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 RoomBack Throwing Room |
|  | 7:30pm – 8:30pm  | Practical Session 1: Shot Put A session for athletes and coaches led by Richard ParkinsonDinner 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 RoomBack Throwing Room |
|  | 11:15am – 12:15pm | Practical Session 2: Discus A practical session for athletes and coaches led by John AllanLUNCH  | 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 RoomBack 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 RoomBack Throwing Room  |
| 4:45pm – 5:45pm | Practical Session 4: Hammer/Weight Throw*A practical session led by John Allan.*  | Outside Hammer Circle  |