

# BC THROWS SUMMIT



**Dates:** November 10 - 11, 2018

**Location:** Richmond Olympic Oval, Richmond, BC (Room: Legacy Suite)

**Cost:** \$125.00 for BC Athletics Annual Coach Members or equivalent from another Prov/Terr, or National Athletics Federation. \$150.00 for non-members.

**Keynote Speakers:** Don Babbitt, Dr. Anatoli Bondarchuk, Dylan Armstrong

**Target Audience:** Coaches working with high school, University and Post Collegiate athletes in the Shot Put, Discus & Hammer Throw events.

#### Hotel Information:



The Hilton Vancouver Airport is offering a discounted room rate of \$169 (Plus Taxes). Rate includes Complimentary Parking, Complimentary shuttle to and from YVR Airport, and Complimentary WIFI in all guest rooms. [Online Booking Link](#)

**Meals:** Included with registration (Saturday – Breakfast, Lunch, Dinner; Sunday – Breakfast, Lunch)

[Register Here](#)

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## Summit Overview

#### GUEST PRESENTER: Don Babbitt

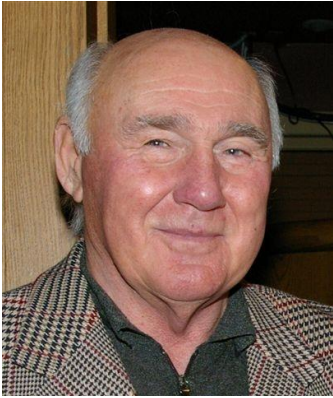


**Don Babbitt** is currently the Associate Head Coach and throws coach at the University of Georgia, where has worked for the past 23 years. Don is the CSCS Editor for the throwing events for the IAAF since 2010.

As a coach he has guided 53 athletes in major international competitions in all four throwing disciplines. These athletes have gone on to win 21 medals. The most notable of these athletes are 2004 Olympic and 2005 World Outdoor Shot Put Champion, Adam Nelson, and 2006 World Indoor and 2007 World Outdoor Shot Put Champion, Reese Hoffa.

As an educator, Don consults nationally and internationally providing coach education and mentorship for the throwing events.

**GUEST PRESENTER: Anatoliy Bondarchuk**



**Anatoliy Bondarchuk** took up athletics and hammer throwing in 1964, when he was 24-years-old. He soon rose to be one of the world's top hammer throwers. Bondarchuk came to prominence in 1969, winning his first Soviet title, followed by the European title. His winning mark of 74.68 at the European Championships was also a world record, which he bettered a month later with 75. In the 1972 Olympic final, Bondarchuk showed top form by throwing the gold medal mark of 75.50 in the first round.

After the 1974 Europeans Bondarchuk quit athletics and began to coach young Soviet hammer throwers Yuriy Sedykh and Juri Tamm. In 1976 he made a brief comeback to compete at the Olympics where he won a bronze medal.

Bondarchuk is a renowned throwing coach. He coached the 1980 and 1988 Soviet Olympic teams and from 1991-2004 was head coach of the Qatar national team. In 2004, Bondarchuk moved to Kamloops, British Columbia where he coached numerous athlete's, including Dylan Armstrong (Olympian 2008 Shot put bronze, 2012). Bondarchuk wrote 11 textbooks about training methodology and nearly 200 articles. His two-volume work *Transfer of Training in Sports* is considered the classic text on that subject. Personal Best\ : HT 77.42 (1976).

**GUEST PRESENTER: Dylan Armstrong**



Dylan Armstrong is a former shot putter for Canada. He is a two-time Pan American Games champion, a Commonwealth Games champion, 2011 Diamond League Champion, and has also won world championship silver and bronze medals. He was awarded the bronze medal at the 2008 Summer Olympics seven years after the event in 2015, following a doping disqualification by competitor Andrei Mikhnevich. Armstrong holds the Canadian national record and the Pan American Games record for shot put, and is a former holder of the Commonwealth games record. With his world championship medal, Armstrong was the first Canadian to reach the podium in a throwing event in a major global competition.

**Summit Schedule:**  
**\*\*\*Subject to Change\*\*\***

**SATURDAY, NOVEMBER 10, 2018**

08:30 AM – 09:00 AM	Registration / Coffee & Pastries	Legacy Suite
09:00 AM – 09:30 AM	Introductions	Legacy Suite
09:30 AM – 11:00 AM	<b>Don Babbitt</b> - Review of the 2017 IAAF World's data on the javelin throw and training implications	Legacy Suite
11:00 AM – 11:15 AM	Coffee Break	Legacy Suite
11:15 AM – 12:45 PM	<b>Dr. Bondarchuk &amp; Dylan Armstrong</b> – Preparing and planning for Dylan Armstrong's Global Success	Legacy Suite
12:45 PM – 1:30 PM	LUNCH	Legacy Suite
1:30 PM – 3:00 PM	<b>Dr. Bondarchuk &amp; Dylan Armstrong</b> - Similarities and differences when training hammer with Sedyck, Litvanov, & Tamm	Legacy Suite
3:00 PM – 3:15 PM	Coffee Break	Legacy Suite
3:15 PM – 4:45 PM	<b>Don Babbitt</b> - From 2017 World Championships research differences between men and women's hammer and training implications based on these findings.	Legacy Suite
5:00 PM – 6:00 PM	Dinner & Debrief	Legacy Suite
6:00 PM – 8:00 PM	Throwside Chat / Informal Question & Answer period	Legacy Suite

## SUNDAY – NOVEMBER 11, 2018

08:00 AM – 08:30 AM	Breakfast – Coffee & Pastries	Legacy Suite
08:30 AM – 10:00 AM	<b>Don Babbitt</b> - Using the Discus event distinguishing between developmental athletes and elite athletes? Long Term Athlete Development and the NCAA. How can they co-exist effectively?	Legacy Suite
10:00 AM – 10:15 AM	Coffee Break	Legacy Suite
10:15 AM – 11:45 AM	<b>Dr. Bondarchuk &amp; Dylan Armstrong</b> - How do you identify and select specific exercises to transfer to the throwing events (meso-cycle specific, special strength, special development).	Legacy Suite
12:00 PM – 12:30 PM	LUNCH	Legacy Suite
12:30 PM – 14:00 PM	<b>Don Babbitt</b> - Discus throw research findings and training.	Legacy Suite
14:00 PM – 15:00 PM	<b>Dr. Bondarchuk &amp; Dylan Armstrong</b> - How do you select implement weights for an athlete?	Legacy Suite
15:00 PM – 15:30 PM	Final Thoughts / Q&A	Legacy Suite