



European Throws Symposium

at Tanhuvaara Sports Institute
29 November - 1 December 2013

The Finnish Athletics Federation (SUL), European Athletics Association (EAA) and Tanhuvaara Sports Institute are organising a symposium which offers coaching tips and knowledge from the best experts in the world!

SYMPOSIUM TOPICS INCLUDE

- Case studies of athlete-coach cooperation which has led to the very top
- Current trends in thrower strength training
- Using functional training to support thrower training
- New possibilities for utilising biomechanics
- Challenges related to thrower health care

TOP EXPERTS INCLUDE:

Koji Murofushi

- Olympic and World Champion hammer throwing

Terseus Liebenberg

- Women's javelin training / South Africa

Vésteinn Hafsteinsson

- International known throwing coach, coached Gerd Kanter for 10 yrs.

Tero Pitkämäki & coach Hannu Kangas

- Olympic and World Championship medallist in javelin. Masseur Pentti Niemi will also attend the symposium

Antti Ruuskanen & coach Aki Parviainen

- Olympic medallist in javelin

Riku Valleala

- Communications Manager at KIHU - Research Institute for Olympic Sports

Kari Ihalainen

- Head coach in javelin of the Finnish Athletics Association

Harri Hakkarainen

- Sports physician and coach. Team physician of the Finnish Olympic Committee

The coaches and athletes in the seminar have achieved following olympic or world championship medals as athletes or coaches: 8 Olympic medals, 12 World Championship medals and 5 European Championship medals.

Prices (full board)

EUR 195 for adults

EUR 125 for minors (under 18 yrs.)

Seminar fee on arrival.

Register

By 1 November 2013

Email: info@tanhuvaara.fi



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Agenda:

Friday 29 Nov 2013

- 16:30 Dinner & Check-in
- 18:00 Opening speech / Jorma Kemppainen, SUL and Taina Korell, Tanhuvaara Sports Institute
- 18:30 The stages of a hammer thrower's career and the secrets of a long career / Koji Murofushi
- 20:15 Sauna and swimming

Saturday 30 Nov 2013

- 07:30 Breakfast
- 09:00 How to utilise functional training in hammer throwing training in the future and Demonstration of special strength training / Koji Murofushi
- 10.30 Coffee
- 11.00 The coaching trends in javelin throwing and possibilities to utilize biomechanics in training/ Kari Ihalainen & Riku Valleala
- 12.30 The most important stages in javelin thrower career of Sunette Viljoen and the special needs in women javelin throwers in how to achieve the top level
- 13:40 Mikaela Ingberg's comments on the previous topic
- 14:00 Lunch
- 15:00 From the operating table to the silver medal podium in Moscow World Championships – How was it done? / Tero Pitkämäki & Hannu Kangas
- 16:30 Focal points in training the London Olympic Games Bronze medallist for Rio 2016 / Antti Ruuskanen & Aki Parviainen
- 17:15 Coffee
- 17:45 Demonstration: Javelin thrower special strength training / Tero Pitkämäki & Antti Ruuskanen
- 19:15 Key aspects of thrower muscle care on the road / Pentti Niemi
- 20:00 Sauna and Dinner
- 21:30 Karaoke

Sunday 1 Dec 2013

- 07:30 Breakfast
- 08:30 Challenges related to thrower health care / Harri Hakkarainen
- 10:00 Coffee
- 10:30 Future focal points in shot put and discus throwing training / Vésteinn Hafsteinsson
- 12:00 Demonstration: Utilising functional training in shot put and discus throwing training
- 13:00 Closing remarks and panel discussion
- 14:00 Lunch