



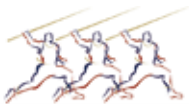
THE EUROPEAN ATHLETICS COACHING SUMMIT SERIES COMES TO FINLAND!

WORLD JAVELIN CONFERENCE

9–11 October 2009, Kuortane

THE YOUNG DISTANCE-RUNNER CONFERENCE

27–29 November 2009, Pajulahti



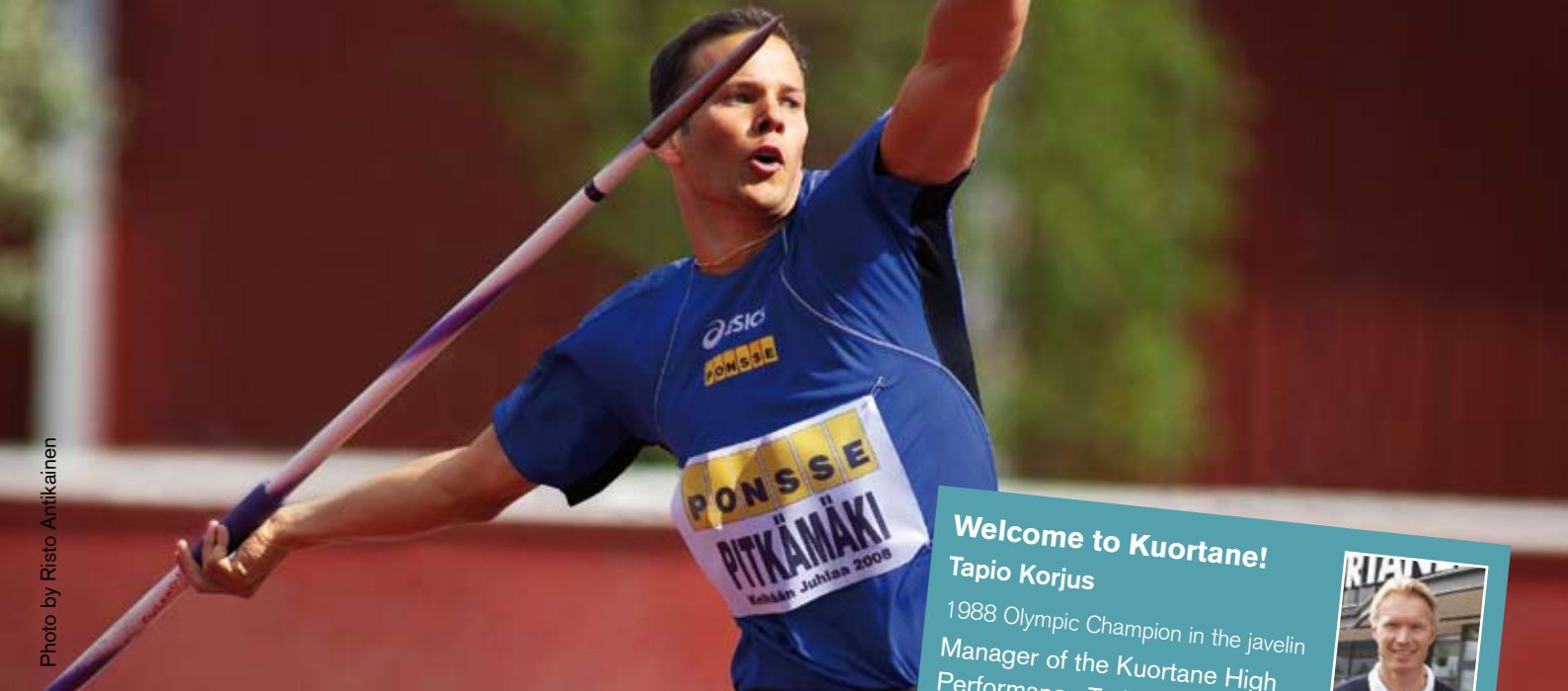
WORLD JAVELIN CONFERENCE
KUORTANE • FINLAND
09-11 OCTOBER 2009



YOUNG DISTANCE-RUNNER
CONFERENCE • PAJULAHTI, FINLAND • 27-29 NOVEMBER 2009



SUOMEN URHEILULIITTO



Welcome to Kuortane!

