

# 2018 Gymnastics For All Summer Retreat



**Okanagan Gymnastics Centre**  
Richmond, BC  
July 14-15, 2018

**Preliminary Information**  
**03/01/2018**



## What is the GFA Retreat?

The Gymnastics For All Summer Retreat is designed for recreational gymnastics coordinators and coaches, program directors, club managers and owners.

Come together and discuss important issues on recreational gymnastics programs. Learn from our knowledgeable presenters, share ideas, expand your network and go home refreshed and ready to take on a new season!

## Gymnastics BC

**Gymnastics BC**  
268 – 828 West 8<sup>th</sup> Avenue  
Vancouver, BC V5Z 1E2  
  
(B) 604-333-3496 / (F) 604-333-3499  
  
[info@gymbc.org](mailto:info@gymbc.org)  
[www.playgymnastics.com](http://www.playgymnastics.com)

Keara Urquhart (Hooi)  
Gymnastics For All Manager  
  
604-333-3494  
[kurquhart@gymbc.org](mailto:kurquhart@gymbc.org)

## Host Club

### Okanagan Gymnastics Centre

365 Hartman Road  
Kelowna, BC V1X 2M9

## Website

<https://www.gymbc.org/events/events/post/1093>

## General Information

### 2018 GFA Retreat Sessions

**General Information:** Sessions will start in the morning on both Saturday and Sunday. Please plan to arrive by Friday afternoon/evening.

It is recommended that attending clubs send at least two representatives – not including any Coach Evaluator candidates - to cover all material presented over the weekend, as there will overlap in offerings.

## Registration Pricing

### Pricing Information

Full Weekend Session Registration (Saturday and Sunday)	\$65
Core Training for Coach Evaluators (Sunday only)	\$105

## Featured Presenters

### Retreat Presenters

#### 2018 GFA Retreat Presenters

We have exciting speakers and topics lined up! As a sneak peek, we'd like to introduce you to two of our very special presenters from out-of-town: Brant Lutska and Lorraine Currie.

### Featured Presenter: Brant Lutska

#### Brant Lutska

Brant Lutska is a gymnastics coach, teacher and official from New Jersey. Below is a list of his accomplishments and credentials:

- Coached and taught gymnastics for over 30 years
- A former club owner for over 43 years that he shared as a family run business.
- A national rated official in the United States Women's Program for over 30 years.
- A national instructor for USA Gymnastics
- Has spoken at the state, regional and national level for USA Gymnastics
- Owner of Flipping Education, an online resource of educational support material for preschool and recreational gymnastic teachers.
- Owner of Plum Practicewear, an online gymnastics apparel company that serves over 50 countries all over the world.
- A public school educator and administrator for over 25 years.
- Has received national instructor of the year from USA Gymnastics
- Received many awards from the state of New Jersey for his dedication to the sport.
- The author of the "H.O.T. Program" for USA Gymnastics, a course for preschool and recreational teachers.



Brant will be presenting sessions at the retreat geared towards coaches. Session topics include, but are not limited to:

- Preschool and Recreational Vault, Bars, Beam and Floor
- Balance Activities to Better Develop Stability
- Let's Have a Ball

*Featured  
Presenter:  
Lorraine Currie*

**Lorraine Currie – Futures Gymnastics**

We are so excited to welcome Lorraine Currie back to the GFA retreat! As the lead consultant for 3<sup>rd</sup> Level Consulting in Canada, Lorraine's diverse background is unparalleled. She is an experienced national level coach and Brevet judge with an extensive background in business. A particular strength is her skills with people and staff development.



Lorraine opened Futures Gymnastics Centre over 25 years ago in Mississauga, Ontario. Today, there are three locations with over 5,000 students. March 2-5, 2015 brought her newest venture...Air U Guelph.

Her multi-unit Futures Gymnastics operations (Toronto area) have won several national honors, and her roles as owner, coach and international judge rounds out her perspective in a powerful way. Lorraine presents and consults in the USA, Australia and Canada.

Lorraine will be presenting sessions at the retreat geared towards gym owners, coordinators and administrators. Session topics include, but are not limited to:

- Raising the Bar – improving your bottom lines as a club
- How to Work with Millennials – the changing business world
- What's Your D-Score? E-Score? – measuring your potential and success
- Making Moments – how to create memorable moments at your gym

*Featured  
Session:  
SportMed BC  
Concussion  
Training*

This workshop is led by an experienced health care professional and focuses on sharing the latest medical and scientific information about brain injuries, sport risk factors and sport related concussion management guidelines.

