



2026 Rec Conference

Bulletin #2

GENERAL INFORMATION

WHAT IS THE REC CONFERENCE?

The Recreational Summer Conference is GymBC's premier professional development opportunity for recreational gymnastics coaches, coordinators, program directors, club managers, and owners.

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!

WHEN?

August 28th-30th, 2026

WHERE?

Camp Summit

14051 Mile 18 Upper Squamish Valley Road

Squamish, BC

V8B 0A1

PRICING INFORMATION

Full Weekend Registration - **\$120**

- **Workshops Friday evening, Saturday all day & Sunday morning**
- **Accommodations (shared cabins)**
- **Meals**
- **Camp Activities**

After August 7th, 2026, only medical cancellations (with a valid medical note) are accepted, less a \$10 administration fee until Friday August 28th at 3:00 pm.

REGISTRATION

Clubs can register their coaches and administrative staff using the following link:

Register Here: <https://activitymessenger.com/p/Ym6Su0P>



CAMP SUMMIT INFORMATION

CABINS:

Cabins contain 2-4 bunk beds with ample storage space. The cabins are equipped with smoke detectors, indoor lighting, and insulation.

Camper accommodations are divided into two cabin villages, "East" and "West" Village.

Each cabin village has its own Bathroom/Shower building. These buildings are steps away from the cabins. During the evenings/nights, the cabin villages are equipped with outdoor lighting.

Participants will be placed in cabins based on age and club. If you have a special request, please reach out to gfa@gymbc.org





MEAL INFORMATION

Food will be provided over the course of the Conference weekend.

Below is a list of food provided by Camp Summit. The list showcases option the camp staff will pick from.

If you have any food allergies, please indicate on the registration form (linked on page 1)

BREAKFAST	LUNCH	DINNER
◆ Scrambled Eggs, Sausage & Hash Browns ◆ Pancakes & Waffles ◆ Egg McSummit (Breakfast Sandwich) ◆ Continental Style - Toast, Danish & Croissant ◆ French Toast ◆ Fried & Hardboiled Eggs, Breakfast Potatoes & Bacon ◆ Oatmeal With Raisins & Seeds Every morning we have hot and cold cereal, fruit salad and yogurt are also available at breakfast. Milk & Juice is served with Breakfast	◆ Chicken Burgers ◆ Deli Sandwiches ◆ Grilled Cheese ◆ Tacos ◆ Homemade Mac & Cheese ◆ Chili & Baked Potatoes ◆ BBQ Hamburgers & Hotdogs ◆ Homemade Pizza ◆ Chicken Fingers & Fries ◆ Daily Soup Option (<i>Chicken Noodle, Butternut Squash, Tomato, etc..</i>) Our Salad Bar with over 20 different topping options is ALWAYS open at Lunch! Punch (Juice) is served with lunch.	◆ BBQ Chicken & Mixed Vegetables ◆ Spaghetti & Meatballs with Caesar Salad & Garlic Bread ◆ Roast Beef, Mashed Potato, Gravy & Vegetables ◆ Ham, Scallop Potato, Corn & Apple Sauce ◆ Chicken Kabob, Rice & Egg Rolls ◆ Grilled Pork Chop, Hash Browns & Roasted Vegetables ◆ Roast Turkey, Mashed Potatoes, Gravy, Mixed Vegetables & Cranberry Sauce ◆ Homemade Lasagna, Caesar Salad & Garlic Bread Our mini soup and salad bar is also available at dinner with a delicious dessert (giant cookies, popsicles, fruit tarts) served after the meal!

CAMP ACTIVITIES

- Field with a Volleyball Court, Gaga Ball pit, and 9 Square
 - Sports equipment
 - Lawn Games
 - Low Ropes
 - Archery
 - Campfire



COACHING SESSIONS

Wire to Move – Presented by Cathy Bennis

Ever wonder why certain movement patterns appear over and over in gymnastics? Join us as we explore the fascinating connection between reflexes, neural pathways, and movement development. Learn how foundational movement shapes the brain, supports coordination, and creates the building blocks for higher-level skills, and life skills like executive functioning, reading, writing and self-regulation.

Rec Artistry – Presented by Mary Morice

This session focuses on fostering artistry through engaging experiences that inspire imagination, self-expression, and creative thinking. Learn how to create welcoming environments where participants feel empowered to explore their creativity, celebrate their individuality, and develop confidence through artistic discovery.

Introduction to Acrobatic Gymnastics – Presented by Shawna De Leske

This session expands on the fundamentals of Acrobatic Gymnastics with a focus on body control, balance, and trust. Coaches will learn how to teach basic partner and group Acrobatic skills in a safe, supportive environment, emphasizing proper progressions, spotting techniques, and communication.

Loud and Clear (Without saying a word) – Presented by Ali Stoffels

Forget talking... your body language is speaking volumes! This interactive workshop is all about understanding the basics of body language for coaches! We'll learn about (and practice) ways to control our non-verbal communication so that we can better motivate our athletes, connect with parents and manage classes with a confidence that is plain to see.

Active Start – Presented by Mary Morice

Come ready to move, play, and learn! This session will introduce a variety of circuit activities, front-loading techniques, and creative programming ideas designed specifically for young participants. Leave with a toolkit of games, strategies, and fresh inspiration to bring back to your programs.



