

BC Throws Summit

Presented by BC Athletics &
The BC Throws Project



OCTOBER 21-22, 2017

Fortius Athlete Development Center
3713 Kensington Avenue
Burnaby, BC V5B0A7

\$50.00 BC Athletics Coach Members
\$75.00 Non-BC Athletics Coach Members

GUEST PRESENTER: NICK SHEUERMAN



- 2000-2004 Mentored through high school by Nick Garcia
- 2004-2009 Discus and Hammer at UCSB under coach John Dagata
- 2009 Assistant coach at Iowa State
- 2010-2012 Assistant Coach at Welsh Athletic
- 2012-2016 at ALTIS mentored primarily by John Godina

Nick has spent the better part of 20 years involved as an athlete or coach in the throwing events. He has worked in the university, federation and private sector as a throws coach.

He has worked extensively with all ranges of ages and skill levels, from young developmental throwers to Olympic athletes. This is in large part due to his time as throws coach at ALTIS (formerly World Throws center) whose mission was both to develop the nation's youth throwers as well as provide a home for world class international athletes. In addition, ALTIS continues to provide practical education to coaches from all around the world like you.

CLINIC EMPHASIS

The focus of the 2017 BC Throws Summit will be the discus and shot put events as presented by guest speaker Nick Sheuerman. Nick will present in both classroom and trackside format a systematic development pathway for the rotational throwing events (shot and discus). The material is meant primarily for those working with high school aged athletes (14-18), but can be used to coach all levels. The classroom sessions will outline the philosophy behind the methods, as well as a step by step pathway to coaching the events. On the track, coaches will be run through drill sequences step by step. This will be followed by a daily de-brief where coaches will have time for a roundtable discussion.

On Saturday night, all coaches are invited to a "Throwside Chat" for a presentation on the BC Throws Project initiative and an informal, relaxed discussion about the future needs of throws coaches in BC.....and beer.

CLINIC SCHEDULE

A SYSTEMATIC DEVELOPMENT PATHWAY APPROACH FOR INSTRUCTING ROTATIONAL SHOT PUT AND DISCUS

SATURDAY, OCTOBER 21, 2017

AM SESSION – Classroom

| | | |
|---------------------|----------------------------|--------------------|
| 09:00 AM – 09:30 AM | Registration | Multi-Purpose Room |
| 09:30 AM – 10:30 AM | Introduction & Philosophy | Multi-Purpose Room |
| 10:30 AM – 11:30 AM | Front of the Ring Methods | Multi-Purpose Room |
| 11:30 AM – 12:30 AM | Middle of the Ring Methods | Multi-Purpose Room |
| 12:30 AM – 13:30 AM | LUNCH | Fortius Bistro |

PM SESSION – Trackside

| | | |
|---------------------|--|----------------------|
| 13:30 PM – 14:30 PM | Practical – Front Ring Methods | Fortius Gym or Field |
| 14:30 PM – 15:30 PM | Practical – Middle of the Ring Methods | Fortius Gym or Field |
| 16:00 PM – 17:30 PM | Dinner & Debrief | Multi-Purpose Room |
| 17:30 PM – 20:00 PM | Throwside Chat | Fortius Bistro |

SUNDAY – OCTOBER 22, 2017

AM SESSION – Classroom

| | | |
|---------------------|-----------------------------------|--------------------|
| 08:30 AM – 09:00 AM | Breakfast – Coffee & Pastries | Multi-Purpose Room |
| 09:00 AM – 10:00 AM | Review of Day 1 + Question Period | Multi-Purpose Room |
| 10:00 AM – 11:00 AM | Back of the Ring Methods | Multi-Purpose Room |
| 11:00 AM – 12:00 PM | The Complete Throw | Multi-Purpose Room |
| 12:00 PM – 13:00 PM | LUNCH | Fortius Bistro |

PM SESSION - Trackside

| | | |
|---------------------|--------------------------|----------------------|
| 13:00 PM – 14:00 PM | Back of the Ring Methods | Fortius Gym or Field |
| 14:00 PM – 15:00 PM | The Complete Throw | Fortius Gym or Field |
| 15:00 PM – 15:30 PM | Closing Remarks | Fortius Gym or Field |