



INTERNATIONAL SYMPOSIUM ON COACHING IN YOUTH TRACK & FIELD ON APRIL 1-2, 2017

Tanhuvaara will host its high-quality International Symposium on Coaching in Youth Track & Field on April 1-2, 2017.

The seminar will tackle various key questions: What does it take for a youth athlete to develop into a successful professional? How should an athlete's training path run from junior to senior? What amounts and types of training are optimal? We will also explore matters such as the coach's impact on an athlete's success, the contents of coaching programs, and support offered to coaches in their important work.

Prices:

175,00 € for Sat.-Sun., including accommodation in a double room, program, and meals.

210,00 € for Fri.-Sun., including accommodation in a double room, program, and meals, plus breakfast on Saturday.

We charge **€35 per night** for each person preferring a single room.

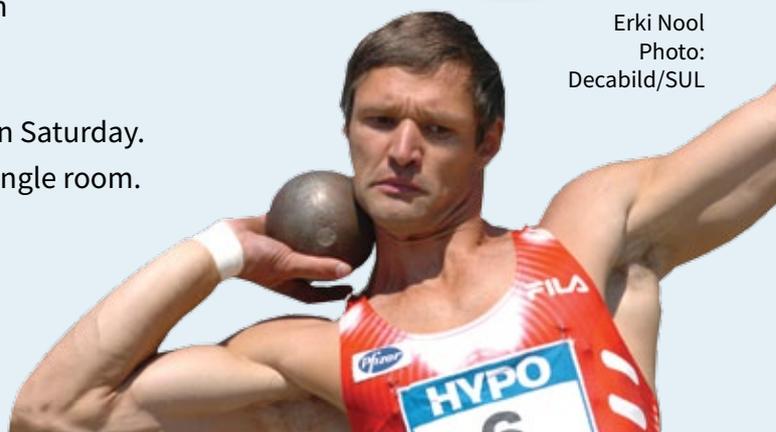
REGISTRATION BEFORE 10.3.2017:

www.tanhuvaara.fi

or **annika.hagman@tanhuvaara.fi**

Erki Nool,
the Estonian Olympic
gold medalist in the
decathlon, will provide
an international
perspective on the
topical questions of
the seminar

Erki Nool
Photo:
Decabild/SUL





PROGRAM

Saturday 1.4.2017

at 9am: Registration

10am: Opening remarks

10:15am: **The current status of skills:**

“You can’t teach an old dog new tricks – childhood and adolescence as pivotal stages on an athlete’s path” by *Sami Kalaja, director of the Research Institute for Olympic Sports (KIHU)*

Engagement in sports among children and young people: “Levels of physical activity among schoolchildren and recent trends in fitness levels” by *Eino Havas, director of LIKES Research Centre for Physical Activity and Health*

What gets children hooked on sports: “An overview of major studies on athletes’ motivation and personal experiences” by *Ville Kallinen, of KIHU*

Workshops

1pm: Lunch (buffet)

Factors contributing to the success and quality of training programs for children and adolescents: a presentation by *Ville Kallinen*

The core aspects of Estonia’s youth coaching program: “Running as the foundation,” a presentation by *Olympic decathlon winner Erki Nool*

Workshops

4pm: Coffee

4:30pm: **An athlete’s path:** “A Finnish athlete’s path to success via high-quality youth coaching”, *javelin thrower Heidi Nokelainen, high jumper Kristian Pulli*

Demos

7pm: Sauna and swimming at the Sport Spa

8pm: Dinner and evening program

Sunday 2.4.2017

at 8am: Breakfast (buffet)

9am: **An athlete’s path:** “A youth athlete’s training program in Finland and elsewhere”
- Estonia’s youth coaching system, presented by *Erki Nool*
- Youth coaching in teams: Examples from Finland

Workshops

12noon **Coaching tools**

2pm: Closing remarks and lunch

