

Iron Wood Thrower Development Camp
North Idaho College
July 10-15, 2017
Daily Schedule

Monday, July 10th

- 12:00 PM – Check-in @ ADMINISTER STUDENT UNION (ESU) BUILDING
4:00 PM – Orientation @ BOSWELL HALL (SCHULER THEATER)
 - Camp Rules & Expectations: Bart Templeman, Jarred Rome & Bill Godina5:30 PM – Dinner @ (ESU BLDG)
7:00 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
7:15 PM – Evening Session – Lecture Series #1 (MEYER HEALTH & SCIENCE BLDG – (MHS))
 - Discus – Bill Godina (Rm: #106)
 - Glide Shot – Ross Walker (Rm: #102)
 - Hammer – Bob MacKay (Rm: #123)
 - Javelin – Duncan Atwood (Rm: #113)
 - Rotational Shot – Reese Hoffa (Rm: #125)8:25 PM – Rotate between sessions –Lecture Series #2
9:25 PM – Evening Session Completed
9:30 PM – Coaches Meeting @ (MHS Rm: #106)
10:45 PM – Room Check
11:00 PM – Lights Out

Tuesday, July 11th

- 7:30 AM – Breakfast @ (ESU BLDG)
8:45 AM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
 - Guest Speaker: TBD9:15 AM – Load Buses for Lake City High School
9:30 AM – Morning Session – Throwing Practice – “Skills & Drills” (On fields)
10:30 AM – Morning Session – Throwing Practice – “Throws Progression” (On fields)
12:00 AM – Morning Session Completed—Load Buses for NIC
12:15 PM – Lunch @ (ESU BLDG)
2:15 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
2:30 PM – Load Buses for Lake City High School
2:45 PM – Afternoon Session – Throwing Practice – “Skills & Drills” (On fields)
3:45 PM – Afternoon Session – Throwing Practice – “Throws Progression” (On fields)
5:15 PM – Afternoon Session Completed--- Load Buses for NIC
5:30 PM – Dinner @ (ESU BLDG)
7:00 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
7:15 PM – Evening Session – Lecture Series #3 (MEYER HEALTH & SCIENCE BLDG - MHS)
 - Discus – Jarred Rome (Rm: #106)
 - Hammer – Lucais MacKay (Rm: #123)
 - Javelin – Karin Smith (Rm: #113)
 - Rotational Shot – Sarah Walker (Rm: #125)

- Weightlifting – Pat Corbett (Rm: #102)
- 8:25 PM – Rotate between sessions – Lecture series #4
 9:25 PM – Evening Session Completed
 9:30 PM – Coaches Meeting @ (MHS Rm: #106)
 10:45 PM – Room Check
 11:00 PM – Lights Out

Wednesday, July 12th

- 7:30 AM – Breakfast @ (ESU BLDG)
 8:45 AM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
- Guest Speaker: TBD
- 9:15 AM - Load Buses for Lake City High School
 9:30 AM – Morning Session – Throwing Practice – “Skills & Drills” (On fields)
 10:30 AM – Morning Session – Throwing Practice – “Throws Progression” (On fields)
 12:00 PM – Morning Session Completed—Load Buses for NIC
 12:15 PM – Lunch @ (ESU BLDG)
 2:15 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
 2:30 PM – Load Buses for Lake City High School
 2:45 PM – Afternoon Session – Throwing Practice – “Skills & Drills” (On fields)
 3:45 PM – Afternoon Session – Throwing Practice – “Throws Progression” (On fields)
 4:30 PM – Optional Session –Weightlifting Technique w/ Pat Corbett Lake City HS (Tennis Courts)
 5:15 PM – Afternoon Session Completed—Load Buses for NIC
 5:30 PM – Dinner @ (ESU BLDG)
 7:00 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
 7:15 PM – Evening Session – Iron Wood Games Round #1
- Group A/B:
 - OHB Shot Throw –Ross Walker
 - Discus Roll – Bart Templeman
- 7:45 PM – Rotate Between Groups
 8:15 PM – Evening Session Completed
 10:45 PM – Room Check
 11:00 PM – Lights Out

Thursday, July 13th

- 7:30 AM – Breakfast @ (ESU BLDG)
 8:45 AM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
- Guest Speaker: TBD
- 9:15 AM – Load Buses for Lake City High School
 9:30 AM – Morning Session – Throwing Practice – “Throws Progression” (On fields)
 12:00 PM – Morning Session Completed—Load Buses for NIC
 12:15 PM – Lunch @ (ESU BLDG)
 2:15 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
 2:30 PM – Load Buses for Lake City High School
 2:45 PM – Afternoon Session – Throwing Practice – “Throws Progression” (On fields)
 4:30 PM – Optional Session –Weightlifting Technique w/ Pat Corbett Lake City HS (Tennis Courts)

5:15 PM – Afternoon Session Completed—Load Buses for NIC
5:30 PM – Dinner @ (ESU BLDG)
7:00 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
7:15 PM – Evening Session – Iron Wood Games Round #2

- Group A/B:
 - Arrow Toss – Pete Vandenevhe
 - Standing Long Jump – Matt Eckman

7:45 PM – Rotate Between Groups
8:15 PM – Evening Session Completed
10:45 PM – Room Check
11:00 PM – Lights Out

Friday, July 14th

7:30 AM – Breakfast @ (ESU BLDG)
8:45 AM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)

- Guest Speaker: TBD

9:15 AM – Load Buses for Lake City High School
9:30 AM – Morning Session – Throwing Practice – “Throws Progression” (On fields)
12:00 PM – Morning Session Completed—Load Buses for NIC
12:15 PM – Lunch @ (ESU BLDG)
2:15 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
2:30 PM – Load Buses for Lake City High School
2:45 PM – Afternoon Session – Throwing Practice – “Throws Progression” (On fields)
5:15 PM – Afternoon Session Completed—Load Buses for NIC
5:30 PM – Dinner @ (ESU BLDG)
7:00 PM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
7:15 PM – NCAA Compliance and Eligibility Center rules.
8:00 PM – Camp Awards and Special Presentations @ BOSWELL HALL (SCHULER THEATER)
9:00 PM – Evening Session Completed
10:45 PM – Room Check
11:00 PM – Lights Out

Saturday, July 15th

**Check out and airport transportation will occur throughout the day!

7:30 AM – Breakfast @ (ESU BLDG)
8:45 AM – Roll Call @ LAKE COEUR D’ALENE (ESU BLDG)
9:00 AM – Load Buses for Lake City High School
9:30 AM – Optional Morning Session – Throwing Practice (On fields)
11:30 AM – Morning Session Complete—Load Buses for NIC
12:00 PM – Camp Ends! ☺