**Bethel High School**

**Saturday, April 17th**

**Time         Event**

9:45-10:15                Athlete Check In….

                                      Staff Introductions

10:15-10:45              Boot camp warm up with Carlos Silva

10:45-10:50**Transition**

10:50-11:30              Technique Session I

11:30-12:10              Technique session II

12:10-12:15**Transition**

12:15-1                      Lunch, Giveaways & Meet the staff

1-1:30                        Sport Psychology Workshop with Rich DeStefano

1:30-2pInjury Prevention with Dr. Scarangella

2-3p                  3 station rotation…20 minutes each station

Stations include:

 1)Weight room workshop

 2) runway composition

 3) drills of choice

**Sunday, April 18th**

**Time              Event**

9:45-10:10                Athlete Check In

10:10-10:25         Group warmup

10:25-10:30      **Transition**

10:30-11:35         Technique Session  I (Group 1 competes followed by Group 2))

11:35-11:40        **Transition**

11:45-12:15.        Technique Session II (Group 3 competes followed by Group 4))

12:15-12:20      **Transition**

12:20-1p              Lunch & raffle & video tape analysis session

1:05-1:10p. **Transition**

 1:05-1:35             **Elite thrower Exhibition**

1:35-1:40**Transition**

1:45-2:25                  Technique Session  III (Group 5 competes)

2:25-2:50                  Group throwing session

2:50-2:55p                **Transition**

2:55-3p                      2 Day Clinic wrap up

Track meet will be woven into one of the three Sunday technique sessions allowing social distancing. No more than 6 competitors at a time.

Group 1: high school girls-advanced group

Group 2: high school boys and open- advanced group

Group 3: beginner and intermediate boys

Group 4: beginner and intermediate girls

Group 5: junior high athletes