



Proudly supported by **iClassPro**

Refresh

REC RETREAT 2023
Orillia, Ontario
June 9-11

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 **June 9-11, 2023** 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@recgympros.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. Founded in 2016 by Ali Stoffels as a side hustle, Rec Gym Pros aims to connect the recreational gymnastics community - both online and in real life - to share great ideas, learn together, and get inspired!

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 elsewhere online or traveling all over the place to consulting with gyms & rec directors, facilitating rec coach training clinics, hosting rec director masterminds, and having a blast teaching online courses like 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 education, manager 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**. It's about 90 minutes from Toronto Pearson International Airport. The nearest US Airport is Buffalo Niagara International Airport in Buffalo, NY (about 3.5 hours away, plus border crossing).

When is it?

Friday, June 9th (arrive between 5:00-6:30pm) to **Sunday, June 11th** (departure 2:00-3:00pm)
Optional add-on: LIT "Train the Trainer" Course on Friday June 9th (9:00am-4:00pm)

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 2023

FRIDAY, JUNE 9

All Day

Optional Add-On: LIT "Train the Trainer"
Learn our revolutionary teen leadership program for growing exceptional coaches from "the inside"!



Evening

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



SATURDAY, JUNE 10

Morning

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



Afternoon

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



Evening

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



SUNDAY, JUNE 11

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



THE VENUE

Refresh
REG RETREAT 2023

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

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 around 8) with bunk beds and plenty of storage space. Attendees bring their own sleeping bags/bedding. There is also a 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.

We love the rustic shared cabin experience for how it helps build community & friendships, but if that's not your jam there are several hotels nearby in Rama and Orillia. We offer a reduced price if you select off-site accommodations, but please note that we won't be able to assist you with getting to/from the hotel. Meals are still included!

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, sunny docks, ping pong, tetherball and campfire areas.

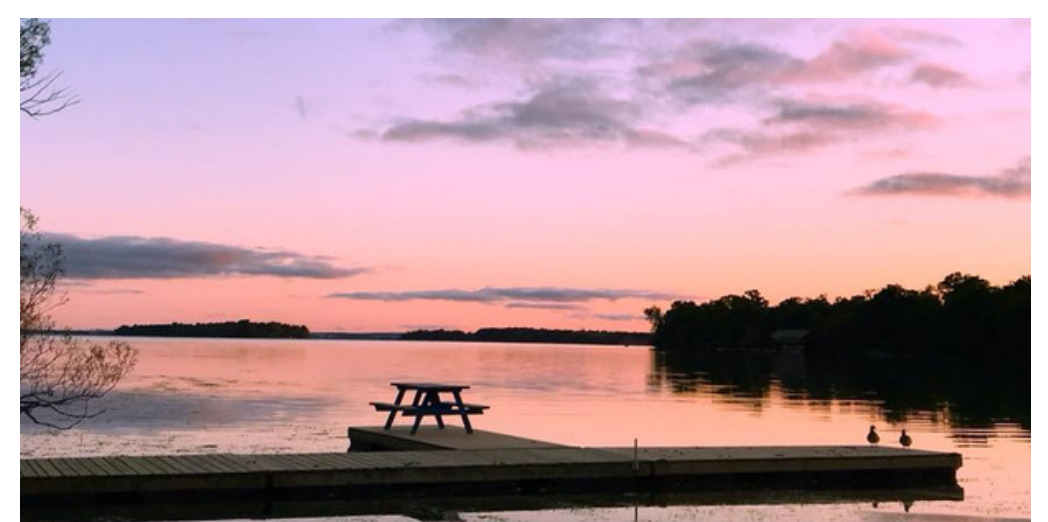
Food Service

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.





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 10+ years, Ali now runs RGP full time and keeps busy facilitating rec coach training & education clinics/events for gyms across North America and supporting rec program managers with online courses like Rec Director 101 & the LIT Train the Trainer. Outside the gym, Ali loves all things crafty, camping, travelling and escape rooms!

