

SUMMIT SCHEDULE (PACIFIC STANDARD TIME)

SATURDAY NOVEMBER 6, 2021

9:00-4:45PM

9:00-9:15am: WELCOME

9:15-10:45am: **Exclusive Interview with Vesteynn Hafsteinsson and Don Babbitt**

10:45-11:00am: BREAK

11:00-12:15pm: **Dale Stevenson: Physics and People: A problem-solving approach to Throws**

12:15-1:00pm: BREAK

1:00-2:00pm: **Don Babbitt: Training considerations for success from high school to world class throwers**

2:00-3:15pm: **Mohamad Sataara: Training and coaching considerations for successful outcomes, collegiate to world class**

3:15-3:30pm: BREAK

3:30-4:30pm: **Coach Q&A**

4:30-4:45pm: CLOSING

SUNDAY NOVEMBER 7, 2021

9:00-4:30PM

9:00-9:15am: WELCOME

9:15-10:30am: **Paddy McGrath: Coaching methodology for beginner hammer throwers**

10:30-11:30am: **Mohamad Sataara & Camryn Rogers: Technical Priorities in the Hammer Throw: Learning and mastering technical points**

11:30-12:00pm: BREAK

12:00-1:00pm: **Paddy McGrath & Rudy Winkler: Coaching methodology for Rudy Winkler's professional career**

1:00-2:00pm: **Dale Stevenson & Lauren Bruce: Progressing our Process: A case study in the evolution of Lauren Bruce**

2:00-2:15pm: BREAK

2:15-3:15pm: **A Roundtable Conversation with Camryn Rogers, Lauren Bruce, Kara Winger & Kim Cousins**

3:15-4:15pm: **Coach/Athlete Q&A**

4:15-4:30pm: CLOSING