



FINAL AGENDA

TRINITY WESTERN UNIVERSITY

ROBERT G KUHN (RGK) BUILDING | ROOM 116
22500 UNIVERSITY DRIVE
TOWNSHIP OF LANGLEY, BC V2U 1Y1

Pay parking available directly outside of building, in front of Gymnasium building.

SATURDAY OCTOBER 19, 2024	
6:00 PM – 6:30 PM	Doors Open (Mix + Mingle)
6:30 PM – 7:00 PM	Dinner
7:00 PM – 7:05 PM	Welcome + Introductions
7:05 PM – 8:05 PM	Olympic Panel Discussion + Q & A
8:05 PM – 8:45 PM	Reaction Based Training: Ethan Katzberg 2024 Presented by: Dylan Armstrong (* Athletes Optional)
8:45 PM – 9:00 PM	Wrap Up

MCLEOD ATHLETIC PARK (HAMMER RING)

5687 216 STREET
TOWNSHIP OF LANGLEY, BC V2Y 2N5

SUNDAY OCTOBER 20, 2024	
9:00 AM – 9:05 AM	Welcome + Introductions
9:05 AM – 12:00 PM	*Hammer Session 1: Advanced Group
12:00 PM – 1:15 PM	Lunch (included) + Athlete Mix & Mingle Coach Q&A with Dylan Armstrong
1:30 PM – 1:35 PM	Welcome + Introductions
1:35 PM – 4:30 PM	*Hammer Session 2: Development Group

*Athletes are asked to please bring their own implements; limited implements will be available.