

2010 AGF REC Retreat

Jasper, AB

Date: August 27-29, 2010

What is REC Retreat?

The Alberta Gymnastics Federation and the Recreational Gymnastics Committee are hosting the 4th annual REC Retreat August 27-29, 2010. This retreat is for recreational coaches and coordinators that have completed their NCCP Level 1 Technical or Gymnastics Foundations Artistic Gymnastics training. The retreat will take place in the picturesque town of Jasper. Located in the largest National Park it boasts broad valleys, rugged mountains, glaciers, forests, alpine meadows and wild rivers along the eastern slopes of the Rockies. Jasper is not only breathtaking but it offers a variety of things to see and do. Come relax, rejuvenate and become inspired. This is your opportunity to meet other recreational coaches from across the Province while enjoying a variety of workshops and activities.

Getting There...

Directions from Calgary

Jasper is approximately 412 kilometers from Calgary. Take Route 1 on Trans Canada Highway West towards Banff. Merge onto Route 93 North/Icefields Parkway. Route 93 turns into Connaught Drive as you enter the town site. Continue thru the town site, leaving the business section and entering the residential area, turn left on Bonhomme Street, travel two blocks to the corner of Bonhomme and Geike. The Best Western Jasper Inn and Suites is located at the corner of Geikie Street and Bonhomme.

Directions from Edmonton

From: Edmonton. Take Highway 16 West, approximately 350 kilometers. As you turn off the highway clearly marked Jasper, you will enter the town site on Connaught Drive. Travel three blocks, turn right on Bonhomme Street. Travel two blocks to the corner of Geikie and Bonhomme. The Best Western Jasper Inn and Suites is situated on the corner of Geikie Street and Bonhomme.



Jasper National Park Entry Pass

Entry and service fees are charged at most National parks and sites, where revenues are kept to support visitor services and facilities. The fee for Adults 17-64 years is \$9.80/day, for a family or group the fee is \$19.60/day. *(Rates subject to change).*



For more information contact Gina Peake at the Alberta Gymnastics Federation 1-800-665-1010
Visit the Best Western Jasper Inn & Suites website for more information [www.bestwesternjasperinn.com/
home.html](http://www.bestwesternjasperinn.com/home.html) for things to see and do in Jasper visit www.jaspernationalpark.com

Workshops & Activities Schedule

Friday

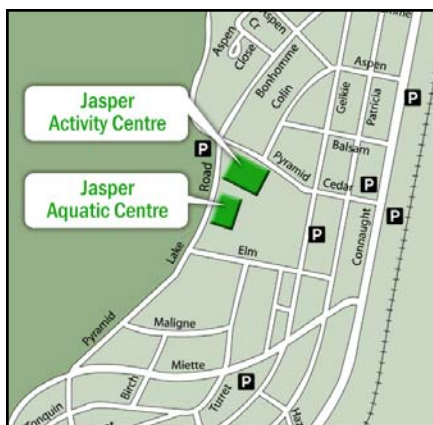
6:30-7:00pm	Check In
7:00-7:30pm	Introductions & Ice Breakers
7:30-9:00pm	Purpose Driven Warm up (GR1)
7:30-9:00pm	CANGYM Level 1-4 (GR2)
9:00pm	Speed Networking/ Wine & Cheese Social

Saturday

7:30-8:30am	Breakfast
8:30-10:00am	Keynote Speaker Earle Connor
10:00-10:30am	Nature Walk/Free Time
10:30-Noon	Purpose Driven Warm up (GR2)
10:30-Noon	CANGYM Level 1-4 (GR1)
11:30-12:30pm	Check In (Sat. arrivals)
12:00-12:30pm	Free Time
12:30-1:30pm	Lunch
1:30-3:00pm	CANGYM Intermediate (GR1)
1:30-3:00pm	Boys Skills (GR 2)
3:00-3:30pm	Break
3:30-5:00pm	CANGYM Intermediate (GR2)
3:30-5:00pm	Boys Skills (GR1)
5:00-6:00pm	Free Time
6:00pm	Dinner @ Papa Georges Restaurant/Award Presentation

Sunday

7:30-8:30am	Breakfast
8:30 - 10:00am	Session Planning
10:00 - 10:30am	Break
10:30 - 12:30pm	RDC Assembly Meeting
1:00pm	White water Rafting (optional)



Workshop Descriptions...

