

# THROWSFEST 2016 – *Final Schedule*

The aims of this festival are:

1. Welcome new throwers and coaches to our event group

2. Provide a valuable training and learning opportunity for ALL of the throwing community!

Should you have any questions, please contact Dale Stevenson on 0211928168

		Sunday 4 <sup>th</sup>		Monday 5 <sup>th</sup>		Tuesday 6 <sup>th</sup>		Wednesday 7 <sup>th</sup>
Morning			9-10am LT	Throwing (HT, DT) – Open training sessions for athletes to throw and share ideas	9am UT	<i>Throwers Challenge!!</i> Whole group warm-up (DS)	9am GYM	Conditioning rotations; 1. Gymnastics & Mobility for throwers (DS) 2. Olympic Lifting (MS) 3. Drills to improve throwing (ALL)  11am Collecting Throws Room data  12pm Wrap-Up & Departure
			10-11am UT	Throwing (SP, JT)	10am	Hammer (2 groups)		
Afternoon			11am-1pm GYM	Gym – An open gym session for <i>all</i> athletes to share ideas and train. This is an inclusive session for all athletes, even if they haven't had any gym experience.	11.30am	Shot Put (2 groups)		
			1pm	<i>Lunch (provided)</i>	12.30	<i>Lunch (provided)</i>		
Evening	3pm	Final events of NZ Sec Schools @ Waitakere > travel to MISH	1.45-5pm CR	Practical presentations;  - Nutrition for throwers (JP) - Basic Strength & Conditioning for throwers (AR) - Programming 101 (DS) - A look at Tom Walsh's Olympic campaign  <i>**Afternoon tea provided</i>	1pm UT	<i>Throwers Challenge!!</i> Discus (2 Groups)		
	3-5pm UTF GYM	Training opportunity at MISH for arriving athletes not involved with NZSS			3pm	50m Sprint (in heats)  <i>**Open training window**</i>		
	5pm CR	Welcome (DS)	6.30pm	Dinner @ Pickles Restaurant  Antares Place, Mairangi Bay	6.30pm	Social evening @ Gengis Khan Restaurant 7 Como St, Takapuna  <i>Presentation of Throwers Challenge Champions &amp; Prize money!</i>  <i>NB. This meal and drinks are at own expense.</i>		
	5-6pm CR	Q & A with our elite throwers: featuring Valerie Adams & Tom Walsh						

MISH = Millennium Institute, 17 Antares Pl, Rosedale, Auckland

GYM = Millennium Institute Gym

CR = Commonwealth Room (at MISH)

UTF = Upper Throws Field (Main track)

LT = Lower Throws Field