

2ND WORLD JAVELIN CONFERENCE

7-9 November 2012 • Kuortane



PROGRAM

WEDNESDAY 7th

Arrival all day

20.00-22.00 Dinner at Restaurant Aalto, Sports Hotel

THURSDAY 8th

KUORTANE HALL 2nd floor, Lecture Rooms VETO&KUNTO

8.00 Breakfast, Sports Hotel

9.00 **Javelin Throwing – Techniques and Training**

Kari Ihalainen, FIN (lecture)

10.30 Coffee break

10.45 **Biomechanics in Javelin Throwing**

*Riku Valleala, Research Institute of Olympic Sports and
Lauri Kettunen, Tampere University of Technology*

12.15 Lunch, Sports Hotel

14.00 **Foundational Strength Training**

Vern Gambetta, USA (Lecture and Demo)

16.30 **Demonstration/Special Strength Exercises in Javelin**

Kari Ihalainen, FIN

18.30 Sauna

20.00 Dinner, Sports Hotel



FRIDAY 9th

KUORTANE HALL, 2nd floor, Lecture Rooms VETO&KUNTO

8.00 Breakfast, Sports Hotel

9.00 **Generic Mechanisms of Motor Control – Variability in Throwing**

Frans Bosch, NED

10.30 Coffee break

10.45 **Training of a Junior World Champion**

*Sofi Flinck, SWE
Joachim Dettner, SWE*

11.45 Lunch, Sports Hotel and Check Out

13.30 **Javelin Throwing – Coaching Demonstration**

Jan Zelezny, CZE with Tero Pitkämäki, FIN

15.00 **Panel Discussion, Chairman Tapio Korjus**

16.00 **Closing of the Conference**



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