



2021 BC Throws Project Development Camp

Kamloops, BC | September 17-19, 2021



CAMP SCHEDULE

All Able body and para athletes welcome
U16 (2007) - Masters

Friday September 17

3-7pm: KTFC Bondarchuk Cup (separate registration)

7-9pm: Post meet social and Camp kick off (light dinner provided)

Saturday September 18

9-11am: Technical Throwing session #1 (all events offered)

11-12pm: Strength & Conditioning session

12-1:30pm: Lunch (provided)

1:30-3:30pm: Athlete Seminar (topic TBA)

1:30-3:30pm: Coach Roundtable

4-6pm: Technical Throwing Session #2 (all events offered)

6-7:30pm: Dinner (on your own)

8-9pm: Optional Athlete/Coach Seminar (TBA)

Sunday September 19

9am-1pm: BCTP Mini Meet

1-2pm: Camp Debrief and Wrap Up

*schedule subject to revisions based on Camp registration

Camp Fee: Athletes & Coaches

- \$160 (+GST) for BCA (or equivalent) members
- \$180 (+GST) for non-members
 - Food & Camp TShirt included!

REGISTER: WWW.TRACKIEREG.COM/2021THROWSCAMP