



BCTHROWS
PROJECT



GOLD MEDAL HAMMER CAMP

Featuring World Champion Ethan Katzberg

SUNDAY OCTOBER 1, 2023		
Time:	Session:	Location:
11:00-1:00pm	Welcome & Throwing Session	McLeod Athletic Park
1:00-1:30pm	Lunch (provided)	McLeod Athletic Park Grandstand Meeting Room
1:30-2:30pm	Meet & Greet / Coach Q&A	McLeod Athletic Park Grandstand Meeting Room
2:30-4:30pm	Throwing Session	McLeod Athletic Park

CALLING ALL HAMMER THROWERS!

**You are invited to GOLD Medal Hammer Camp with 2023 World
Champion, Ethan Katzberg**

- **COST:**
 - BCA Athlete Members: \$75 (+GST & Trackie Fees) *includes limited edition BC Throws Project TShirt
 - NON Athlete Members: \$100 (+GST & Trackie Fees) *includes limited edition BC Throws Project TShirt
 - BCA Coach Members: \$25 (+GST & Trackie Fees) *includes limited edition BC Throws Project TShirt
 - BCA Coach Non Members: \$50 (+GST & Trackie Fees) *includes limited edition BC Throws Project TShirt
- Open to athletes aged 12+ (athletes should have some hammer throwing experience prior to attending camp).
- Open to coaches who want to learn more about coaching the hammer throw.
- Athletes are encouraged to bring their own implement for training sessions.
- [REGISTER TODAY!](#)

