

# 2ND WORLD JAVELIN CONFERENCE

7-9 November 2012  
Kuortane • Finland



Featuring  
JAN ZELEZNY



World Javelin Conference will be organized in  
**Kuortane High Performance  
Training Centre from the 7th  
to the 9th November 2012.**

*The 1st Conference in 2009 gathered app. 100 participants around the world. Whether you are a coach or an athlete you wouldn't want to miss the Javelin Conference in Kuortane Finland, the Home of the Javelin.*



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Whether you are a coach or an athlete you wouldn't want to miss the Javelin Conference in Kuortane Finland, the Home of the Javelin.

As 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 coaches, athletes and scientists. The program will feature presentations, practical demonstrations, discussions and opportunities to meet and exchange ideas with your colleagues.

Among the top practitioners we will have present the Javelin Guru **Jan Zelezny** (CZE), Finnish Javelin Head Coach **Kari Ihalainen**, "the father" of Functional Training **Vern Gambetta** (USA), and **Frans Bosch** (NED) as an expert in motor control. We will also hear presentations of the recent bio-mechanical studies in javelin throwing by the Research Institute of Olympic Sport (KIHU) from Jyväskylä by **Riku Valleala** (FIN) combined with the latest findings of Tampere University of Technology by **Lauri Kettunen** (FIN). Some more experts will be added after the London 2012 Olympic Games. For the latest program update, please check [www.kuortane.com/en](http://www.kuortane.com/en)

Combined with the 2nd World Javelin Conference Kuortane will also host an **International Strength Training Seminar from 9th to 11th November.** You are more than welcome to take part also over the weekend!

## PRELIMINARY PROGRAMME

### Wednesday 7th November

Arrival and Welcome Dinner

### Thursday 8th November

#### Main Themes:

- Javelin Throwing –Techniques and Training / **Kari Ihalainen**
- Foundational Strength Training / **Vern Gambetta**
- Biomechanics in Javelin Throwing / **Riku Valleala, Lauri Kettunen**

### Friday 9th November

#### Main Themes

- Generic Mechanisms of Motor Control –Variability in Throwing / **Frans Bosch**
- Javelin Throwing – Coaching **Jan Zelezny**  
Departures / afternoon  
**The conference language is English.**



**JAN ZELEZNY** (CZE) is one of the legends in javelin throwing. Being a three time Olympic Gold medalist and World Champion and also World Record holder makes him the most successful athlete in javelin of the modern era. Beside the victories Zeleny is an Olympic silver medalist and two time WCh bronze medalist. Jan holds worlds five best ever results and the average of his 100 hundred best throws is 90,71 meters! After finishing his career in 2006 Jan is nowadays among the best coaches in the world. This year his athletes won Olympic Gold (Barbara Spotakova) and European Gold (Vitezslav Vesely). He has also coached Finnish Javelin thrower Tero Pitkämäki.



**KARI IHALAINEN**, World Class and Olympic Coach, has been coaching world class athletes since 1990. Once world class athlete himself, he coached for the Finnish National and Olympic Track and Field teams at their Olympic training center in Kuortane for 15 years. Kari has coached 1 gold, 2 silver and three bronze Olympic medalists, three world champions and two world record holders. Kari moved from Finland to USA 2006 and coached top athletes (like WCh 3. 2007 Breaux Greer, PB 91,29) until 2008. From USA he moved to Korea (2008-2011) and worked there as National Coach. Now he is back in Finland and Kuortane and continues his work as the National Coach for Finnish Athletics.



**VERN GAMBETTA** is currently the Director of Gambetta Sports Training Systems. As a pioneer in the field he is considered the father of "Functional Sports Training." Vern's coaching experience spans 43 years at all levels of competition. He has authored over 100 articles and nine books on various aspects of training. He received his BA from Fresno State University and his teaching credential with a coaching minor from University of California Santa Barbara. Vern later attended Stanford University and obtained his MA in Education with an emphasis in physical education. Vern has worked with the following sports and organisations: athletics/US Athletics, University of California, Berkeley, baseball/Chicago White Socks, Cincinnati Reds, New York Mets, basketball/Chicago Bulls, Milwaukee Bucks, soccer/Tampa Bay Mutiny, US World Cup Team, swimming/Mission Viejo Natadores, Cincinnati Pepsi Marlins, Universities of Michigan and Harvard.



**FRANS BOSCH** earned a degree in PE in 1977. Thereafter he was employed as a physical education teacher before becoming a self-employed expressive artist, in particular as a painter and as a medical illustrator. Since 1980 he worked in athletics, coaching elite sprinters and Olympic high jumpers and for some years as the national coach for jumping events. Since 2005 Bosch teaches at the Fontys University for applied sciences in sports, mainly in the field of anatomy, biomechanics, strength training and motor learning. Bosch frequently works internationally as consultant in sport and as conference speaker on training related subjects.

## SPEAKERS BIOGRAPHIES

## Travel

The nearest international airport is Vaasa (110 km from Kuortane) and the nearest domestic airport is Seinäjoki (45 km). Bus or taxi transport will be organized from/to the airports. There is also a train connection from Helsinki to Seinäjoki (app. 2 hours 40 min).

## Conference Fee

- Registrations by 30th September 290 euros, after October the 1st 330 euros
- The price includes accommodation in double rooms for two days, meals, the conference program and materials. Single room accommodation is available for an additional 30 euros/day.

- The accommodation and breakfast price for an extra day (e.g. Fri – Sat) is 60 euros/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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*Welcome to Kuortane!*

