

Fortius Athlete Development Centre, Burnaby BC

August 11th 2014

Arriving last week to Fortius Athlete Development Centre in Burnaby, BC twelve young athletes came together from coast to coast to participate in the Courage Canada National Youth Blind Hockey Camp, running from August 7 -12. The camp provided athletes who are blind or partially sighted daily hockey training as well as several introductory sport sessions including Beep Baseball, 5-a-side Soccer, Run Jump Throw and Strength and conditioning training.

In preparation for the big hockey match versus the Vancouver Eclipse team that evening the Courage Canada athletes took the turf to try out the Run Jump Throw program with a focus on running and throwing activities. After learning the technical elements of a run practicing their ABC's and were all educated on going "back to basics" with some of the Run Jump Throw activities can further develop their overall athletic ability and performance in many different sports – not just track and field.! The throwing activities were a particular highlight for this group starting with popular "throw-on-a-rope" where everyone got a feel for the technique behind javelin throw. From there the group practiced their overhand throws starting with beanbag toss progressing to small and larger balls and finally to oversize hula hoops. With various objects soaring down the field the group learned how to generate power in their throws with proper body position and movement. To conclude the session, teammates challenged each other to a race starting belly down on the track with a short running dash to cross the finish line.

A big thank you to the talented ladies and gentlemen from Victoria BC to Bay Roberts Newfoundland who participated! Also, to [BC Blind Sports](#), Mike Lonergan who led the session and Courage Canada for facilitating this amazing opportunity!

For more information on Courage Canada programming visit <http://www.couragecanada.ca/>