The course will provide an introduction to what a concussion can be defined as, and how it can occur; it also addresses the key challenges of concussions: when to suspect a concussion, how to manage a concussed athlete and how to tackle the somatic, cognitive and neurobehavioral signs and symptoms of concussions. Symptoms may present themselves in a variety of unusual ways that all must be taken into consideration when managing any head trauma.

Next, the course tackles proper concussion management and the risk factors associated with not reporting the injury—such as the possibly catastrophic secondary impact syndrome.

Participants will review on-field assessment techniques—including the use of the Concussion Recognition Tool-5, Sport Concussion Assessment Tool (SCAT5)—as well as current 'red flags.' Finally, the course will explore the area surrounding return-to-learn and return to-sport decisions, and what the roles of the athlete, parent, coach, teacher and athletic trainer should be in this process. There will also be a segment which discusses concussion prevention strategies; a list of valuable resources will be provided. The workshop will ensure that there is ample time for specific questions from the audience.

This workshop is approved for 2 NCCP Professional Development Points, and will be tailored specifically to gymnastics. **No extra registration fee is applicable – this training is part of your retreat registration!**

Optional:

Core Training  
for Coach  
Evaluators

## Core Training for Coach Evaluators – Presented by Kate Kloos

We are very happy to welcome back Kate Kloos to run the Coach Evaluator Training sessions. Kate has an extensive background in gymnastics and will be teaching the Core Training for us at the retreat.

There are two parts to the training process; the first part is called Core Training and is generic to all sports. The second part is the gymnastics-specific portion. GBC will offer both sessions at the GFA Summer Retreat, presenting the perfect opportunity to complete both parts under the guidance of a Master Coach Developer.

Note: In order to become certified as a Coach Evaluator in the NCCP, you must be approved by Gymnastics BC. The Coach Evaluator Training will be open as a professional development opportunity for anyone evaluating/overseeing coaches at a club level, outside of the NCCP.

A Coach Evaluator's role is to contribute to the development of coaches after they have acquired their NCCP training. Their responsibilities include assessment, evaluation, debriefing, and follow-up with coaches who are trying to achieve certified status. Coach Evaluators are experts in the observation process and have in-depth knowledge of the outcomes, criteria, and evidence that comprise the evaluation tools that establish NCCP standards for coaches of a particular sport context. Coach Evaluators act as ambassadors of the NCCP and as a resource to coaches seeking to augment and validate their coaching abilities.

### Core Training

*Modules:*

- Overview of the workshop and the NCCP
- The certification process
- Learning to debrief
- Action planning

### Content-Specific Training

*Guidelines/Modules:*

- Evaluation methodology and tools
- Using evaluation tools for formal observation
- Using evaluation tools for portfolio review
- Administration and logistics
- Review and sign the NCCP Coach Developer Code of Conduct

**Course Length:** Core Training (5 hrs) + Content-Specific Training (3 hrs)

Submitting an intent for the Coach Evaluator Course does NOT guarantee a spot; registration will be first come, first served. Registration is expected to open in late March.

**IMPORTANT:** There is a possibility that a portion of the CE course will be held on Friday evening. More details to be released shortly as we confirm presenter schedules.

*The above information is subject to change.  
Please stay tuned for detailed workshop descriptions. You don't want to miss out!*

## Block Schedule

## Preliminary Schedule

*\*subject to change\**

Saturday, July 14 2018			
8:15 a.m.	Registration		
8:30 a.m. – 12:00 p.m.	Morning Sessions: Business Stream	Morning Sessions: Coaching Stream	Coach Evaluator Training
12:00 p.m. – 12:45 p.m.	Lunch (provided)		
12:45 p.m. – 5:30 p.m.	Afternoon Sessions: Business Stream	Afternoon Sessions: Coaching Stream	Coach Evaluator Training
6:00 p.m.	Dinner at Joey's Kelowna (please RSVP)		

Sunday, July 15 2018		
8:30 a.m. – 12:00 p.m.	Morning Sessions: Business Stream	Morning Sessions: Coaching Stream
12:00 p.m. – 12:45 p.m.	Lunch (provided)	
12:45 p.m. - 4:45 p.m.	Afternoon Sessions: Business Stream	Afternoon Sessions: Coaching Stream
4:45 p.m.	End of the 2018 GFA Retreat – Thank you!	

*The above information is subject to change.*

## Gymnastics For All AGM

### Gymnastics For All Annual General Meeting (AGM)

The GFA AGM will be held during the retreat weekend, either on Saturday night or Sunday day. We invite all retreat attendees to attend and get involved in GFA in BC! Details to follow.

## Group Dinner/ Social

### Group Dinner/Social

We have secured a reservation at Joey's Kelowna (300-2475 Hwy 97 N) for **6:00 p.m. on Saturday, July 15**. The restaurant is 4.9km from Okanagan Gymnastics.

