



GOLD MEDAL HAMMER CAMP

A CHANCE TO LEARN FROM WORLD AND OLYMPIC CHAMPIONS
CAMRYN ROGERS & ETHAN KATZBERG,
OLYMPIC FINALIST ROWAN HAMILTON
 &
COACH DYLAN ARMSTRONG

SATURDAY OCTOBER 19 – Meet & Greet and Q&A Panel

6:00 PM – 9:00 PM	Pizza Party with the Olympians, ft. Camryn, Ethan, Rowan & Coach Dylan Armstrong	Location TBA (Lower Mainland)
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SUNDAY OCTOBER 20 – Training Session and Lunch

9:00 AM – 12:00 PM	Advanced Hammer Athletes Session (Personal Best: F>45m / M >50m)	McLeod Athletic Park (Langley)
12:15 PM – 1:30 PM	Lunch (included)	McLeod Athletic Park (Langley)
1:30PM – 4:30 PM	Development Hammer Athletes Session (Personal Best: F<45m / M<50m)	McLeod Athletic Park (Langley)

OPEN TO ATHLETES 12+ WITH SOME EXPERIENCE WITH THROWING HAMMER (50 ATHLETES MAX)
 OPEN TO COACHES (UNLIMITED)
 OFFICIAL GOLD MEDAL HAMMER CAMP T-SHIRT INCLUDED

- \$150.00 CDN for all Athletics Canada Member ATHLETES
- \$200.00 CDN for all Non-Athletics Canada Member ATHLETES
- \$75.00 CDN for all Athletics Canada Member COACHES
- \$125.00 CDN for all Non-Athletics Canada Member COACHES



REGISTER BY SEPTEMBER 30, 2024 (SPACE IS LIMITED)



This camp is made possible through funding provided through the Enhanced Excellence Program