The Workshops and Meals will be taking place at the Jasper Activity Centre (5 minute walk from Best Western Hotel)

The Purpose Driven Warm-up (or Play with Purpose)

Facilitated by Leah Sieben

What is your typical beginner warm-up routine? Are you using every teaching moment possible in your beginner gymnastics classes? Throughout this interactive workshop you will learn the importance of planning your warm-up to incorporate your lesson focus of the day. Games are geared to kick start your preschool and beginner CANGYM classes with no time wasted! Don't forget to keep your notebook on hand to write down these inspirational activities, and come prepared to **PLAY!!** **A 10-week sample warm-up program will be provided.**

About Leah:

Leah Sieben (a.k.a. Leah Lollipop) is a firm believer that Recreational Gymnastics is a fundamental building block to healthy living. Leah has a colorful gymnastics past including working as the Recreation Coordinator at Phoenix Gymnastics in Vancouver, she also owned and operated her own successful mobile gymnastics "Monkey Business" in Northern B.C. and the Yukon. She is currently the Recreation Coordinator at Salto Gymnastics in Sherwood Park.

CANGYM Level 1-4 Skills:

Facilitated by Sabrina Schilling

This workshop will be focusing on badges Burgundy, Red, Tan & Bronze:

- Clarifying Attempted, Learning and Mastered achievements for each skill. As well as passing athletes into the next level.
- Progressions and tricks for teaching the more challenging skills.
- The importance of incorporating conditioning into circuits for all levels.
- Brainstorming creative ways to start your testing early without being repetitive in your circuits week to week.

Workshop Descriptions continued...

About Sabrina:

Over the last 8 years Sabrina Schilling has coached athletes ranging in age from 3 - 75+ in recreational, pre-competitive and competitive gymnastics at the North Edmonton Gymnastics Club.

Sabrina also contributed to the improvement and revision of the CANGYM program through feedback she provided on the pilot testing sheets. She is always searching for creative new ways to teach the fundamentals of Recreational Gymnastics and looks forward to seeing what we can come up with together at REC Retreat 2010 !



Speed Networking & Survivor Challenge:

Back by popular demand! A fun interactive opportunity to socialize, network and learn. Special Survivor Challenge game has also been added this year!

Keynote Speaker: Earle Connor

Paralympic Gold & Silver Medalist

Earle had his left leg amputated above the knee at just three months old. But he never shied away from sports, even when it might draw attention to his disability. When a neighborhood friend signed up for youth hockey, Earle was right there beside him. Eventually, he became the first disabled athlete to be drafted into the WHL.

While watching the 1996 Atlanta Paralympics on television, he was motivated to start training for the 100m. Within the year, Earle was the Canadian Disabled Athlete of the Year and had set his first 100m World Record. A triumphant Paralympic gold soon followed in Sydney 2000.

With a lifetime undefeated streak in the 100m, including 18 World Record performances, he's had to rethink his goals and consider the impossible — breaking the 12-second barrier. Earle's current world record of 12.08-seconds serves as a quiet and constant reminder of what is possible. Today, 12-seconds has become more than symbolic. It's a transcendent moment in disabled sport looking for someone bold enough to chase it...

At the 2008 Beijing Games, at the Bird's Nest Stadium, Earle set himself in the blocks and waited for the crack of the gun. In front of him was the moment he had been training for over the past twelve years. Buoyed by the world record speed of Usain Bolt during the Olympic Games only weeks earlier, his confidence was steady and his strides were strong. With 50-metres remaining, Earle took control of the race, speeding past rivals from England and Germany to win his second Paralympic gold. A glance to his left revealed his finishing time - 12.32-seconds, a new Paralympic record.

You won't want to miss this inspirational presentation! Explore how to live and coach with greater purpose and passion!

CANGYM Intermediate (Purple -Silver)

Facilitated by Trish Brige

In this workshop, we will review all the skills from Purple to Silver (for women) on all four events. Progressions and drills will also be covered for some of the skills.

About Trish:

Trish has been coaching for what seems like a very long time, but she wouldn't have it any other way. She started her coaching career in the Yukon in the mid-80s. A decade (or so!) later she moved to Edmonton to continue her education. She met Kelly Thompson, currently the Program Director at the North Edmonton Gymnastics Club, and has coached for her ever since. Trish presently coaches Pre-school and LEAP classes.