This is a great opportunity to strengthen connections within our community! A limited number of seats will be available. Please indicate interest on the registration intent form to help us gauge whether the size of our current reservation is appropriate.

Your actual RSVP will be required upon retreat registration. Dinner location and time is subject to change.

## Other Information

### Registration Intent

#### I'd like to attend the 2018 Gymnastics For All Retreat! What should I do next?

- 1) After reading through the preliminary information, send your registration intent to Keara (kurquhart@gymbc.org) via e-mail or fax. Doing so helps GBC to better plan certain aspects of the weekend, such as the group dinner/social and catering estimates - [thank you for your cooperation!](#)

The registration intent form can be found attached to the back of this package. Please fill it out and return by: **Friday, March 30 2018.**

Please note that submitting an intent for the Coach Evaluator Course does NOT guarantee a spot – registration will be first come first served when the dates open.

- 2) Reserve your accommodations through [THIS LINK](#). Detailed hotel information can be found below.
- 3) When the official registration package is distributed, get your registration in!

### Accommodation Information

#### Host Hotel

UBC Okanagan  
1290 International Mews, Kelowna, BC V1V 1V8

The room block is reserved for Friday, July 13 – Sunday, July 15. UBC Okanagan is located 6.2 km from the host club. A map of the campus can be found at the end of this package.

#### Special Room Block Rate:

- \$59 + tax: Single Solo (1 single bed)
- \$96 + tax: Shared Pair (2 single beds)
- \$109 + tax: Studio Suite (1 queen bed)
- \$209 + tax: Cascade Apartment (4 single beds)

The room block will drop on **June 28, 2018** [Book online now](#) to secure your accommodation!

#### Room Descriptions

**Single Solo:** Each room has one single bed with a desk and drawer dresser. The room has a private washroom. Common lounge on each floor with TV and a basic equipped kitchen. Room block availability: 12 units.

**Single Solo Units are located in Cassiar residence buildings**

**Shared Pair:** Two adjoining bedrooms have a single bed in each room with desk and dresser, sharing a bathroom between the two rooms (each room accessible through the bathroom). Common lounge on each floor with TV and non-equipped kitchen. Room block availability: 12 units.

**Shared Pair Units are located in Nicola residence buildings**

**Studio Suite (Monashee Suite):** Each suite has a queen-sized bed, desk and dresser, a private washroom and basic equipped kitchen and eating utensils.

Room block availability: 3 units.

***Studio Suite (Monashee) Units are located in Monashee residence buildings***

**Cascade Apartment:** Each apartment has 4 individually locking bedrooms with a single bed and desk. Each apartment has two washrooms, a furnished living room, and a basic equipped kitchen. Basic cooking and eating utensils are provided.

Room block availability: 3 units.

***Cascade Apartments are located in the Upper Cascades townhouse buildings***

#### Other Information

- Check-In: 4:00 p.m. | Check-Out: 11:00 a.m.
- Complimentary Wi-Fi

#### Parking

Parking on campus for guests in accommodation is \$3.50 (+ tax) per day, per car/bus. Parking is allowed in all parking stalls except in parking lot M, handicapped parking (unless special permit shown), and reserved or metered stalls. Parking passes can be purchased at the front desk at check-in (please have you make/model and license plate info ready).

Please click [here](#) to see the parking areas on campus.

If you are attending the retreat and would like GBC to try and put you in contact with a roommate for the weekend, please let Keara know in your registration intent.

**[>> Click here to book your room! <<](#)**



## REGISTRATION INTENT FORM

### 2018 GFA Retreat

Kelowna, BC  
July 14-15, 2018

**Submit form by **MARCH 30, 2018** to help us plan the best possible GFA Retreat!**

Club Name :		
Main Contact:	Email:	Phone #:
Role with Club:		
<b>Number of anticipated attendees for Weekend Retreat:</b>		
Of the above number, how many are predominantly interested in the "Business Stream" featuring Lorraine Currie:		
Of the above number, how many are predominantly interested in the "Coaching Stream" featuring Brant Lutska:		
<b>Number of desired candidates for Coach Evaluator Training:</b>		
Do you intend to join the group dinner on Saturday, July 14?	Please check one: <input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	
<input type="checkbox"/> Please check this box if you would like us to put you in contact with another attendee for rooming purposes.		

