastics was named Canada's Club of the Year — which is a testament to Jen's commitment to her gym being a place "Where Kids Come First". You can see this in action every day at Giant Gymnastics, where all kids have fun and have a safe place to shine, no matter their ability

### **Sessions:**

- Building Loyalty for Families, Gymnasts & Staff



## *Beth Oribine*

Beth has been hooked on gymnastics since middle school. She took her first NCCP coaching course in 1978. Her interest in coaching led to a degree in Physical Education with an Advanced Coaching Certificate from York University. For 25+ years Beth was a recreational and preschool coach, supervisor & program director at a large Ontario gymnastics club. After leaving a full time program director position Beth became a NCCP Foundations Introduction, Theory, Artistic, Rhythmic and Active Start Learning Facilitator as well as a Master Coach Developer and Coach Evaluator. Beth is a firm believer in HIGH FIVE principles. She's eager to share her accumulated knowledge with new & experienced coaches alike.

### **Sessions:**

- Small Risks Can Lead to Big Success
- Communication Tips for Front Line Leaders Working with Parent & Tot
- Physical Literacy for the Front Line Leader



## *Tyler Yap Young*

Tyler is a highly trained Gymnastics and Trampoline Coach, as well as, a Coach Evaluator and Coach Developer for Gymnastics Ontario. He is also the Operations Manager at the Pulsars Gymnastics Club located in Newmarket. Tyler received formal & theoretical leadership training when he attended the University of Guelph where he graduated with a Bachelor of Commerce in Management, a Bachelor of Arts in Political Science and a Certificate in Leadership. Since then, Tyler has been using his knowledge to help develop future leaders and coaches across Ontario.

### **Sessions:**

- Don't Create Coaches; Create a Team
- Coaching a Great Boys Program
- Developing Trampolinists for All Disciplines



## *Teagan Fitch*

I'm Teagan Fitch, the owner of Spectrum Gymnastics, a fully inclusive gym offering programs for all ages and abilities. I'm 24 years old and opened my gym just over a year ago. I may be young but I come with years of real life experience creating adaptive programming in various settings and ensuring it's successful wherever I go. I have a Bachelor's Degree in Recreation & Leisure Studies with a Minor in Child & Youth Studies from Brock University. I have also completed a Post-Graduate Certificate in Autism & Behavioural Science from Niagara College. My entire life I have been combining my two passions; gymnastics & working with kiddos with special needs.

### **Sessions:**

- A "Spectrum" of Strategies
- The Business of Adaptive Programming

# THE VENUE

Refresh  
REG RETREAT 2022

## 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. L0K 1L0  
Website: [www.campcouchiching.com](http://www.campcouchiching.com)

## Accommodations

While at Refresh, attendees will reside in one of the twenty modern cabins. All of the cabins are insulated, equipped with heat, running water, and toilet facilities. Each cabin sleeps up to 16 people (though we'll max them out at 8) with bunk beds and plenty of storage space. There is one additional 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.

New for 2022: due to Covid-19, we understand that some folks may be more comfortable arranging their own accommodation outside of camp. There are two hotels (one attached to a casino!) less than 10 minutes from Camp Couchiching. Please indicate when you register if you will be staying off site.

## 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, outdoor ping pong, tetherball and space for a campfire.

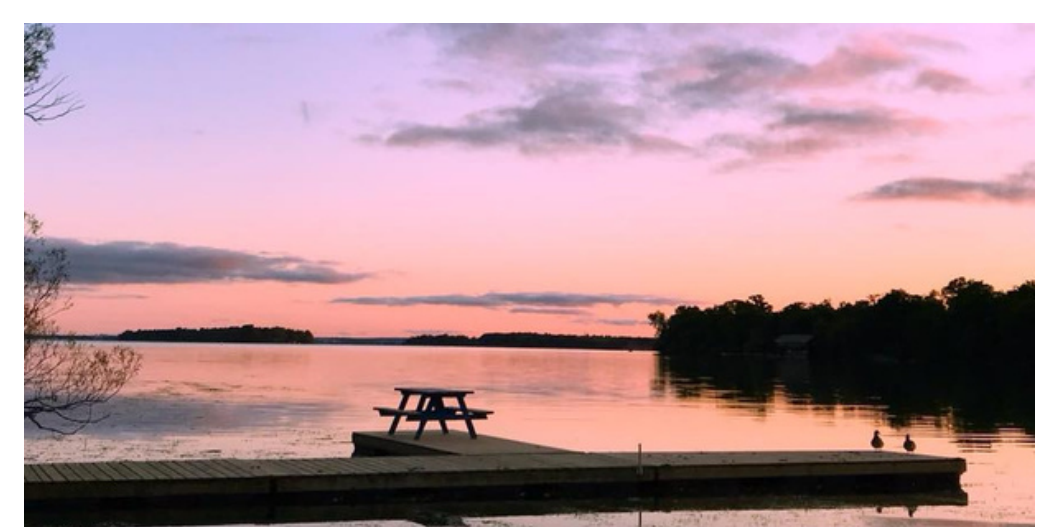
## Food Service

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.**



# JOIN THE FUN!



## How to Register

1. Visit [www.recgympros.com/refresh](http://www.recgympros.com/refresh)
2. Click the **Register Now** button
3. Input participant information & payment details
4. You are in!
5. Start a countdown!!!

REGISTRATION  
OPENS FEB 24TH!

[CLICK HERE  
TO REGISTER NOW](#)

## Tickets

**\$325 CAD per person** (tax incl.)

**Prefer to arrange your own accommodation?**

**\$295 CAD per person** (tax incl.)

*(everything except accommodations, plus transport to/from camp, is still included)*

**SAVE 10% with groups of 3+** (that's \$30+ off each!)  
Use coupon code **REFRESHgroup** at checkout

## 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, the rest is covered!

- Camp cabin accommodation (Friday & Saturday night), unless you opt to arrange your own accommodations
- All meals (from Friday evening snack until Sunday lunch)
- All workshops & sessions, camp & community building activities & games!
- Official Refresh swag!
- Access to a beautiful space with incredible people!

## COVID-19 Considerations

At this point in time, the province of Ontario is planning to ease restrictions related to covid-19 as we head into the Spring. That being said, we're asking attendees to prepare for the possibility that provincial government mandates may require attendees to provide proof of receiving full doses of the vaccine and masking may be required indoors (except while eating or inside your cabin with bunk mates). All Covid-19 updates will be posted on our website and any changes to requirements will be communicated with attendees as the event gets closer and government plans evolve.

If you are are unwell, please stay home. See below for our cancellation policy.

Attendees are responsible for their own travel to/from the event and all that entails - including any Covid-19 related requirements for airlines and border crossings.

## Cancellation Policy

Due to Covid-19 we are keeping our refund policy quite loose. Cancel any time prior to the day of the event (May 27) and you can get a full refund (less a \$15 admin fee). No refunds once the event has started. *Please note: All refund requests must to be emailed to [recgympros@gmail.com](mailto:recgympros@gmail.com).*



# Refresh

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



**SPIETH**  
A M E R I C A



## BECOME A SPONSOR

There are many ways to support the Refresh Rec Retreat!  
For more information, please reach out to [recgympros@gmail.com](mailto:recgympros@gmail.com)

*See you there!*

