

# BC SPRINTS / JUMPS

## PROJECT DEVELOPMENT CAMP

### 2020

March 14, 2020  
Burnaby

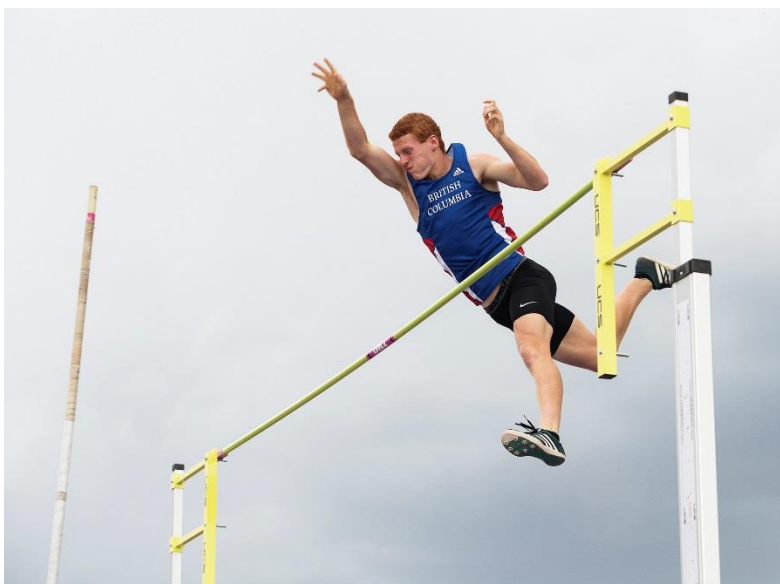
### OVERVIEW

The BC Sprints/Jumps Project Development Camp aims to help develop U16/U18/U20/Senior/Para athletes in the Sprints & Jumping events 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: \$100 (BC Athletics Members) / \$125 (Non-BC Athletics Members) + Taxes & Fees

\*personal coaches strongly encouraged to attend. U16 & U18 athletes must be accompanied by personal coach or parent/guardian.



Register Now! Deadline March 5, 2020 | [trackiereg.com/2020-BCSPCAMP](http://trackiereg.com/2020-BCSPCAMP)



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## Schedule Information

Location: Fortius Sport & Health | Swangard Stadium

Saturday, March 14, 2020

Time	Activity	Location
8:30AM	Introductions / BC High Performance Program Overview	Fortius Sport & Health – Meeting Room
9:00AM	Depart for Swangard Stadium	
9:30AM	Workout (Biomechanist Video Capture)	Swangard Stadium
11:45AM	Depart for Fortius Sport & Health	
12:00PM	Lunch (Catered by Fortius Bistro)	Fortius Sport & Health – Meeting Room
12:45PM	Biomechanics / Video Review	Fortius Sport & Health – Meeting Room
2:00PM	Nutrition: Fuelling for Speed & Power	Fortius Sport & Health – Meeting Room
3:00PM	Strength & Conditioning Workout	Fortius Sport & Health – Performance Training Centre
4:00PM	Roundtable Discussion & Conclusion	Fortius Sport & Health – Meeting Room

