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# 2020 BC THROWS SUMMIT

NOV 7, 8, 10, 12, 2020



All Times Shown are in Pacific Time (PT)

## Saturday, Nov 7, 2020

9:00 am to 10:00 am	<b>Introduction with Don Babbitt</b>
10:00 am to 11:00 am	<b>Keynote Addresses: Boris Henry</b>
11:00 am to 11:15 am	Break
11:15 am to 12:15 am	<b>Presentation: Coaching from a World Class Technical Model (Don Babbitt)</b> Lunch
1:00 pm to 2:30 pm	<b>Live Practical Session (Ryan Whiting)</b>
2:30 pm to 3:00 pm	<b>Closing Remarks from Don Babbitt</b>

## Sunday, Nov 8, 2020

9:00 am to 10:00 am	<b>Presentation: Power Training – What is Important vs. What Isn't? (Don Babbitt)</b>
10:00 am to 11:00 am	<b>Keynote Addresses: Boris Henry</b>
11:00 am to 11:15 am	Break
11:15 am to 12:15 am	<b>Live Practical Session - Glide vs. Rotational Shot Put (Ashley Kovacs)</b> Lunch
1:00 pm to 2:30 pm	<b>Presentation: Discus Throw: Adapting the Training Program for Different Athletes (Ryan Whiting)</b>
2:30 pm to 3:00 pm	<b>Closing Remarks from Don Babbitt</b>

## Tuesday, Nov 10, 2020

5:00 pm to 6:30 pm	<b>Presentation: Power Training – What is Important vs. What Isn't? Part II (Don Babbitt)</b>
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## Thursday, Nov 12, 2020

5:00 pm to 6:30 pm	<b>Building a World Champion / Coaches Roundtable (Ashley Kovacs &amp; Don Babbitt)</b>
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