



# THE EUROPEAN JAVELIN SYMPOSIUM -modern javelin throwing

Tanhuvaara Sports Institute, on November 21–22, 2015

The Finnish Athletics Federation, the European Athletics Association and Tanhuvaara Sports Institute together will be organizing a seminar offering coaching knowledge from top experts. The seminar will include presentations on diverse javelin training methods, starting with the very first steps and ending at the top. Experts in medical science and physical therapy will contribute also, providing fascinating insight into muscle care and prevention of sport injuries.

## Among our top experts are:

### Mika Lehtimäki

- Program Manager of the Olympic Committee's Peak-Phase Program

### Thomas Röhler

- German champion in 2012–2015, record-holder (89.27 m)

### Harro Schwuchow

- Thomas Röhler's coach

### Petteri Piironen

- coach to Julius Yego and Ihab El Sayed Ablelrahman, among others, and strength and conditioning coach for the Ilves Hockey league team

### Ilkka Tulikoura

- MD – specialist in orthopedic and trauma surgery

### Jarmo Ahonen

- physiotherapist and writer

### Sami Kalaja

- director of the Research Institute for Olympic Sports (KIHU)

### Riku Valleala

- communications manager and researcher for the Research Institute for Olympic Sports

### Toni Keränen

- holder of Finland's junior record (83.29 m) and 2nd in the world rankings

### Timo Keränen

- coach to javelin-thrower Toni Keränen

### Kimmo Kinnunen

- coach for the Finnish Athletics Federation



## • Prices valid until October 31, 2015:

- EUR 150 / adult
- EUR 100 / participant under 18
- EUR 125 without accommodation

## • Prices valid from November 11, 2015:

- EUR 175 / adult
- EUR 115 / participant under 18
- EUR 140 without accommodation

- The prices cover Sat.–Sun. accommodation, meals included in the program, the seminar program and access to the Sport Spa.

- Accommodation and breakfast for Fri.–Sat.: EUR 30/person

## • Additional information on the seminar:

- Jarmo Hirvonen
- +358 40 766 1782
- jarmo.hirvonen@tanhuvaara.fi

- Annika Tiainen
- +358 44 742 6515
- annika.tiainen@tanhuvaara.fi

## • REGISTRATION

- [annika.tiainen@tanhuvaara.fi](mailto:annika.tiainen@tanhuvaara.fi)

**Tanhuvaara**  
SAVOLINNAN URHEILUOPISTO

  
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Finnish Athletics

 EUROPEAN  
ATHLETICS  
COACHING SUMMIT SERIES

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## PROGRAM

### SATURDAY, Nov. 21, 2015

10:00am:	Opening of the seminar <i>Erkki Kauppinen – Principal of Tanhuvaara Sports Institute</i> <i>Mika Lehtimäki</i>
10:15am–11:30am:	‘Mastering the art’ <i>Sami Kalaja</i>
11:45am–1:30pm:	‘Strengths of German javelin coaching’ /Thomas’s path to success <i>Harro Schwuchow &amp; Thomas Röhler</i>
1:30pm–3:00pm:	Lunch
3:00pm–4:00pm:	‘Common injuries of a javelin-thrower’ <i>Ilkka Tulikoura</i>
4:00pm–4:45pm:	Prevention of injuries’ (including demonstration) <i>Jarmo Ahonen</i>
4:45pm:	Coffee break
5:00pm– 6:00pm:	‘Example of an all-around athlete’ <i>Toni &amp; Timo Keränen</i>
6:00pm–7:00pm:	‘High speed at release at any cost?’ <i>Riku Valleala and Kimmo Kinnunen</i>
7:00pm–8:00pm:	Sauna at the Sport Spa
8:00pm:	Dinner
9:00pm– midnight:	Informal socializing and talking about the day’s events, at Espilä Bar

### SUNDAY, Nov. 22, 2015

7:00am–7:30am:	Morning jog <i>Jarmo Hirvonen – Teacher and coach at Tanhuvaara Sports Institute</i>
7:30am–8:45am:	Breakfast
9:00am–10:00am:	‘Petteri Piironen’s coaching outlines’ <i>Petteri Piironen</i>
10:00am–10:15am:	Coffee break
10:15am–11:45am:	Demonstration: functional training in the javelin throw, with discussion <i>Petteri Piironen</i>
12:00am–1:00pm:	Panel discussion: ‘Does javelin training need to change?’ <i>Mika Lehtimäki</i> Javelin-throwers: Thomas Röhler, Antti Ruuskanen and Kimmo Kinnunen
1:00pm:	Conclusion and lunch

Seminar facilitator: Mikaela Ingberg

We reserve the right to make changes to the program.