BC THROWS
PROJECT / DEVELOPMENT CAMP
2019

Sept 27-29, 2019
Kamloops

OVERVIEW

The BC Throws Project Development Camp aims to help develop athletes in Throws (Hammer, Javelin, Shot Put & Discus) who are aged 14+ to achieve national and international performances with a combination of practical and theory sessions for both athletes and their personal coaches.

Eligibility: U16/U18/U20/Senior/Para Athletes

Cost: _$175 (non BC Athletics Members) / $150 (2019 BC Athletics Members)_ *+Taxes and Fees (includes lunches & t-shirt, accommodation extra)*

personal coaches strongly encouraged to attend, U16 and U18 athletes must be accompanied by personal coach or parent/guardian
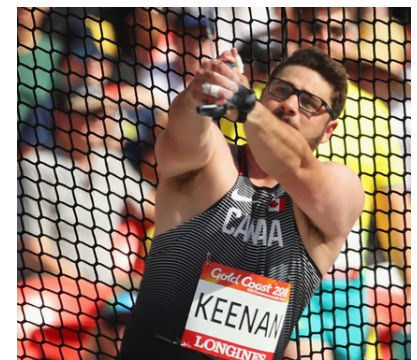

Accommodation: Pacific Inn & Suites - all have Continental Breakfast, Wi-Fi & Parking

- 2 Queen Beds ($109.00/Night)
- Mini Suites - 2 Queen Beds, 1 Pullout ($129.00/Night)
- King ($109.00/Night)

Reservations: 250-372-0952 (Group Name: Kamloops Track & Field Club)

BC Athletics adheres to the Coaching Association of Canada's Responsible Coaching Movement and requires athletes to only share rooms with other athletes while coaches may share room with other Coaches

Register Now! Deadline Sept 15 | trackiereg.com/2019-BCTPCAMP

BC ATHLETICS
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KAMLOOPS TRACK & FIELD

PACIFIC SPORT
INTERIOR BC

BCTHROWS PROJECT

BC THROWS

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Schedule Information

Location: Tournament Capital Centre, Kamloops, BC

DAY 1 - Friday September 27, 2019

3:00PM	Bondarchuk Cup (*registration is separate from camp*)
7:00PM	Introduction
8:00PM	Coaches Meeting/ Video Session/ Need Analysis

DAY 2 - Saturday September 28, 2019

08:00AM	Breakfast (Continental Breakfast Served at Hotel for guests)
9:00AM	Technical Session A
11:00AM	Technical Session B
1:00PM	Lunch (provided)
2:00PM	Performance Seminar - Mental Performance
3:00PM	Performance Seminar - Sports Nutrition
4:30PM	Technical Session C
6:00PM	Debrief Session

DAY 3 - Sunday September 29, 2019

8:00AM	Breakfast (Continental Breakfast Served at Hotel)
9:00AM	BCTP Development Camp Mini Meet (Registration Included)
12:00PM	Lunch (provided)
1:00PM	Technical Session D
3:00PM	Debrief Session

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