Sessions:

- Know Your True Colours: Playing to Your Strengths as a Leader
- Harness the Power of Positive Feedback



Elizabeth Lilla

Elizabeth (Liz) has been involved in gymnastics for nearly her entire life. After retiring from competition while in high school, Liz caught the coaching bug and never looked back! She coached at a local gym all through college. Upon earning her doctorate in occupational therapy from Creighton University, Liz decided to chase her dream of opening a gymnastics club, where she could share her love of the sport with as many children as possible. In January of 2007, she founded Metro Stars Gymnastics with a total of 5 students. Things picked up from there, and by the year's end, Liz had a growing program. Currently Metro Stars Gymnastics has 3 locations in the Omaha, NE area. In her spare time, she enjoys spending time with her four children, Katie, Juliette, Samantha, and Charlie, as well as reading, traveling, and sewing.

Sessions:

- Parents, Parents, Parents!
- Building Blocks of Progressions



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



Ashley LeBeau

Ashley took on the Director of Preschool Gymnastics role 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 800 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:

- Meaningful Class Management + Communication Strategies



Alicia Hutson

With over a decade of experience in recreation, Alicia's passion is creating programs for all ages, and abilities to thrive in. No matter the role she takes on at the gym, Alicia is always looking for ways to help new coaches and athletes fall in love with gymnastics and leadership. As a NCCP Course Learning Facilitator, Executive Director of KW Gymnastics Club and Co-Creators of Rec Director 101, Alicia takes pride in educating and learning with future coaches and fellow Rec Directors.

Sessions:

- Teaching Literacy and Numeracy at Gymnastics



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 Masters of Sciences in Management. Tyler continues his research focusing primarily on sport management and sport ethics. Tyler is passionate about using his knowledge to help develop future leaders and coaches across Ontario.

Sessions:

- Decision Making to Create a Positive Sport for All
- Becoming the Coach You're Meant to Be!



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:

- Silent Strength; Transforming your Management Style with Listening



Melissa Klassen

With over 16 years of working in special education, Melissa has an urge to share her wealth of knowledge to help coaches understand the roots of behaviours, to make the gym inclusive, adaptive and open to all. She has a unique perspective and is always happy to problem solve and collaborate with others.

Sessions:

- "But I CANNOT stand still!" - Making the gym fit our kids; and not our kids fit the gym



Keegan Farrell

Keegan has been working with kids or assisting in some capacity in sport/recreation since he was 15 years old. His experience is in multi-sport and recreational activities of all kinds and he continually seeks out great opportunities and people to engage with and learn from. Currently, Keegan works as the Camps and Events Coordinator at Dynamyx Gymnastics in Alberta, where he aims to give participants a unique and memorable experiences, because who knows who it may inspire to follow a passion for activity and play!

Sessions:

- Special Events: Setting Yourself Apart



Fiona van Wissen

Fiona is a writer, an outdoor educator and a gymnastics coach. She has been coaching rec gymnastics for over 20 years. When she's not in the gym, she loves exploring the woods and wetlands with all ages. Fiona was recently accepted by Teach for Canada -Gakinaamaage to teach primary school in northern Ontario for the next two years in a small community that is reached by plane only.

Sessions:

- Find Your Spark
- Balance, Beams and Falls....Life lessons from the Beam



Ray Smale (from iClassPro)

iClassPro is the world's leading class management software solution for children's activity centers. Our goal is to solve the dilemma most every business owner in the industry experiences — how to spend less time running a gym business and get back to coaching, teaching and supporting their mission. Today, we're proud to serve thousands of these businesses around the world with quality-driven software that helps them operate more efficiently, earn more revenue and drive future success. And by constantly listening to customers and what they need, iClassPro keeps getting better.

Sessions:

- Reimagine the way you run your business with iClassPro



OUR PAST ATTENDEES

Share their experience!



"You walk away from Refresh truly feeling refreshed! It's amazing to go back to your gym with new ideas and practices to implement."

"I loved going to the Refresh Rec Retreat! It was so educational and a great experience that I got to share with fellow coaches from my club. I will carry it with me for the rest of my coaching journey!"

"10/10! We'll be back with more coaches next year!"

"Refresh was amazing! I liked learning new ways to make our programs even better. It was awesome to connect with the rec & preschool community and learn from experts (and each other)!"

