

Register: WWW.TRACKIEREG.COM/BCTHROWSSUMMIT2020

2020 BC THROWS SUMMIT

NOV 7, 8, 10, 12, 2020



All Times Shown are in Pacific Time (PT)

Saturday, Nov 7, 2020

9:00 am to 10:00 am	Introduction with Don Babbitt
10:00 am to 11:00 am	Keynote Address – The Development of World Champion Johannes Vetter (Boris Henry)
11:00 am to 11:15 am	Break
11:15 am to 12:15 am	Presentation: Coaching from a World Class Technical Model (Don Babbitt)
	Lunch
1:00 pm to 2:30 pm	Live Practical Session (Ryan Whiting)
2:30 pm to 3:00 pm	Closing Remarks from Don Babbitt

Sunday, Nov 8, 2020

9:00 am to 10:00 am	Presentation: Power Training – What is Important vs. What Isn't? (Don Babbitt)
10:00 am to 11:00 am	Keynote Address – How to Throw the Perfect Javelin (Boris Henry)
11:00 am to 11:15 am	Break
11:15 am to 12:15 am	Live Practical Session - Glide vs. Rotational Shot Put (Ashley Kovacs)
	Lunch
1:00 pm to 2:30 pm	Presentation: Discus Throw: Adapting the Training Program for Different Athletes (Ryan Whiting)
2:30 pm to 3:00 pm	Closing Remarks from Don Babbitt

Tuesday, Nov 10, 2020

5:00 pm to 6:30 pm	Presentation: Power Training – What is Important vs. What Isn't? Part II (Don Babbitt)
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Thursday, Nov 12, 2020

5:00 pm to 6:30 pm	Building a World Champion / Coaches Roundtable (Ashley Kovacs & Don Babbitt)
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