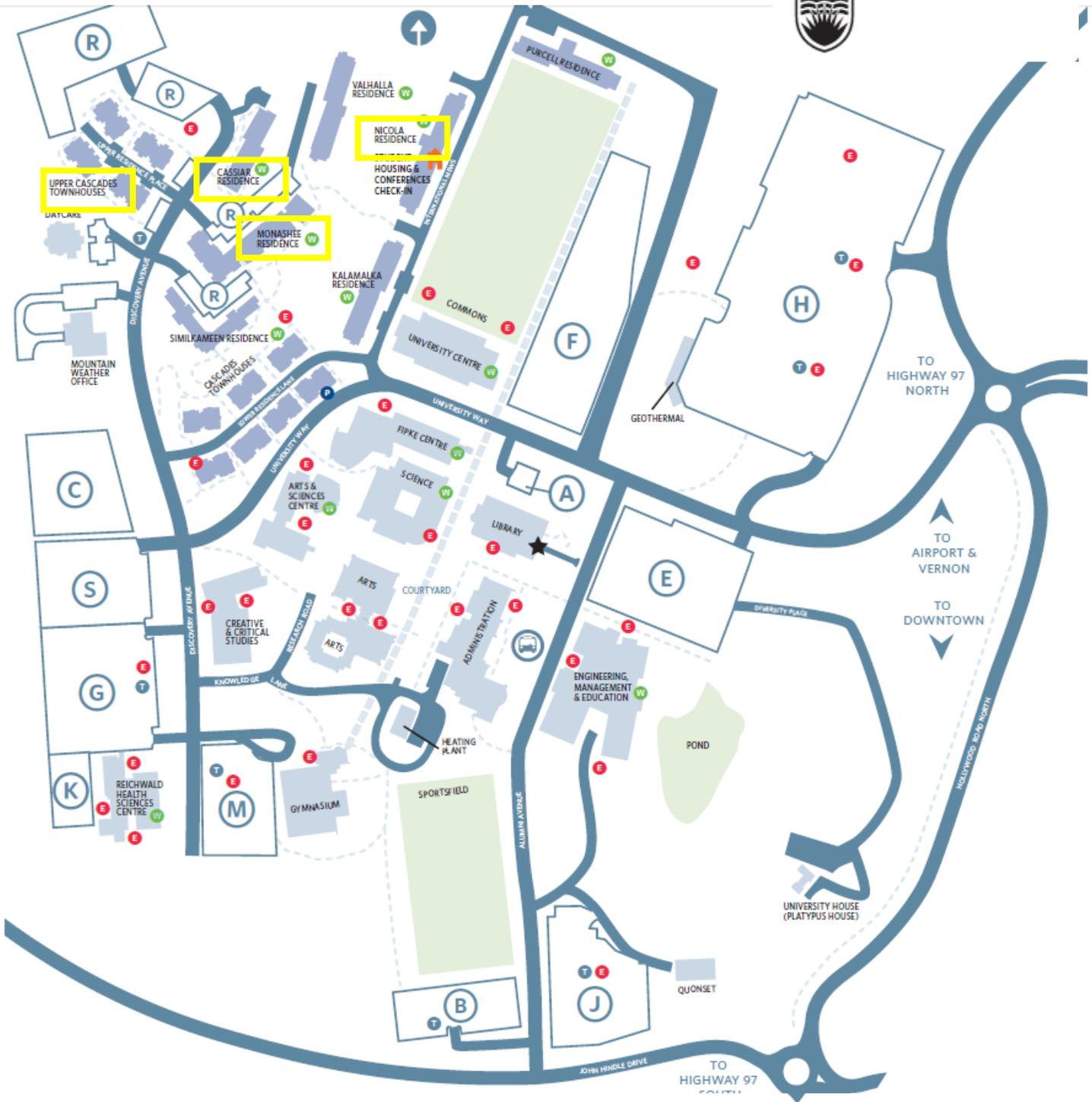
**Return completed form to:**

Gymnastics BC, c/o Keara Urquhart, Gymnastics For All Manager  
#268 – 828 West 8<sup>th</sup> Avenue, Vancouver, BC V5Z 1E2 Fax: 604-333-3494 Email: [kurquhart@gymbc.org](mailto:kurquhart@gymbc.org)

# UBC Okanagan Map



a place of mind



## STUDENT HOUSING & HOSPITALITY SERVICES OKANAGAN CAMPUS MAP

CONFERENCES & ACCOMMODATION  
[okanagan.ubcconferences.com](http://okanagan.ubcconferences.com)

STUDENT HOUSING  
[housing.ubc.ca/okanagan](http://housing.ubc.ca/okanagan)

1290 International Mews, Kelowna, BC V1V 1V8  
T 250.807.8050 | F 250.807.9157

LEGEND	
★	SECURITY OFFICE
T	TICKET DISPENSER
E	EMERGENCY PHONE
P	PARKING OFFICE
W	WATER STATIONS
---	WALKWAY
🏠	STUDENT HOUSING & CONFERENCES CHECK-IN