"This event brings like-minded people together for a weekend of WOW! There is so much to learn and so many people and speakers to connect with!"



"Literally a refresher on all things rec gymnastics!"

"Refresh does an amazing job at being inclusive to staff of all ages and levels of coaching. I believe all of my staff in attendance have gained knowledge and confidence this weekend!"



"A great conference/networking event for coaches and directors alike!"

JOIN THE FUN!



How to Register

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

REGISTRATION
IS OPEN!

[CLICK TO REGISTER](#)

Standard Tickets

\$375 CAD per person (tax incl.)

SAVE 10% with groups of 3+ (that's \$37+ off each!)
Use coupon code **GROUPSROCK** 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!

- Cabin accommodations (Friday & Saturday night)
- All meals (from Friday evening's "hearty snack" until Sunday's lunch)
- All retreat activities, like workshops & sessions, community building, camp activities & games!
- Official Refresh swag!
- Access to a beautiful space with incredible people!

Options & Add-Ons

- 1. OPTION: Arrange your own off-site accommodations - \$310 CAD per person (tax incl.)**
Reduced price; includes everything from a standard ticket except for accommodation (and transport to/from the venue each day)
- 2. OPTION: Airport Shuttle from Toronto Pearson International Airport (YYZ) -**
*We have arranged for a shuttle bus to pick up attendees at the airport on Friday (June 9) at 4:00pm and then return everyone back to the airport by 4:00pm on Sunday. The cost of the shuttle is \$100 per person (includes tax). If we exceed 20 people
Side note: we also help attendees connect before the event to offer/request to share a ride via carpooling.*
- 3. ADD-ON: Leaders-in-Training "Train the Trainer" Course - \$647**
*A "pre-conference" event on Friday June 9 (9:30am-4:00pm) before Refresh begins at the same location. It includes everything you need to start a teen Leaders-In-Training Program at your gym (full curriculum, trainer guide, templates, materials + more)!
Learn more about the LIT program [HERE](#). Registration for Train the Trainer is separate from Refresh (but you can sign up [HERE](#)).*

COVID-19 Considerations

Currently the province of Ontario and our venue have no limiting Covid-19 rules in place. Attendees are responsible for their own travel to/from the event and all that entails - including determination of any Covid-19 related requirements for airlines and border crossings.

Cancellation & Swapping Policies

All cancellations requests must be emailed to Ali directly at ali@recgympros.com.

Cancellation requests received by May 31 will result in a full refund minus an admin fee of \$20 per individual. Cancellation requested between June 1-8 will result in a 50% refund of the registration fee. No refunds will be issued beyond June 8th.

Swapping Attendees: If you can no longer attend Refresh, you are welcome to find someone to replace your spot with no admin or cancellation fees. This is true for anyone you've registered on their behalf as well (for example, you are a rec director who signs up 3 coaches from your gym, but now one can't make it anymore... you can invite a different coach from your gym to take their place). All you need to do is email ali@recgympros.com to request a swap by June 7, and we'll walk you through it. The only hiccup here is that we cannot promise that the replacement attendee's Refresh swag item will be the correct size.

WANNA BE A REFRESH PRESENTER?

We're committed to keeping our speaker line up fresh - and we pride ourselves on having a mix of experienced and new voices at Refresh.

This means we are always on the lookout for rec, preschool & business rock stars who are enthusiastic about facilitating a learning experiences that are relevant, meaningful, interactive and fun!

This year's line up is booked - but if you (or someone you know) is interested for 2024, please send an email to ali@recgympros.com for more info!



HAVE QUESTIONS ABOUT REFRESH?

Please email ali@recgympros.com

See you there!



Refresh

REC RETREAT 2023

Orillia, Ontario

June 9-11

We're proud to work with sponsors who support our mission to make a difference by connecting the rec gymnastics community to learn, share and grow together!

THANK YOU TO OUR SPONSORS!

iClassPro



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THE **JOY** IN
GYMMING
PODCAST



MAKE A DIFFERENCE WITH US!

It's not too late to sponsor Refresh 2023.

If your business would like to support us, please email ali@recgympros.com to request our sponsorship package for options & details.