



Rec & Preschool Leaders' Summit Staff Training and Development

Presented by Ali Stoffels, Owner of Rec Gym Pros

**This special extended session runs from 8:30a.m.-12:15p.m. and is offered to
Region 4 & 5 Congress attendees at no additional fee!**

Are you a supervisor, manager, or club owner responsible for training and developing rec or preschool gymnastics staff? Join us for a dynamic and interactive summit designed to foster meaningful discussions, share best practices, and explore innovative solutions to the challenges you face with supporting and growing your coaching staff.

Instead of the traditional lecture format, we'll utilize an Open Space approach - a collaborative method that encourages organic conversations and peer-driven learning. There is no single speaker or pre-set agenda; instead, participants will collectively shape the topics based on the most pressing questions, challenges, and ideas related to recruiting, on-boarding, training, mentoring and retaining recreational and preschool gymnastics coaches.

Through guided small-group discussions, you'll have the opportunity to connect with like-minded leaders, exchange valuable insights, and gain fresh perspectives. Whether you're seeking effective staff training systems, better ways to mentor new coaches, or answers to those "how do other gyms develop their staff?" questions, this workshop is your chance to learn, contribute, and grow alongside industry peers.

What to Expect:

- **A Collaborative, Open Environment** – This is a space for sharing, not competition. Come prepared to exchange ideas that will benefit your gym and the wider gymnastics community.
- **Participant-Led Discussions** – Reflect in advance on a key question, challenge, or topic you'd like to explore related to training, supporting an developing recreational program staff.
- **Engaging & Thought-Provoking Conversations** – Sessions thrive when participants share openly, think critically, and engage fully. Expect to be surprised and inspired!

- **Inclusive & Accessible for All Experience Levels** – Whether you're mentoring your first junior coach or leading a large team staff, your insights and perspectives are valued.

★ **Important Note:** This is an extended session. To maintain engagement and productivity, we will incorporate multiple short breaks rather than a long one. Please plan to stay for the full session and bring what you need to remain energized and focused.

Session Schedule (8:30 AM – 12:15 PM)

- **8:30 AM – Welcome & Introduction to Open Space**
- **8:45 AM – Agenda Setting**
- **9:00 AM – Breakout Discussions #1**
- **9:40 AM – Quick Break**
- **9:45 AM – Breakout Discussions #2**
- **10:25 AM – Quick Break**
- **10:30 AM – Breakout Discussions #3**
- **11:10 AM – Quick Break**
- **11:15 AM – Breakout Discussions #4**
- **11:55 AM – Community Harvest & Debrief**
- **12:15 PM – Conclusion**

Join us for this engaging and interactive summit—where your voice, experience, and ideas will shape the conversation!

About the Presenter

Ali Stoffels is a seasoned professional with over 25 years of experience in coaching, recreation directing, and working in the gymnastics industry. She is the Founder and Owner of Rec Gym Pros, a company dedicated to supporting and elevating recreational gymnastics programs. With a strong passion for coach and leadership development, Ali has spent more than a decade sharing her expertise as a speaker at major events, including the USAG National Congress, state clinics in Nevada and Nebraska, and conferences hosted by Gymnastics Ontario, Gymnastics BC, and Alberta Gymnastics, among others. In 2024 alone, she delivered presentations at seven national, provincial, and state clinics and led coach development events at 15 individual clubs across the U.S. and Canada. Ali also co-developed and co-facilitates Rec Director 101, an online course designed to equip new recreational directors with the skills and confidence to lead their programs and teams effectively. She holds a HBOR with a focus on Leadership and a B.Ed from Lakehead University.