2022 Athletics Ontario Throws Summit

DAY 1 and 2 Schedule

# Friday, April 29th, 2022

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|  | 5:30pm – 6:00pm | | Introductions/Registration Time | | Upstairs Meeting Room | |
|  | 6:15pm – 7:15pm | | Theory Session 1: Shot Put  *A theory session for coaches led by Richard Parkinson*  Athlete Session 1: Post-Secondary Opportunities  *A session led by Nathan Stern and current/former USport and NCAA Athletes* | | Upstairs Meeting Room  Back Throwing Room | |
|  | 7:30pm – 8:30pm | | Practical Session 1: Shot Put  A session for athletes and coaches led by Richard Parkinson  Dinner Boxes to Go Saturday, April 30th, 2022 | | Shot Put Circle | |
|  | 10:00am – 11:00am | | Theory Session 2: Discus  *A theory session for coaches led by John Allan*  Athlete Session 2: Nutrition  *An Interactive workshop for athletes led by*  *Haley Gordon-Martin from One Academy Life* | | Upstairs Meeting Room  Back Throwing Room | |
|  | 11:15am – 12:15pm | | Practical Session 2: Discus  A practical session for athletes and coaches led by John Allan  LUNCH | | Outdoor Discus Circle | |
| 1:00pm – 2:00pm | | Theory Session 3: Javelin  *A theory session for coaches led by Bill Heikkila*  Athlete Session 3: Mental Performance for Athletes  *An Interactive workshop for athletes led by Brittney Gibbs, MSc* | | Upstairs Meeting Room  Back Throwing Room | |
| 2:15pm – 3:15pm | | Practical Session 3: Javelin  *A practical session for coaches and athletes* | | Outside Javelin Runway | |
| 3:30pm – 4:30pm | | Theory Session 4: Hammer/Weight Throw *A theory session led by John Allan*  Athlete Session 4: Injury Prevention  *An interactive workshop led by Dr. Anojan Sivalingam* | | Upstairs Meeting Room  Back Throwing Room | |
| 4:45pm – 5:45pm | | Practical Session 4: Hammer/Weight Throw  *A practical session led by John Allan.* | | Outside Hammer Circle | |