



WHISTLER ATHLETES VILLAGE – WHISTLER GYMNASTICS 2021 TG COACHES & JUDGES RETREAT

October 16, 2021



TG HIGH PERFORMANCE ATHLETES TRAINING CAMP

October 16-17, 2021

We are so excited to be able to welcome you back to our first in-person events.

Retreat participants will form workshops to follow up on work done at the 2018 retreat and to build new long-term plans as we “return to sport”. Your input is needed and appreciated. Mark your calendar now!

COVID PROTOCOLS

All participants at the TG Retreat AND HP Athletes Camp must adhere to PHO COVID-19 requirements at all times and all GBC COVID-19 requirements in the gym setting. These requirements may change since BC is potentially going to progress to Step 4 of its reopening plan on September 7, 2021. However, due to the varied case counts, the prominence of variants and dynamic decision making from the BC Government relating to COVID-19 – please stay tuned for updates about potential COVID-19 requirements closer to the camp. We will keep you well informed!

The current requirements for **the Whistler Athletes Centre** are as follows:

To keep our guests and staff safe, we continue to operate with enhanced health & safety protocols in accordance with federal and provincial guidelines, [read more here!](#)

- Front desk hours: Monday to Friday 9:00am to 4:30pm; Limited coverage on weekends. **The use of masks in public spaces continues to be mandatory at this point.**
- Restrictions are currently still in place for the use of the self-serve kitchen, which are expected to be lifted as BC's restart plan moves forward.
- We will not be accessing your room during your stay, but we will be providing you with clean linens on a weekly basis.

LOCATION

Whistler Athletes Village / Whistler Gymnastics Centre
1080 Legacy Way, Whistler

DATE

Retreat	Saturday October 16, 2021
HP Athletes Camp	Saturday October 16 – Sunday October 17, 2021

INVITED

Retreat Coaches, Judges, Club Administrators, Elite Athletes, Parents

HP Athletes Camp

IST Targeted Athletes

Samantha Smith, Gabby Flynn, Maja Bonham, Gavin Dodd

Cassidy Bodnar, Kristina Dodd, Jasmine Parhar

Athletes who have been named to the Worlds/Wags team(s)

Athletes who competed L6 or higher in the 2020-2021 virtual season

Athletes who mobilized from L5 to L6 in the 2020-2021 virtual season

Athletes who competed L5 (without mobility) in the 2020-2021 virtual season ***

*** [Must have the Technical Chairs approval](#)

REGISTRATION

Retreat

25 people maximum (first come basis)

We strongly suggest that clubs support coaches, judges, board members and elite athletes to attend this exciting event. This is your opportunity to have your say in shaping the trampoline program as we 'return-to-sport'.

Athletes Camp

20 athletes

REGISTRATION DEADLINE

WEDNESDAY SEPTEMBER 8TH.

Registration – Opening on-line MONDAY AUGUST 16th .

You will be asked to create an account prior to registering. If you have registered on-line in the past, you will just need to log in.

ACCOMMODATIONS

Whistler Athletes Village

1080 Legacy Way, Whistler

❖ located 8km South of Whistler Village, in the area of Cheakamus Crossing (the former 2010 Olympic/Paralympic Village).

Rooms:

Athletes Lodge - Two people sharing

Each room has 2 single beds, all bed linens, bedside tables and lamps, clothing cabinets, complimentary wireless, and radiant temperature control. Two rooms share a large, accessible bathroom.

MEALS

All meals will be catered on site. One-night accommodation package includes three meals. Two-night accommodation package includes five meals.

PLEASE indicate any special dietary concerns/requests on the registration form.

COSTS

	Cost	Accommodations	Catered Meals	ADDITIONAL COSTS
RETREAT ONLY	\$175	1-night SHARED accommodation (Oct 15 th ONLY)	<u>Oct 16th</u> Breakfast Lunch Dinner	Single room by request ONLY. Additional fee will apply.
HP ATHLETES CAMP	\$185 (acc/meals/camp registration)	1-night SHARED accommodations (Oct 16 th ONLY)	<u>Oct 16th</u> Dinner <u>Oct 17th</u> Breakfast Lunch	
RETREAT & COACHES <u>Requiring 2-nights accommodations</u>	\$260	2-nights SHARED accommodations (Oct 15 th & 16 th)	<u>Oct 16</u> Breakfast Lunch Dinner <u>Oct 17th</u> Breakfast Lunch	Single room by request ONLY. Additional fee will apply.
ATHLETES <u>Requiring 2-nights accommodations</u>	\$270 (acc/meals/camp registration)	2-nights SHARED accommodations (Oct 15 th & 16 th)	<u>Oct 16</u> Breakfast Lunch Dinner <u>Oct 17th</u> Breakfast Lunch	

GUEST CLINIICANS

CARL NIENHUIS, PHD (Human Kinetics)

Dr. Carl Nienhuis is a Mental Performance Consultant (MPC) and Assistant Professor at UFV based out of Chilliwack, B.C. Carl provides mental skills training and support by working with athletes, coaches and other sport science professionals, actively consulting and counselling numerous athletes and performances across a wide-range of disciplines and competitive levels. Carl's performance coaching philosophy is built on seeking to experience meaning through appreciating and responding to others and to the demands of the moment. Aside from a few years spent in Ottawa completing his graduate studies in sport psychology, Carl has spent the majority of his life nestled in the BC's beautiful Fraser Valley.

JASON BURNETT

Jason Burnett made his Olympic debut at Beijing 2008 where he performed the most difficult routine of the competition to win the silver medal. He went on to reach the eight-man final at London 2012. In 2016, he qualified for and competed at his third Olympic Games in spite of a torn ACL in his right knee, going on to finish 14th. In June 2010 he broke his own world record by recording an 18.8 degree of difficulty at a World Cup meet in Davos, Switzerland. Graduated from University of Toronto in 2014 with a degree in Philosophy. Jason is also a certified Pilates instructor.

MARIO BRUNO

A warm welcome back to Mario who has returned to his KGTC roots, joining the coaching staff of the competitive program. A former Senior National Team Member, Mario earned a personal best 4th place finish at the 2019 World Championships in DMT. We look forward to having him back on the competition floor.

SCHEDULE

Date	Time	Participants	Function	Location
Friday October 15	4:00 – 8:00pm	Retreat	Check-in Dinner on your Own	Whistler Athletes Village
	8:00-10:00pm	Retreat	Social (shared appies /BOYB)	Whistler Athletes Village
Date	Time	Participants	Function	Location
Saturday October 16	8:00am -5:00pm	Retreat	Catered Meals Workshops	Whistler Athletes Village
	5:00pm	Retreat	Dinner Check-out	Whistler Athletes Village
	3:00pm – 5:00pm	HP Athletes Camp	Check-in Dinner	Whistler Athletes Village
	6:00pm – 9:00pm	HP Athletes Camp	IST with Carl Nienhuis Training	Whistler Gymnastics
Sunday October 17	8:00am – 3:00pm	HP Athletes Camp	Catered Meals (B/L) Training / Team Building	Whistler Gymnastics
	3:00pm	HP Athletes	Check-Out	Whistler Athletes Village

INFORMATION

Retreat

June Booth
junebooth@gmail.com

Athletes Camp

Kirsty Porter
k.porter@kgtc.ca

Registration

Debbie McBoyle
dmcboyle@gymbc.org

Please join us for this very exciting event.