



BC Throws Project Provincial Development Camp

Tentative Schedule (Subject to Change)

Overview

At the 2020 BC Throws Project Development Camp we plan to offer more practical/technical sessions in the specific events. Athletes / coaches will have opportunity to participate in more than one event as we can will have concurrent sessions and the opportunity to participate on the field in their events of their choice.

Pre-Clinic - Thursday September 24, 2020

For athletes and coaches who can arrive on the Thursday, there is an optional late afternoon / evening training session with a Lead Coach and mentor athlete. Time To Be Determined.

DAY 1 - Friday September 25, 2020

9:30 – 10:00AM Pre meet warm up and shake out for those competing. If not competing training session can be held. Lead coaches will be available to have small group question and answer with coaches and athletes.

3:00PM Bondarchuk Cup (*Meet Registration is separate from camp)

7:00PM Introduction / Coaches meeting / Need Analysis / Q and A (Location: Tournament Capital Centre)

DAY 2 - Saturday September 26, 2020

9:00AM - Technical Session A (Throwing Session)

11:00AM - Technical Session B (Throwing Session and Question & Answer)

1:00PM - Lunch Break

2:00PM - Technical Session C (Throwing session and Question & Answer)

3:00PM - Coaches / Athlete Round table and event specific questions at circle and run up

4:30PM - Technical Session D (Strength or Throws)

6:00PM - Debrief Session / Coaches Needs Analysis / Future Planning

DAY 3 - Sunday September 27, 2020

9:00AM BCTP Provincial Development Camp Mini Meet (Meet Entry Included in Camp Registration)

Approximate Mini Meet Schedule:

9AM – Shot Put

9AM – Javelin Throw

10AM – Hammer Throw

11AM – Discus Throw