ADMINISTRATIVE SESSIONS

Staff Meetings Worth Showing Up For – Presented by Ali Stoffels

Staff meetings can be so much more than a lecture that everyone tunes out. They can be meaningful, memorable and actually worth showing up for. In this session we'll explore how embracing experiential education practices can transform the way your coaches learn, lead, and grow. You'll learn a simple framework for designing interactive staff meetings that get your coaches truly engaged, plus you'll walk away with a handful of creative tools, activities, and plug-and-play ideas you can add to your next staff meeting to build skills, teamwork, leadership, confidence and more. Come ready to participate and rethink what your staff meetings can be.

Seniors Can Move – Presented by Richard Woo

Seniors Can Move (SCM) is a gymnastics fundamental movement program for seniors that is designed to increase the physical competency and mobility of adults 65+ years of age. Seniors reacquaint themselves with fundamental physical movements that they may no longer be performing due to inactivity, pain, illness, or surgery: walking, marching, throwing, catching, hopping, and balancing – even skipping. Participants develop their balance and coordination to prevent falls and learn how to fall safely and get back up again. The program was developed by Delta Gymnastics Society (DGS) as a natural extension of the Sport for Life /Active for Life philosophies, with the goal of making gymnastics clubs, and their facilities and coaches, available to a wider range of participants at every stage of life.

In this two-part session, you'll explore how to start Seniors Can Move at your gym along with best practices for coaching seniors.

The Support Ladder: Supervise with a Purpose– Presented by Ali Stoffels

The best supervisors are purposeful about the support they provide to their coaches out on the floor. In this interactive session, we'll explore a simple yet powerful five-level framework designed to help new & experienced supervisors determine when (and how!) to step in -- and step back! Through real scenarios and reflection, we'll practice making purposeful decisions that will empower your coaching staff to grow their own confidence and problem-solving skills, so you can spend less time putting out fires and more time building a stronger, more self-sufficient team!

Trauma-Informed Leadership– Presented by Darby Walker MSc, RCC

We invite you to explore your own mental health as it relates to your leadership and recreational coaching skills. This topic will dive into strategies for promoting positive mental health practices for one's self, staff, and participants. We will look at the trickle-down effect that shame and trauma can create, and practice skills that will support emotional wellbeing, and foster increased connection within your team.



SCHEDULE OVERVIEW

*Subject to change

FRIDAY AUGUST 28TH

5:00 – 7:00 PM	True Colours Led by Ali Stoffels <i>Main Field</i>
7:00 – 8:00 PM	Dinner - Lodge
8:00 PM	Campfire with Snacks

SATURDAY AUGUST 29TH

	Coaching Sessions	Administration Sessions
7:30 – 8:30 AM	Breakfast <i>Lodge</i>	
8:45 – 10:00 AM	Rec Artistry Mary Morice	Staff Meetings Worth Showing up For Ali Stoffels
10:00 – 10:10 AM	Transition	
10:10 – 11:25 AM	Loud and Clear (Without saying a word) Ali Stoffels	Seniors Can Move Pt. 1 Richard Woo
11:25 – 11:35 AM	Transition/Snack	
11:35 AM - 12:50 PM	Acrobatic Gymnastics Shawna DeLeske	The Support Ladder: Supervise with a Purpose Ali Stoffels



12:50 – 1:30 PM	Lunch <i>Lodge</i>	
1:30 – 3:30 PM	Free Choice	
3:30 – 4:45 PM	Active Start Mary Morice	Seniors Can Move Pt. 2 Richard Woo
4:45 – 4:55 PM	Transition	
4:55 – 6:05 PM	Wired to Move Cathy Bennis	Trauma-Informed Leadership Darby Walker
6:05 – 6:45 PM	Prepare for Themed Dinner	
6:45 – 7:45 PM	Themed Dinner: Neon 90's Break out your boldest neon gear and step into the 90s! We're cranking up the nostalgia with trivia/bingo, so come dressed to impress in your brightest, flashiest outfits. It's going to be a throwback night you won't forget!	
8 PM	Evening Activity - TBC	

SUNDAY AUGUST 30TH

	Coaching Sessions	Administration Sessions
7:30 – 8:30 AM	Breakfast <i>Lodge</i>	
9:00 AM – 12:00 PM	Facilitated Round Table – Led by Ali Stoffels	
12:00 AM – 1:00 PM	Pack, Clean Cabins, Grab Packed Lunch	
1PM	Departure See you next year!	



NEED MORE INFORMATION?

Visit the event webpage, or contact GBC's Recreation Program Manager for more information:

gfa@gymbc.org

PRESENTER BIOGRAPHIES

Ali Stoffels

Ali Stoffels is the founder of Rec Gym Pros and she's enthusiastic (aka obsessed) about all things rec gymnastics - especially anything "outside the box" when it comes to program planning, coach development & leadership training! After 20+ years coaching & rec directing, Ali now keeps busy providing opportunities for the recreational gymnastics community to connect, share, learn and get inspired! Lately, you're most likely to find Ali leading coach clinics across North America, instructing online courses like [Rec Director 101](#), building an amazing community of "rec people " inside [The Collective](#), or making the magic happen at RGP's annual conference [Refresh Rec Retreat](#). Outside of all this, Ali loves to tinker in her garden (not that she knows what she's doing), dream about being on Survivor, and travel to new places!

Learn more about Ali and Rec Gym Pros at <https://recgympros.com/about>

Darby Walker MSc, RCC

Masters of Science in Applied Sport Psychology (from the Stirling University, Scotland, UK); Registered Clinical Counsellor through the BCACC.