

**Schedule for Canada Day weekend Javelin Festival  
with NCAA Medallist Bill Neumann**

**Location: University of Manitoba, Pan Am Stadium**  
**Register with Jill Neumann at 489-7361 or [Gillian.Neumann@pc.gc.ca](mailto:Gillian.Neumann@pc.gc.ca)**

**Saturday, July 1<sup>st</sup>**

9:00 am

- Meet in classroom under the grandstand for introductions
- Discuss weekend - 20-30 min.
- Following introductions there will be video review of the pros

9:30am

- Quick break and head out to track

9:45am

- Group warm up out at the track

10:15am

- Throwing
  - Progressions, discuss drills, etc.

12:00pm      Lunch

1:00pm

- Meet in classroom ~ 1 hour to watch video of drills/throwing from the morning and discuss.

2:00pm

- Light warm-up and then stand throws or go over some of the drills from the morning

2:45pm

- Conditioning Drills – Jumps/Sprints etc.

3:30pm

- Open

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information**

**Sunday July 2<sup>nd</sup>**

9:00am

- Meet in classroom under the grandstand for professional video review

9:30am

- Quick break and head out to track

9:45am

- Group warm up out at the track

10:15am

- Light throwing – balls, sticks, etc.

10:45am

- Med Ball

12:00pm      Lunch

1:00pm

- Lifting videos and discussion of strength training

1:45pm

- Break and head to weight room

2:00pm

- Warm-up drills for lifting

2:15pm

- Demonstration, explanation, and participation in the weight room
  - Olympic lifts, jav specific, core.

3:30pm

- Open

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**Monday July 3<sup>rd</sup>**

9:00am

- Meet in classroom under the grandstand for professional video review

9:30am

- Quick break and head out to track

9:45am

- Group warm up out at the track – Med Ball warmup

10:15am

- Open runway for drills, throwing, discussion, video, etc.

12:00pm      Lunch

1:00pm

- Review of video from morning throwing session

1:45pm

- Open – schedule as desired by athletes/coaches