Boys Skills (Purple -Silver)

Facilitated by Norm Lewis

This workshop will explore CANGYM boys skills that coaches and athletes may struggle with in levels

Workshop Descriptions continued...

Purple to Silver. Progressions and drills will also be covered for some of the skills.

About Norm:

Norm Lewis worked closely with Gymnastics Canada Gymnastique and helped with the development of the new National CANGYM Program. More recently, Norm has worked with Gymnastics Canada on the development planning for Acrobatic Gymnastics in Canada. Currently he is one of two owners of the Calgary Acrobatic Gymnastics Corporation and the Head Coach of the program.

Session Planning

Facilitated by Tammy Noonan

Do you think session planning is only for competitive athletes? It is just as important in recreational classes. We will learn how to big picture plan for an entire session! This hands on session will introduce the idea of planning for more than one week at a time making your lesson planning and you more effective and more organized.



About Tammy:

Tammy has been involved in gymnastics in the Edmonton area for over twenty years. Coaching all levels of gymnastics has given her the ability to harness the strengths of recreational and competitive gymnastics and integrate them. Tammy will bring her Gymnastics Facilitator experience to make this session interactive and fun learning experience.

Recreation Development Assembly Meeting

Facilitated by AGF & RDC

This is your opportunity to share your ideas and your clubs' voice regarding Recreational Gymnastics in Alberta! The AGF Recreation Gymnastics Program will be reviewed for 2009/2010 and the REC initiatives for the 2010/2011 year will be presented. Clubs must designate and register a voting delegate in advance (see attached form).

White Water Rafting (optional)

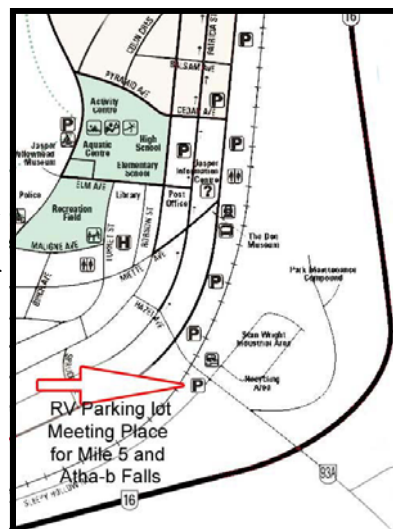
Are you feeling refreshed and rejuvenated and ready to take on the rapids of the Athabasca River? Designated as a Canadian Heritage River because of its scenic beauty and history of fur trade exploration, the Athabasca is a river that all can enjoy.



The Mile 5 rafting trip is 2 hours in length (1 hour water time). You will travel approximately 9 km, and encounter many Class 2 white water rapids. Under your guide's expert direction you will travel in 6 to 10 passenger, self-bailing rafts through calm stretches and small but lively rapids.

No experience is needed, only a desire to have fun, experience the beauty of the Canadian Rocky Mountains and get wet! Trip goes rain or shine!

Arrive at the meeting place (see map) at least 10 minutes prior to the start of the rafting trip. Rafting excursion must be purchased with your REC Retreat registration, and will not be available afterwards. The rafting trip is an additional \$35 + GST.



Accommodations

Standard Room for 1-4 people:

2 double beds with mini fridge

Two bedroom Suite for 4-5 people:

1 separate bedroom with Queen bed, loft sleeping area with 3 single beds and a hide-a-bed. Kitchen and fireplace.

Visit: www.bestwesternjasperinn.com/home.html for more information.

Hotel Amenities:

- Indoor pool/sauna/Jacuzzi/Steam Room
- Complementary high-speed internet
- Television
- Most rooms have a fireplace, sitting area, & kitchenette.
- Guest coin laundry
- Non-smoking building
- Outdoor Terrace
- 10 minutes walking distance to downtown Jasper.

Things to bring....

- Toiletries (tooth brush, shampoo etc...)
- Swimsuit
- Pyjamas
- Notebook & Pen
- Hikers or running shoes
- Travel alarm clock
- Casual clothes that you can be active in.
- Workout clothes that you can layer
- Snacks for your hotel room.

Things that can stay at home...

Valuable items that you do not want to lose (jewellery, electronics, etc..)

