

AGF and the Gymnastics For All Committee (GFAC) would like to invite your GFA Coaches for a weekend of GFA-Centered Professional Development!

Come together and discuss important topics regarding GFA programs. LEARN from presenters, SHARE ideas, CONNECT with other like-minded people from across the province, and go home refreshed and ready to take on a new season!

**EVENT DETAILS:**

**Date:** August 23 - 25, 2024

**Location:** Canmore Illusions Gymnastics Club | 1900 8 Ave, Canmore, AB T1W 1Y2

**Registration Cost:** (GST & Service Fees not included)

Full weekend - \$125.00/participant - [CLICK HERE TO REGISTER](#)

- Registration to participate in all workshops and sessions
- GFA Getaway T-Shirt
- Lunch on Saturday, August 24

Saturday Only - \$95.00/participant - [CLICK HERE TO REGISTER](#)

- 3 sessions
- GFA Getaway T-Shirt
- Lunch on Saturday, August 24

Sunday Only - \$60.00/participant - [CLICK HERE TO REGISTER](#)

- 2 sessions
- GFA Getaway T-Shirt

**GFA GETAWAY REGISTRATION DEADLINE: July 24, 2024**

**ACCOMMODATIONS:**

A room block has been secured for participants at the **Coast Canmore Hotel and Conference Centre**.

**Hotel Address:** 511 Bow Valley Trail, Canmore, AB T1W 1N7

**Hotel Website:** [Coast Canmore Hotel & Conference Centre](#)

**Secured room rate:** \$335.00/night (Taxes and Fees not included) [CLICK HERE TO BOOK A ROOM](#)

**NOTE:** The deadline to book your rooms at the secured rate is **July 4, 2024**.

Should you have any questions about your booking, please contact the hotel's contact, Laise Nascimento.

**Laise Nascimento**

**Conference Service Manager**

**t. 403.609.5438**

**e. [l.nascimento@coasthotels.com](mailto:l.nascimento@coasthotels.com)**

Alternatively to the hotel option in Canmore offered on Airbnb and Vrbo:

**Airbnb:** <https://www.airbnb.ca/> | **Vrbo:** <https://www.vrbo.com/en-ca/>

## **WORKSHOPS**

### **Workshop #1:**

#### **Engaged Coaches (and the difference you make)**

The word "engaged" when it comes to coaches gets thrown around a lot. We know "engaged" coaching is a good thing, but no one really explains what it actually means. We're going to break it down - figuring out what these "engaged" coaches say and do, and the impact they have in the gym - so you can have a blueprint to be one yourself!

### **Workshop #2:**

#### **Finding the Challenge Zone – Adapting for Individual Success**

This is the goldilocks approach to lesson planning - stations that aren't too hard, or aren't too easy - they are juuuust right! Every kid's challenge zone is different - and sometimes you have several different challenge zones all in one class! This session is all about adapting the exact same stations to each child to find the adaptation that juuuust right for them.

### **Workshop #3:**

#### **Innovation Station**

When was the last time you got really creative or thought "outside the box" in your lessons? As coaches, creativity is our super power! Together we're going to stretch our innovation muscles, disrupt "normal", experiment, imagine, problem-solve and more. We're going to practise looking at things differently to teach gymnastics (and life) skills in new ways!

### **Workshop #4:**

#### **Conditioning can be FUN!**

There isn't always much time for conditioning during rec classes, so when we do it, often it's pretty un-exciting. This session is full of ideas for conditioning - many of which double as warm up activities - all with elements of play, contests & games so kids don't complain!

### **Workshop #5:**

#### **Not Your Average Preschool & Beginner Beam Ideas!**

Beam stations for preschool kids & young beginners don't have to be repetitive & boring -- there are many ways to spice it up and teach things like fine/gross motor skills, team work, body control, focus, and have some fun too! If you're looking for inspiration to infuse some creative new ideas into your beam rotations, look no further!

## **FRIDAY WELCOME SOCIAL – CANMORE ILLUSIONS**

We would like to welcome everyone to the GFA Getaway on Friday, August 23 from 6:00 – 8:00 PM at Canmore Illusions so everyone can get introduced, play some icebreaker games, and have some light snacks/beverages.

## **MEAL INFORMATION**

- Participants will be responsible for their breakfasts and dinners throughout the weekend.
- Lunch will be provided on Saturday (August 24) afternoon.
- While we do our best to provide options for those with dietary restrictions and/or allergies, it is strongly recommended that you bring your food to supplement what is available.

## **SATURDAY SOCIAL ACTIVITY – GRASSI LAKES HIKE**

We have planned for our group to hike up the [Grassi Lakes Trail](#) on Saturday afternoon to get out of the gym and get some fresh air!

Grassi Lakes is a 10-minute drive from the gym; however, a [Kananaskis Conservation Pass](#) is required to park at the trailhead. We will do our best to organize carpooling arrangements to ensure we can all efficiently get everyone to the trail.

It is **recommended** to have closed-toed runners/hiking footwear.

We will have GFAC Members leading and tailing our group, and there will be two options for an easier and more challenging hike up. Once we reach the top, we will take a break to take in the views, shoot some photos, and have a snack (please ensure you bring snacks and water!)

When we are ready, we will walk down as a large group down the easier trail and back to the vehicles.  
NOTE: The hike is a completely optional activity.

## **CONTACT**

If you have any questions about the event, please contact AGF at [rec@abgym.ab.ca](mailto:rec@abgym.ab.ca).

<b><u>2024 GFA Getaway Schedule - Bulletin #1</u></b>		
<b><u>August 23, 2024</u></b>		
<b>Time</b>	<b>Event</b>	<b>Description</b>
4:00 - 5:00 PM	Arrival and Check In	Participant Arrival and check-in
6:00 - 8:00 PM	Participant Welcome Social – Canmore Illusions	Ice Breakers and Games Hosted by the GFAC
<b><u>August 24, 2024</u></b>		
<b>Time</b>	<b>Event</b>	<b>Description</b>
9:00 - 10:30 AM	Engaged Coaches (and the difference you make)	Presented by Ali Stoffels
10:30 - 10:45 AM	Break	Break for participants
10:45 AM - 12:15 PM	Finding the Challenge Zone – Adapting for Individual Success	Presented by Ali Stoffels
12:30 - 2:00 PM	Lunch	Lunch
2:00 - 3:30 PM	Innovation Station	Presented by Ali Stoffels
3:30 - 4:00 PM	Break	Break for participants
4:00 - 6:30 PM	Grassi Lakes Hike	Led by the GFAC
6:30 PM - End of day	Dinner and social time	Participants are free to do what they like
<b><u>August 25, 2024</u></b>		
<b>Time</b>	<b>Event</b>	<b>Description</b>
9:00 - 10:30 AM	Conditioning can be FUN!	Presented by Ali Stoffels
10:30 AM - 10:45 AM	Break	Break for participants
10:45 AM - 12:15 PM	Not Your Average Preschool & Beginner Beam Ideas!	Presented by Ali Stoffels
12:15 PM - 12:30 PM	Wrap Up	Wrap up presentations, clean up gym, gather belongings
12:30 PM	Departure	
NOTE: The schedule may be subject to change leading up to or during the event.		