

THE THIRD ANNUAL THROWERS CLUB PROVINCIAL THROWS SUMMIT APRIL 26-27 2024

Friday April 26

4:30 - 5:00 - Registration, check in upstairs at TTFC, drinks and snacks

5:00 All participants meet at the indoor shotput circle bleachers

5:05 - 5:15 AO Official Sharon Powell - rules and safety

5:15 - 5:30 Warm up as a whole group

5:30 - 6:15 Split up into groups for shot put instruction, throwing progressions: rotational/glide

6:15 - 7:00 Rotate to another group for continued throwing progressions: rotational/glide

7:00 Meet upstairs for refreshments or continue training

8:30 TTFC closes

We ask for seed distances in the registration so that we can group athletes by distance and ability. Coaches, officials, parents etc can put any “seed” number as a placeholder to complete the registration. Be sure to answer the questions that follow indicating your role within the track and field community and what you hope to gain from attending the summit.

There will be instruction at possibly 3 shotput stations. Each coach will focus on a different aspect of technique. One will be mainly glide technique while the other will focus on rotational technique, the third will be for athletes and coaches new to the event. Feel free to rotate through each station throughout the evening, or stay at one station with one coach, it’s up to you. We will finish at 7:00 pm however TTFC closes at 8:30, so feel free to continue working out and training.

Saturday April 27 Rain or shine! Be prepared for all types of weather

8:30 - 9:00 am Registration, Coffee, snacks

9:00 - 11:00 am Discus outside

9:00 - 9:20 am Warm up as a whole group

9:20 - 10:50 am Split up into smaller groups for instruction and technique progression

10:50 - 11:00 am Break

11:00 - 1:00 pm Javelin outside

11:00 - 11:20 am Warm Up as a group

11:20 - 12:50 pm Split up into smaller groups for instruction and technique progression

12:30 - 2:00 pm Lunch and Networking

1:30 - 3:00 pm Hammer and Weight Throw outside

Warm up as a group

Instruction and technique progression

4:00pm TTFC closes