Tapio Korjus

1988 Olympic Champion in the javelin
Manager of the Kuortane High
Performance Training Centre



WORLD JAVELIN CONFERENCE – KUORTANE

Are you serious about the javelin? Then make sure to mark **9–11 October 2009** in your diary because whether you are a coach or an athlete you won't want to miss the World Javelin Conference hosted by **the Kuortane Sports Institute in Finland**, the home of the javelin.

A proud member of the European Athletics Coaching Summit Series, this practice-oriented conference will be the year's top opportunity to pick up the latest information and ideas on all aspects of the javelin from top athletes, coaches and scientists. The programme will feature presentations, practical demonstrations, round table discussions

and opportunities to meet and exchange ideas with your colleagues and the stars.

Among the top practitioners already planning to be present are athletes **Tero Pitkämäki** and **Steffi Nerius** and coaches **Åsmund Martinsen**, **Helge Zöllkau**, **Hannu Kangas** and **Tapio Korjus**. Also scheduled are presentations from **Jukka Viitasalo**, the KSI Director, **Riku Valleala**, electronic communications expert from KIHU – Research Institute for Olympic Sports, **Montse Ruiz**, PhD, from the Department of Sport Sciences, University of Jyväskylä and Docent **Heikki Jaroma**, MD, PhD, from the University of Kuopio.

PRELIMINARY PROGRAMME

Note: The conference language will be English

Friday 9th October

Arrival and Welcome Dinner

Saturday 10th October

Main Themes:

- Biomechanics of Javelin Throwing
- Throwing Technique – bases and variations
- Javelin Throwing – Training
- Analysis of Results in Javelin Throwing

Sunday 11th October

Main Themes

- Hand Injuries and Their Rehabilitation in Javelin Throwing
- Javelin Throwing – Coaching

Departures

Monday 12th October

Departures

TRAVEL

The nearest airports are Seinäjoki (45 km) and Vaasa (110 km). Bus or taxi transport from/to the airports will be organised. There is also a train connection from Helsinki to Seinäjoki.

CONFERENCE FEE

- Registrations by 30th June 2009 – **280 euros**, after 1 July – **330 euros**
- The price includes accommodation in double rooms for two days, meals, the conference programme and materials
- Single room accommodation is available for an additional 28 euros/day
- The accommodation and breakfast price for an extra day (e.g. Sun – Mon) is 50 euro/day/person in double rooms
- The Conference fee will be invoiced in advance
- Members of the European Athletics Coaches Association will receive a 10% discount on the conference fees

FURTHER INFORMATION AND REGISTRATION

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For the latest programme details, please check www.kuortane.com/valmennus.html



THE YOUNG DISTANCE RUNNER CONFERENCE – PAJULAHTI

What does it take to be a champion these days in the endurance events? From **27.–29. November 2009, the Pajulahti Sports Institute in Finland** will be the focus of the search for answers to this and other questions posed by middle and long distance coaches and athletes around the world when it stages the Young Distance Runner Conference. A member of the European Athletics Coaching Summit Series, this conference will be the year's best opportunity to meet experts and colleagues from around the world to exchange ideas and experiences. It will also be your chance to experience a warm Finnish welcome and soak up a little of the country's unique heritage in the distance events.

If you are serious about the distance events, this is the one conference you can't afford to miss.

PRELIMINARY PROGRAMME

Note: The conference language will be English

Friday 27th November

Arrival

Finland's distance running development programme

Welcome Dinner

Saturday 28th November

Main Themes:

- Young athlete training systems in different European countries
- Practical demonstration
- The training model for talented young runners
- KIHU (Research Institute for Olympic Sport)/ Finland's endurance research centre
- Training methods of succeed female runners from youth to adulthood

Sunday 29th November

Workshops:

- Training methods of successful male runners from youth to adulthood

Departures

Monday 30th November

Departures

For the latest programme and speaker details, please check www.pajulahti.com

TRAVEL

The nearest airport is Helsinki (110km). Bus or taxi transport from/to the airport will be organised. There is also a train connection from Helsinki to Lahti.

CONFERENCE FEE

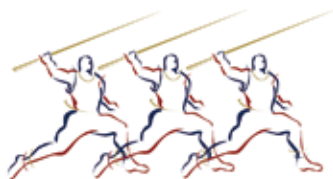
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FURTHER INFORMATION AND REGISTRATION

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Pajulahti 
Focus in training



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