Meals

Nutritious, delicious, adaptable meals will be served buffet style (please let AGF know in advance if you have any special food requirements). Breakfast and lunch will be served at the Jasper Activity Centre in the Curling Lounge. On Saturday evening we will be venturing into Jasper to experience one of the town's popular eateries. **Papa Georges** is known for its casual atmosphere and use of regional ingredients. REC Retreat participants will have four entrees to choose from: 1) Penne Pasta with Pancetta Bacon, mushrooms,

spicy tomato sauce 2) Pan Roasted Chicken with lemon caper sauce 3) 6oz Flat Iron Steak with peppercorn glaze 4) Roasted Garlic and Tomato Risotto. All meals are served with soup or salad, coffee or tea and ice cream. Gratuities and tax are included.

Snacks:

For those needing a coffee break or snack in between workshop sessions there will be coffee/tea/juice and light snacks provided.



Investors Group Community Sport Administrator Award

As a sponsor of REC Retreat, Investors Group will be presenting the Community Sport Administrator Award at the retreat. This award recognizes the contribution to community sport programs made by a dedicated volunteer who has given countless hours of time so that coaches and athletes can enjoy the benefits of well-organized sport. If you would like to nominate an individual for this award please contact Gina Peake at (403) 212-5727 or 1-800-665-1010 for more information.



Nomination deadline is July 23, 2010.



Number of Nights	Number of People Sharing Accommodation	Registration Fee per person for AGF Members	Registration Fee per person for AGF Non-Members
2 nights (Friday Arrival)	2	\$275+GST	\$295+GST
2 nights (Friday Arrival)	3	\$255+GST	\$275+GST
2 nights (Friday Arrival)	4	\$225+GST	\$250+GST
2 nights (Friday Arrival)	5*	\$200+GST	\$240+GST
1 night (Saturday Arrival)	2	\$200+GST	\$230+GST
1 night (Saturday Arrival)	3	\$190+GST	\$220+GST
1 night (Saturday Arrival)	4	\$180+GST	\$210+GST
1 night (Saturday Arrival)	5*	\$175+GST	\$200+GST
Sat & Sun Workshops & Meals (No Hotel)	N/A	\$150+GST	\$175+GST

Room configurations based on occupancy:

Standard Room for 1-4 people: 2 double beds with mini fridge

Two bedroom Suite for 4-5 people: 1 separate bedroom with Queen bed, loft sleeping area with 3 single beds and a hide-a-bed. Kitchen and fireplace.

Those staying for **2 nights** (August 27 & 28, 2010):

- Accommodations at the BW Jasper Inn & Suites
- Arrival on Friday evening (August 27th)
- 6 workshops
- 4 Meals (**Breakfast, Lunch, Dinner, Breakfast, plus snacks**)
- Wine & Cheese Social
- Gratuities & Hotel Tax included

Those staying for **1 night** (August 28, 2010):

- Accommodations at the BW Jasper Inn & Suites
- Arrival @ 11:30 am -Noon on Saturday (August 28th)
- 3 workshops
- 3 meals (**Lunch, Dinner, Breakfast, plus snacks**)
- Gratuities & Hotel Tax included

**PLEASE NOTE: A maximum of 5 people can stay in each room.*



REC Retreat Registration Form (One form per participant)



Name: _____

Address: _____ Phone: _____

Date of Birth: _____ Fax: _____

City: _____ Postal Code: _____

E-mail: _____

Club: _____

Registration Fees (please check the appropriate box):

Number of Nights	Number of People Sharing Accommodation	Registration Fee per person for AGF Members	Registration Fee per person for AGF Non-Members
2 nights (Friday Arrival)	2	\$275+GST <input type="checkbox"/>	\$295+GST <input type="checkbox"/>
2 nights (Friday Arrival)	3	\$255+GST <input type="checkbox"/>	\$275+GST <input type="checkbox"/>
2 nights (Friday Arrival)	4	\$225+GST <input type="checkbox"/>	\$250+GST <input type="checkbox"/>
2 nights (Friday Arrival)	5	\$200+GST <input type="checkbox"/>	\$240+GST <input type="checkbox"/>
1 night (Saturday Arrival)	2	\$200+GST <input type="checkbox"/>	\$230+GST <input type="checkbox"/>
1 night (Saturday Arrival)	3	\$190+GST <input type="checkbox"/>	\$220+GST <input type="checkbox"/>
1 night (Saturday Arrival)	4	\$180+GST <input type="checkbox"/>	\$210+GST <input type="checkbox"/>
1 night (Saturday Arrival)	5	\$175+GST <input type="checkbox"/>	\$200+GST <input type="checkbox"/>
Sat & Sun Workshops & Meals (No Hotel)	N/A	\$150+GST <input type="checkbox"/>	\$175+GST <input type="checkbox"/>

