



ATHLETICS
ATHLÉTISME
CANADA



2022 CANADIAN THROWS SUMMIT

PRESENTED BY BC Athletics
& Athletics Ontario



LIVE VIRTUAL EVENT
NOVEMBER 5, 2022

AC Memebers: \$99
Non AC Members: \$149

*plus taxes and Trackie fees
**all prices in CDN \$\$

LIVE IN RICHMOND, BC
NOVEMBER 11-13, 2022

AC Members: \$249
Non AC Members: \$299
Technical Sessions Only: \$99

*plus taxes and Trackie fees
**all prices in CDN \$\$



RICHARD PARKINSON (CAN)



BILL HEIKKILA (CAN)



BOGDAN POPRAWSKI (CAN)



**DANIELLE CHOW-LEONG
(CAN)**



MO SAATARA (USA)



KARA & RUSS WINGER (USA)



CAMRYN ROGERS (CAN)



MYKOLAS ALEKNA (LTU)

REGISTER NOW:

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VIRTUAL SCHEDULE:

SATURDAY November 5, 2022			
Time (EST):	Session:	Location:	Presenter(s):
10:30am	Welcome & Introductions	Virtual	Brendan Cole (Athletics Ontario)
11:00am	Skill and Technique Development for the Javelin	Virtual	Bill Heikkila
12:30pm	Self Management and therapy for Throwers	Virtual	Danielle Chow-Leong
	Break		
3:00pm	Aspects of speed, strength and Power in the Throwing Events	Virtual	Bogdan Poprawski
4:30pm	Lessons on rotational shot put	Virtual	Richard Parkinson

All sessions times are in EST:

ABOUT THE SPEAKERS:

Bill Heikkila: Skill and Technique Development for the Javelin

Bill has over 45 years of coaching in Ontario, and is a javelin coach with the Ottawa Lions TFC. Bill has served as a coach at the 1982 Commonwealth Games, 1983 IAAF World Championships, 1986 Pan Am Junior Championships, 1987 Pan Am Games, 1990 Commonwealth Games, 1993 World University Championships and 2001 Jeux de la Francophonie. As an athlete, Bill was a Javelin thrower at the 1968 Olympics, 1967 Pan Am Games, and the 1970 Commonwealth Games.

Danielle Chow-Leong: Self Management and Therapy for Throwers

Danielle Chow-Leong is a graduate of the University Of Toronto's Physical and Health Education Programme and then went the Sutherland & Chan where she graduated and became a RMT in 1999.

Since 2013 Danielle has worked with Athletics Canada and has travelled as part of the Medical Team to multiple Olympic Games, World Championships, Commonwealth Games, and many training camps. Danielle believes that massage therapy plays a key role in optimizing the body for high performance, managing life's stresses, and is essential for long-term health and wellness.

Bogdan Poprawski: Aspects of Speed, Strength, and Power in the Throwing Events

Canada's national team head coach at the 1997 world championships in Athens, Greece, Bogdan brings a wealth of knowledge to the 2022 National Throws Summit. He was an Olympic team coach in 1998 and 1992 and the personal coach of three Olympians – Ray Lazdins (1988), Steve Feraday (1988, 1992) and Jason Gervais (2000).

Richard Parkinson: Lessons on Rotational Shot Put

Richard's International coach experience includes 18 national team-coaching assignments, including: 4 World Championships, 2 Pan Am Games, 2016 + 2020 Olympic Games, and the 2018 + 2022 Commonwealth Games. In 2022, he led Canadian shot putter, Sarah Mitton, in setting a new Canadian Record of 20.33m, winning Commonwealth Games gold, and a 4th place finish at the World Athletics Championships.

A highly technical and analytical planner, Richard is relentless in monitoring and tracking each athlete's training progress to ensure that they successfully perform on the specific day it when it counts. In constant pursuit of high performance success and providing the very best training and technical advances for his athletes to he has developed long-standing relationships with some of the very best throws coaches from across Canada and around the world.



PRESENTED BY BC Athletics & Athletics Ontario



RICHMOND OLYMPIC OVAL

RICHMOND SPORT HOSTING



Bib Numbers Track + Field Equipment



LIVE IN RICHMOND, BC SUMMIT SCHEDULE:

FRIDAY November 11, 2022			
Time:	Session:	Location:	Presenter(s):
5:00 PM	Welcome & Introductions	Richmond Oval	Garrett Collier
5:05 PM	2022 Season Review: Observations Rogers and Alekna	Richmond Oval	Mo Saatara / Carmyn Rogers / Mykolos Alekna
6:30 PM	Social & Light Dinner (provided)	Richmond Oval	
8:00 PM	End of Day 1		
SATURDAY November 12, 2022			
8:00 AM	Breakfast (on your own)		
9:00 AM	Technical Analysis - Mykolos Alekna	Richmond Oval	Mo Saatara
10:00 AM	Technical Analysis - Camryn Rogers	Richmond Oval	Mo Saatara
12:00 PM	Lunch (provided)		
1:30 PM	Live Training Session - Camryn Rogers and Mykolos Alekna	Collier Throwing Centre @ Minoru Park	Mo Saatara
3:30 PM	Program Design for Hammer Throw - Development to Elite	Richmond Oval	Mo Saatara
5:00 PM	Program Design for Discus Throw - Development to Elite	Richmond Oval	Mo Saatara
6:30 PM	End of Day 1		
SUNDAY November 13, 2022			
8:00 AM	Breakfast (on your own)		
9:00 AM	2022 Season Review: Kara Winger	Richmond Oval	Russ & Kara Winger
10:00 AM	Live Training Session - Kara Winger	Collier Throwing Centre @ Minoru Park	Russ & Kara Winger
12:00 PM	Presenter Roundtable	Richmond Oval	All presenters
1:30 PM	Closing Remarks	Richmond Oval	All presenters



LIVE IN RICHMOND, BC

VENUES:

Collier Throwing Centre @ Minoru Park

- 7191 Granville Ave, Richmond, BC

Richmond Olympic Oval

- 611 River Rd., Richmond, BC

ACCOMODATION:

A block of rooms has been reserved at the Richmond Hilton Vancouver Airport (5911 Minoru Blvd)

- There is a complimentary shuttle available for those flying to and from Vancouver International Airport
- Room's can be reserved for \$209 CAD per night (plus taxes and fees)
- Rooms will only be held until October 26, 2022

[BOOK HERE](#)

