

BC Throws Project (BCTP)

2018-19 Summary

- 2nd Annual BC Throws Summit (November 9-11, 2018, Richmond, BC). The BC Throws Project held its second annual BC Throws Summit at the Richmond Olympic Oval. Presenters included Don Babbit, Dr. Anatoliy Bondarchuk and Dylan Armstrong. The summit was well attended from coaches all over the region (Ontario, Pacific Northwest). Subject matter was well received as was the summit. BC Athletics and the BCTP will look to make improvements based on feedback by summit participants.
- BCTP Athlete Assistance: In lieu of a warm weather camp and/or development clinic, BC Throws Project and BC Athletics provided funding for athletes on the Targeted Athlete List for training costs based on selection criteria.

2019-20 Initiatives

- Inaugural BC Throws Development Camps (September 27-29, 2019, Kamloops, BC). Athletes and personal coaches are invited to attend the inaugural BC Throws Camp. The Camp will include competitive opportunities in addition to technical sessions (practices) with Lead Coaches. In addition to technical sessions, athletes will also receive sport science sessions.
- 3rd Annual BC Throws Summit (November 8-11, 2019, Richmond, BC). Coaches will be invited to the 3rd Annual BC Throws Summit. Summit presenters will include Don Babbit (University of Georgia), Mo Saatara (University of California, Berkeley), Larry Steinke (University of Lethbridge / Athletics Canada). This year's addition will look at address all throwing events and provide theoretical and practical (hands on) applications for development through to high performance training plans.
- Other Initiatives: The BC Throws Project will look to provide more support and build more partnerships through the 2019-20 season with the goal of qualifying more throws athletes to provincial and national teams and improve performances on the international stage.

Submitted by Garrett Collier (BC Throws Project Committee Member)