



European Athletics Coaching Summit Series

EUROPEAN SHOT PUT CONFERENCE

TALLINN, ESTONIA



EUROPEAN SHOT PUT CONFERENCE 2019

European Athletics Coaching Summit Series
November 8th-10th TALLINN, ESTONIA



BASIC INFO

European Shot Put Conference is held under the European Athletics Summit Series label and co-organised together with Estonian Athletics Association. Our goal for this conference is to organise the best shot put coaching conference that has been seen in Europe.

Conference is focused both on rotational and glide technique and we have the best experts and lecturers from all over the world to cover these topics (lecturers info on the next page). The program involves a combination of lecture sessions and practical skills development on the track and in the weight room.

CONFERENCE PACKAGE INCLUDES:

- 2 nights at 4* Spa Hotel (double room occupancy)
- Spa and sauna access during the stay
- All dinners and lunches (buffet selection) + refreshments between the lectures
- 3 days of world class shot put lectures

Cost of the 3-day conference is **500 euros** (accommodation and food included)

- Single room extra charge is 100 euros for 2 nights
- Conference fee without accommodation is 400 euros

Travel to TALLINN

Estonian capital Tallinn has a great airline connection to all main cities in Europe. If there are some participants coming from out of Europe, then we help them to book extra hotel nights if needed. Tallinn is a beautiful medieval city with picturesque old town. So we suggest to take some time to be a tourist as well.



For registration, please visit website www.throwsworld.com
or send an email to hans@globalthrowing.com

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LECTURERS



Dale Stevenson

Former shot putter from Australia. He is a personal coach of World Champion **Tom Walsh** (PB 22.67m).

Dale will be the main presenter of rotational technique.



Wilko Schaa

Biomechanics expert for shot put from Germany. He is a coach of World Champion **David Storl**. Wilko will be the main presenter of glide technique.



Jean-Pierre Egger

Throwing legend – former coach of world champion and legend **Werner Günthör** and coach of Olympic Champion **Valarie Adams**.



Vesteinn Hafsteinsson

Former discus thrower from Iceland. He is an international throwing coach with many success stories, including Gerd Kanter, Daniel Ståhl and Joachim B Olsen. Vesteynn will be presenter of women rotational technique.



Shaun Pickering

Shaun Pickering is a former Welsh shot putter. Currently working as a throwing consultant on the international scene.



David Storl

2x World Champion, 4x European Champion and Olympic medallist in Shot Put. David will attend practical and theoretical sessions together with his coach Wilko.