Rooming List

Please provide the name(s) of the individual(s) you will be rooming with. If you would like to share accommodation but need someone to share with. Please check the box below.
****Individuals must be sharing accommodations with same gender.**

1)
2)
3)
4)
5)

I would like to share a room, AGF please try to arrange shared accommodations with another REC Retreat participant.

REC Retreat Registration Summary (One form per participant)

Registration Fee: \$ _____

White Water Rafting \$ _____
(Optional trip) - cost \$35

Subtotal: \$ _____

GST (5%): \$ _____

Total: \$ _____

**Unless otherwise stated
registration fee includes:
All meals,
accommodations,
workshops, gratuities &
hotel tax.**

Method of Payment:

- Cheque (Payable to Alberta Gymnastics)
- Visa
- MasterCard

Credit Card #

Exp. date

Signature



Due to the Best Western Jasper Inn & Suites Attrition Policy absolutely no registrations will be accepted after July 23, 2010. For your registration to be complete your payment, registration forms, medical and consent forms must be received by AGF on the stated deadline.

**Registration
Deadline:
July 23, 2010**

Refund Policy

*No refunds will be issued after
July 23, 2010*

Please return completed
registration form, waivers and
payment to:

Alberta Gymnastics Federation
#207, 5800 - 2nd Street S.W.
Calgary, Alberta
T2H 0H2
Fax: (403) 259-5588

Questions?

Contact Gina Peake at
1-800-665-1010
(403) 259-5500
gpeake@abgym.ab.ca

MEDICAL INFORMATION FORM

(All REC Retreat Participants)

Name: _____ Height: _____(cm) Weight: _____(kg)
Address: _____ Health Insurance N°: _____

Next of Kin: _____

Relationship: _____

Address: _____
Phone N°: _____
Age: _____ Birthdate: Day ____ Month ____ Year ____ Phone N°: _____

MEDICAL ALERT

Blood Type: _____ Contacts: _____
Asthma: _____ Medications: _____
Diabetes: _____ Allergies: _____
Epilepsy: _____ Hearing Aid: _____
Abnormal Heart: _____ Dentures: _____
Rheumatic Fever: _____
History of Concussion: _____
General History: _____
Operations: _____
Illness: _____
Parts Taped: _____ Parts Braced: _____

MEDICAL RECORD & MEDICAL CONSENT FORM FOR MINORS

Athlete's Name: _____

Permanent Address: _____

Parent's Telephone: Home: _____ Business: _____

Emergency Telephone: _____

I, _____ give permission for emergency medical/surgical care to be given by Canadian Physicians, or by such local practitioners as they see fit to select, to _____ who is my son/daughter.

It is understood that wherever possible I shall be contacted, informed of the problem, diagnosis, treatment required and the hoped for result.

Date: _____

Signed: _____

Relationship: _____

Signed: _____

Location: _____

Club Name: _____

PARTICIPANT'S INFORMED CONSENT FORM (Under 18)
To be completed by all participants under 18 years of age

PLEASE READ CAREFULLY

Risk:

I, _____ give my consent for my child _____
(Parent's Name) (Child's Name)

to participate in the **AGF REC Retreat 2010** activities in Jasper, Alberta. **I understand and acknowledge that traveling to and from and participation at AGF REC Retreat 2010 may result in personal injury** (including but not limited to: injury to internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, and in rare occurrences, death, complete or partial paralysis, or brain damage) **and property damage or loss**. I fully understand these risks and give my son/daughter permission to participate in gymnastic activities.

Rules:

I understand that the rules and regulations are designed for safety and protection of the participants and hereby agree to inform my son/daughter of the importance of abiding by the rules and regulations set down by the Organizing Committee, Jasper Activity Centre, Jasper Gymnastics and the Best Western Jasper Inn and Suites.

