

# The world JAVELIN conference 2018

**The 5<sup>th</sup> World Javelin Conference  
will be organized at Kuortane Olympic Training Center from  
15<sup>th</sup> to 16<sup>th</sup> November 2018.**

## FEATURING

**Andreas Hofmann & Lutz Klemm (GER)**  
**Kathryn Mitchell (AUS) & Uwe Hohn (GER)**  
**Oliver Helander & Glenn Lignell (FIN)**  
**Ola Eriksrud (NOR)**

*Lecturer and physical therapist NIH/ Olympiatoppen*

**Tuomas Rytönen (FIN)**

*MSc, strength training specialist/Finnish javelin throw national team*

**Simo Ihalainen (FIN)**

*PhD, javelin throw biomechanics, KIHU-Research Institute for Olympic Sports*

**Britney Henry, Flightscope Ltd.**

**The 5<sup>th</sup> World Javelin Conference will be organized at  
Kuortane Olympic Training Center on November 15-16th 2018.**

Practice-oriented programme is a fantastic opportunity to collect the latest information and fresh ideas of javelin throw from top athletes, coaches and scientists. The conference will feature presentations, practical demonstrations and opportunities for networking and exchange ideas with your colleagues. Conference language is English.

Conference will be hosted by Ms. Mikaela Ingberg,  
double championship medalist in javelin throw.

**Kuortane welcomes the javelin family to the home of the javelin!**



Finland  
**Kuortane**  
OLYMPIC TRAINING CENTER

## CONFERENCE PROGRAMME

### WEDNESDAY 14th Nov

All day Arrivals  
16.30-19.00 Dinner

### THURSDAY 15th Nov

07.00-09.00 Breakfast  
09.00-09.15 Opening words / Tapio Korjus, Director, Kuortane Olympic Training Center, HOTEL  
09.15-10.15 Training principles of Andreas Hofmann / Lutz Klemm and Andreas Hofmann, HOTEL  
10.15-10.45 Coffee break and networking, KUORTANE HALL  
10.45-11.15 Flightscope, using advanced measurement technology to improve training results, KUORTANE HALL  
11.15-12.30 Training demo: Andreas Hofmann & Lutz Klemm, KUORTANE HALL  
12.30-13.30 Lunch, HOTEL  
14.00-14.45 Uwe Hohn - story behind 104,80 / Javelin legend interviewed by Olympic Champion Mr. Tapio Korjus, HOTEL  
14.45-15.45 Strength training principles of an elite level javelin thrower / Mr. Tuomas Rytönen M.Sc., HOTEL  
15.45-16.30 Coffee break and networking, HOTEL  
16.30-17.30 Javelin throw Biomechanics / Dr. Simo Ihalainen, Finnish Research Institute for Olympic Sports, HOTEL  
17.30-19.00 Dinner  
17.30-21.00 Freetime activities, Finnish sauna

### FRIDAY 16th Nov

07.00-09.00 Breakfast  
09.00-10.00 Training of Kathryn Mitchell / Uwe Hohn and Kathryn Mitchell, HOTEL  
10.00-10.30 Coffee Break and networking, HOTEL  
10.30-11.45 Functional mobility screening for throwers / Ola Eriksrud, lecturer and physical Therapist NIH/ Olympiatoppen, HOTEL  
11.45-13.00 Lunch  
13.30-14.15 Training of Oliver Helander / Coach Glen Lignell and Oliver Helander, HOTEL  
14.15-14.45 Coffee Break and networking, KUORTANE HALL  
14.45-16.00 Training demo: Kathryn Mitchell and Uwe Hohn, KUORTANE HALL  
16.00-17.00 Training demo: Oliver Helander and Glen Lignell, KUORTANE HALL  
17.00-21.00 Dinner  
17.00-21.00 Networking, Freetime activities, Finnish sauna

### SATURDAY 17th and SUNDAY 18th Nov

07.00-09.00 Breakfast  
All Day Departures

### The Conference Fee

14-17 Nov 340 €  
14-18 Nov 390 €  
Single room supplement 30 €/day  
Member of the EACA -10%

### Registrations

Registrations by 21<sup>st</sup> October 2018.  
Registration form is available  
on our website  
[www.kuortane.com/worldjavelin](http://www.kuortane.com/worldjavelin)

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### Travel

Our nearest international airport is Vaasa (110 km). We will organize transportation from/to Vaasa airport for the most used flight connections. From Helsinki airport there is a train connection to Seinäjoki. From/to Seinäjoki there will be a taxi or bus connection to Kuortane Olympic Training center.

### Further information

#### Conference:

Mr. Olli-Pekka Karjalainen, +358 40 7545 109  
olli-pekka.karjalainen@kuortane.com

#### Registrations & reservations:

Mrs. Riina Salo, +358 6 5166 237  
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