



2021 Throws Camp Schedule

	Mon 4th	Tues 5th	Wed 6th	Thur 7th	Fri 8th	Sat 9th
9.00 am	9am-12pm All Throws - NPW (9-10.30am Hammer Specific with Dale Stevenson)	9am-12pm All Throws - NPW (9-10.30am Discus Specific with Mike Schofield)	COMPETITION DAY! 9am Hammer Throw 10am Shot 11am Javelin 12pm Discus 1pm Provided Lunch @ NPW	9am-12pm All Throws - NPW (9-10.30am Shot Specific with John Eden and Dale Stevenson)	9am-12pm All Throws - NPW (9-10.30am Javelin Specific with Kirsten Hellier)	Fly Home or travel to Dunedin
10.00 am						
11.00 am						
12 noon						
1.00 pm	1pm Lunch - Apollo	Free time/Recovery (No Lunch Provided)	Free Time/Recovery (No Lunch Provided)	1pm Lunch - Apollo		
2.00 pm	2pm Special Presentation by Tamisn Chittock				2.30-4pm Crowning the Ultimate Champion (Fun session) - Apollo with Kim Mickle	
3.00 pm	3-5.30pm Apollo - Olympic lifting technical session with Hayden Hall	3-5.30pm Apollo - Gym session with John Wilson	Free Time	3-5.30pm Apollo - Recovery session		
4.00 pm			Pool option (own recovery) - Apollo			
5.00 pm			Free Time		4.30-6pm Apollo - Gym session with Debbie Strange	
6.00 pm	Free Time/Recovery	Free Time/Recovery	SPORTS QUIZ AND DINNER @ Robbies Riccarton	Coaches Evening		
7.00 pm						
8.00 pm						
9.00 pm						
					Athlete only (Athlete driven activities)	

KEY

NPW TRAINING
COMPETITION
SOCIAL
WORKSHOPS
LUNCH
APOLLO GYM
FREE TIME

Apollo

295b Ilam Road
Ilam, Christchurch

NPW

Nga Puna Wai
Off Halswell Road

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