Media Release:

I hereby grant the Alberta Gymnastics Federation the right to use, without penalty of any fee or charge, any written information (excluding information contained on the Medical Consent Form), photograph, videotape, or other visual media of my son/daughter taken during the **AGF REC Retreat 2010** are for the purpose of furthering the Alberta Gymnastics Federation objectives.

- I, as the parent/guardian of the participant named herein, hereby declare that I have read, understood and agree to the contents of this Informed Consent in its entirety.
- I, as the parent/guardian of the participant named herein, agree to assume full responsibility to instruct my child of the risks involved and to inform him/her of the importance of abiding by the rules and regulations.

Parent/Guardian Name (print)

Parent/Guardian Signature

Date

Witness Name (print)

Witness Signature

Date

Note: Collection of the personal information on this form is required for the operation of AGF REC Retreat 2010. The information will be used for said purpose and is subject to disclosure rules set forth in Protection of Information Privacy Act in the Province of Alberta. For more information about the collection and use of this information please contact the Alberta Gymnastics Federation at (403) 259-5500.

Club Name: _____

PARTICIPANT'S INFORMED CONSENT FORM (18 & Over)
To be completed by all participants under 18 years of age

PLEASE READ CAREFULLY

Risk:

I, the undersigned **understand and acknowledge that participation in the AGF REC Retreat 2010 activities may result in personal injury** (including but not limited to: injury to internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, and in rare occurrences, death, complete or partial paralysis, or brain damage) **and property damage or loss**. I fully understand these risks and hereby agree to participate in gymnastic activities voluntarily and at my own risk.

Rules:

I understand that the rules and regulations are designed for safety and protection of the participants and hereby agree to abide by the rules and regulations set down by the Organizing Committee, Jasper Activity Centre, Jasper Gymnastics and the Best Western Jasper Inn and Suites.

Media Release:

I hereby grant the Alberta Gymnastics Federation the right to use, without penalty of any fee or charge, any written information (excluding information contained on the Medical Consent Form), photograph, videotape, or other visual media of myself taken during **AGF REC Retreat 2010** are for the purpose of furthering the Alberta Gymnastics Federation objectives.

Liability:

In consideration of your acceptance of my entry to in the **AGF REC Retreat 2010**, I, intending to be legally bound, agree to RELEASE, SAVE HARMLESS AND INDEMNIFY the Alberta Gymnastics Federation, the Organizers and/or its agents from and against all claims, actions, costs, expenses and demands in respect to death, injury, loss or damage to my person or property whatsoever and howsoever caused, arising out of, or in connection with my association with or entry in the above event or which may arise out of my traveling to or participating in and returning from the said event.

I further agree to HOLD HARMLESS AND INDEMNIFY the Alberta Gymnastics Federation, the Organizers and/or its agents from any and all actions, claims, demands, losses judgments or costs of any nature to any third party resulting from my association with or entry in the said event and I agree not to make any claims or take any proceedings against any person, society, corporation or other legal entity who might claim contribution or indemnity from the Alberta Gymnastics Federation, the Organizers and/or its agents in respect of matters which are subject of this Release. I agree that this Release shall bind my heirs, executors, administrators and assigns.

I confirm that I am of the full age of 18 years, have read, understood and agree to the contents of this Informed Consent in its entirety.

Participant Name (print)

Participant Signature

Date

Witness Name (print)

Witness Signature

Date

Note: Collection of the personal information on this form is required for the operation of AGF REC Retreat 2010. The information will be used for said purpose and is subject to disclosure rules set forth in Protection of Information Privacy Act in the Province of Alberta. For more information about the collection and use of this information please contact the Alberta Gymnastics Federation at (403) 259-5500.

Club Name:_____



ALBERTA GYMNASTICS FEDERATION
Designated Voters List
2010 AGF Recreational Assembly Meeting
August 29, 2010

Name of Club: _____

Recreation Development Assembly:

Delegates Names: _____

➤ **SIGNATURE OF TWO ELECTED CLUB DIRECTORS**

NAME	POSITION	SIGNATURE	DATE
_____	_____	_____	_____
_____	_____	_____	_____

Please return completed form to:
Alberta Gymnastics
207, 5800 2nd Street SW
Calgary, AB T2H 0H2
Fax: 403-259-5588
Email: gpeake@abgym.ab.ca

Deadline for designated voters list: August 18th, 2010