



2022 BC Throws Project Development Camp



Kamloops, BC | September 16-18, 2022

CAMP SCHEDULE

All Able body and para throws athletes welcome
Born in 2009-SR Athletes

JOIN US FOR A WEEKEND OF THROWING, FOOD, FRIENDS AND FUN
WITH WORLD CLASS COACHING AND MENTORSHIP

Friday September 16

- **3:30-7:00pm:** KTFC Bondarchuk Cup (register separately)
- **7:00-9:00pm:** Camp Kick Off Dinner (provided)

Saturday September 17

- **9:00-10:45am:** Technical Session
- **10:45-11:00am:** Snack Break
- **11:00-1:00pm:** Mental Performance Session w/ Mental Performance Consultant Leanne Fielding
- **1:00-2:00pm:** Lunch (provided)
- **2:00-4:00pm:** Technical Session
- **4:00-4:30pm:** Wrap up

Sunday September 18

- **10:00-1:00pm:** BC Throws Project Mini Meet

Athletes and coaches enrolled in the 2022 BC Athletics High Performance Program (CSI-P) are eligible for a 10% discount on registration. Email for a **PROMO CODE**

REGISTER: WWW.TRACKIEREG.COM/2022THROWSCAMP

QUESTIONS? MEGANN.VANDERVLIEET@BCATHLETICS.ORG