



1. 9:00 Coffee and Set-Up
2. 9:15 Welcome: Purpose of the retreat and expectations
3. 9:20 BC Physical Testing
 - Presentation and sample collection
 - Feedback – How can we incorporate Physical Testing into Province-wide and Zone Events? What types of awards motivate clubs to participate in cross-province physical testing?
 - Summary of feedback:
 - o Is it giving coaches the ability to monitor physiological issue vs muscular dysfunction?
 - o Link with a program for conditioning (Heather Ramsbottom program)
 - o Discussion on publishing results, could motivate or deter athletes
4. 10:00 BC Skills Passport
 - Overview of the Skills Passport Concept
 - Presentation to Coaches
 - Feedback – How can we incorporate Skills Testing into Province-wide or Zone events?
 - Summary of Feedback:
 - o Vault – too restrictive to require three families of vault – athletes should be able to choose only 1
 - o VT – add front layout from springboard, move front handspring front tuck later
 - o VT – add yurchenko tuck twisting
 - o Bars – straight or straddle – both or one?
 - o Floor – add a diversity of dance shapes on floor: cat, pike positions. Tour jete too complex for S2, inclusion of hop with straight leg at horizontal with ½ turn in S3; consider components of compulsory elite BB, split jump 1/1 and popa should be in same level, as same value. More definitive shapes and jumps, turn requirement should mimic FIG, bodywaves, and artistry passages,
 - o Floor – consider artistry “passages”
 - o Consider a trampoline component
 - o Floor – FHS, Flyspring (instead of 3 steps flyspring)
 - o FHS Front Pike
 - o S3 – double tuck bwd
 - o S4 – Double tuck backward, remove double twist
 - o Kyna Fletcher and Angie Walker offered to work on revisions to the Passport – Thank you!
5. 11:00 Presentation from CSI Pacific – by Gurveen Clair, Athlete-Coach Services Advisor
 - What are the benefits of being on a target athlete list?
6. 12:00-12:30 Lunch
7. 12:30 Review of the 2018-19 Operations Manual
 - Group 1: Part 1 and 3 (Generalities and Coaches)
 - Group 2: Part 2 (Athletes)
 - Group 2: Part 4 (Competitive Structure)
 - Group 3: Part 5 (Provincial Events)
 - Group 3: Part 6 (Team BC Events)

- Summary of Feedback:
 - o P10 vote and quorum specific
 - o 2.7.5 Travel w/chaperone needs more definition, Rule of 2
 - o 4.2.2: Clarify Mar 1 deadline and enforcement (or not), including \$25.00 fee.
 - o 4.2.3: Should there be both a max and min age grouping?
 - o 5.1 BC Games: include ages, mobility restrictions, wildcard spots info
 - o 5.2 Include referred page in NCCP
 - o 5.6 Typos
 - o 6.3 Specify (current) BC uniform to ensure continuity
 - o 6.3 Specify dress code when not in the gym
 - o 6.6 Individual Transport insurance/minor athletes – minors are never allowed to travel alone.
 - o

- 8. 1:00 Structure of BC Compulsory Championships and BC Championships
 - Numbers/levels
 - Club team awards for Compulsory Championships
 - Rule of 32.00
 - Summary of Feedback:
 - o Banners for Team Awards are popular
 - o

- 9. 1:30 Presentation of the Quadrennial Plan 2019-2023
 - How can we develop a higher quality of competition?
 - Brainstorm session Group 1: how can we best support developmental, compulsory, and JO 6/7 Optional coaches, athletes, and judges through the next 4 years?
 - Summary of Feedback:
 - o
 - o Individual training events specifically for coaches
 - o Mentorship opportunities
 - o Education for athlete yearly planning
 - o Dietician/nutrition support for clubs for parents
 - o Group travel between clubs
 - o Summer camps JO 1-7
 - o Use BC Champs to have additional professional education sessions
 - o Judges visiting clubs – more coach-judge interaction
 - o
 - Brainstorm session Group 2: how can we best support our Team BC coaches, athletes, and judges and their trajectory through the next 4 years?
 - Summary of Feedback:
 - o "Talent ID" at JO 5/A1/A2/8/9/10
 - o Use judges Strategically – selective Judge Consultation - Funding
 - o Clubs submit long list of target athletes early
 - o Monitor Physical Testing/Skills Passport for those athletes
 - o Organize early camps and team travel opportunities, meetings
 - o Find ways to support HP athletes
 - o Setting National Team/Individual Targets and expecting and planning to meet them
 - o Utilize Provincial Coach to assist/monitor/build targeted programs
 - o Develop highly specific comprehensive athlete development plans, or templates for coaches to use.
 - o Coaches need to understand their learning style and teaching style to be able to use multiple modes to meet multiple learning styles – self reflection.

- 10. 2:30 Training Camps

- List of Training Camps for the Season
 - Feedback on what aspects of training camps are most useful at all levels
 - Summary of Feedback:
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11. 3:00 Qualification to WC/CC and/or BC Games Activities
- 2019-2020 Calendar and Trial Competitions
 - Sunday Activity for BC Games
 - Summary of Feedback:
 - o Presentation on passport
 - o Something special to Fort St. John
 - o Something w/ MAG Program
 - o Amazing Race/Treasure Hunt Style
12. 3:30 Adjourn