

# #THROW LIKE A GIRL



## Have a Go! Give it a Throw!

Incorporating #throwlikeagirl from Athletics New Zealand

*#throwlikeagirl ...."it is deliberately confronting because it challenges stereotypes,"  
Kirsten Hellier – world class throws coach.*

**What is it?** A one-day regional throws event is designed to encourage and support young women and coaches to develop skills, confidence and individual success with the throw's events and outside of the athletics arena.

### The day aims to:

- Develop athlete's physical, mental, social and leadership skills
- Remove barriers to participation in throws events for young women
- Provide an athlete-centred environment
- Support existing coach/athlete relationships
- Grow the capability and capacity of throwing events within athletics communities

### Is it for me? Are you:

- A young woman aged 10-18 years?
- Interested in trying something new?
- Interested in advancing your athletics throws skills?
- A coach, parent or caregiver working with athletes and interested in learning more about the throw's events, effective coaching practices and growing coaching knowledge and networks?



### Rotations will be

- In a group rotational format hosted by some top New Zealand coaches
- Fun but challenging and informative
- Event specific without early specialisation being a focus
- Varied and adapted to suit the age and experience of the athletes taking part
- Involve individual and team-based activities
- Conducted with the safety of all participants front of mind

**When:** Sunday February 2nd, 2020

**Where:** Porritt Stadium, Crosby Rd, Hamilton

Click [HERE](#) to register

### Schedule

|                 |   |
|-----------------|---|
| 9.30am          | Arrival   |
| 9.45am          | Welcome   |
| 10.00am–10.30am | Whole group warm up rotations   |
| 10.30am–12.00pm | 2 x 45-minute rotations   |
| 12.00pm–12.30pm | Lunch (bring own or purchase from kiosk)  |
| 12.30pm–2.00pm  | 2 x 45-minute rotations   |
| 2.00pm–2.30pm   | Fill the gaps...an informal Q&A session   |
| 2.30pm          | Major prize draw! (1 x \$150 voucher for sports gear, 1 x \$100 voucher for sports gear + spot prizes throughout the day) |



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