

Throws Event Group



2025-2027 Throws Event Group Plan

Panel members: Mike Barber (Qld & panel contact), Breanne Clement (NSW), Matt Hornemann (Vic), Steve Larsson (SA), Angus McEntyre (NSW), Debbie Sosimenko (NSW), Ben Thomson (Qld) and Grant Ward (WA). Lukas Cannan (Qld).

All event group's objectives are guided by the overarching statement of *'Australia versus the Rest of the World'*, the fundamental purpose of the panels is to:

- Bring together event group coaches/experts to discuss ways to enhance the "Spirit of the Event Group".
- Establish a Three-Year Event Group Plan which will include items such as a calendar of camps/workshops/initiatives aimed at upskilling emerging and established coaches and enhancing the overarching "Spirit of the Event Group"; and
- Identify and implement initiatives that will enhance Australia's capability to achieve sustainable success (i.e. by achieving Medals and Top 8 performances) at Major Championships by the 2032 Brisbane OGs and beyond.

The Throws Event Group Panel's plan, aims to achieve these objectives by:

- Event group training camps:
 - Annual State Based Throws Festival's aimed at 15–18-year-old athletes
 - Focus on development of athletes and coaches
 - Improve connection and collegiality within and between states.
 - Annual High Performance training camp aimed at U20 + Open athletes.
 - Centralised camps and further satellite, bespoke camps on a needs or opportunity basis
 - State based clinics
 - In conjunction with State based TTP activities and AA domestic tour meets
- Coach Development opportunities
 - A Coaches Conference built around the HP Camp
 - State based clinics
 - Targeted, individualised experiential learning
 - Team coach roles for developing coaches
 - Mentors
- Paralympic program
 - Coach education on Para specific topics e.g. Seated Throws, impairments, opportunities
 - Integrated training environments
 - Widen the talent pool by working with other sports e.g. Wheelchair rugby, powerlifting etc.
- International Competition Opportunity
 - An annual international experience for U23 athletes
- Australian competition opportunities
 - Open dialogue with AA and State associations to ensure throwers are adequately catered for at State and National level.
 - Develop and support "Throwers Club" meets in each state.

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The Throws Event Group performance indicators:

1. Throws results depth and quality at the Australian All Schools and/or the National Underage Championships from 2025 onwards.
2. Full team of Throwers qualify for each World Under 20 Championship from 2026 onward, World University Games from 2027 onwards, World Championships & Olympic Games from 2032 onwards.
3. Increased representation and medallists at the Paralympics and Para-World Championships.
4. Improved capability of existing coaches.
5. Increased number of coaches, in particular female coaches.
6. Improved representation and showcasing of the throws events at National level meets.

Event group recommendations (note this is an advisory group)

1. Where possible provide input/consultation into the event grid for major domestic competitions.
2. Have a flow chart of those that are responsible in AA/NINs for providing and support to categorised athletes.

2025 Event Group Initiatives

January 25-26th, 2025	Brisbane Throws Classic <ul style="list-style-type: none"> - Open Age event for Men's + Women's Discus/Hammer/Shot/Javelin - Open event for Para Ambulant and Seated Shot/Discus/Club - Organised with QA and AA.
January 25th, 2025	Throws Coach Summit Held in conjunction with the Brisbane Throws Classic, see Master Classes: <ul style="list-style-type: none"> - Seated Throws: https://vimeo.com/1055413745 - Discus: https://vimeo.com/1055426609 - Javelin: https://vimeo.com/1055429067 - Rotational Shot: https://vimeo.com/1055417945
January 20-26, 2025	Development Throws Camp <ul style="list-style-type: none"> - U20, U23 and Open athletes - Collaborative training sessions - 2x International Coaches + experienced Australian Coaches.
February/March, 2025	Throws Clinic Roadshow <ul style="list-style-type: none"> - A practical clinic the day after each Track Classic. Experienced coaches to run the clinics with assistance from local coaches and state body. - Adelaide 15 Feb, Perth 1 March, Melbourne May.
April	Presentation by Lukas Cannan at the national championships: Upper Body Plyometrics and Mobility.
June/July	June/July: Pre-FISU European Meet tour. A bespoke competition preparation tour for FISU team members + other U23 athletes. FISU July 19-27 in Nth West Germany

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	October: Qld Throws Festival + HP Throws Camp #1.
Ongoing	Identification of potential coaches for upskilling and mentoring. Bespoke experiential learning opportunities tied into existing plans of HP athletes.

2026 to 2027 Event Group Initiatives	
2026	January: HP Throws Camp + Coach Conference May/June: U23 International Tour – USA or Europe.
2027	January: HP Throws Camp + Coach Conference Jul/Aug: Pre-FISU International Tour. FISU 1 to 12 Aug in Chung Cheong SOUTH KOREA.

Previous Activities
2024: <ul style="list-style-type: none">• Targeted Circular Throws training camp in Brisbane.• Para throws camp.• Survey of all Australian throws coach. 2023: <ul style="list-style-type: none">• Queensland Throws Festival.