

The **Ron Pickering Memorial Fund** is working with UK Athletics to stage a **World Class Throws Coaching Conference** on **Saturday 15th and 16th December, 2007** at Loughborough University.

Lead presenters are:

Shot: Reese Hoffa, World Champion 2007, and Coach **Don Babbitt**

Discus: Gerd Kanter, World Champion 2007, and Coach **Vesteinn Hafsteinsson**

Hammer: Koji Murofushi, Olympic Champion 2004

Javelin: Steve Backley, Goldie Sayers with coaches **John Trower, Mark Roberson**

Shot / Discus – Saturday 15th December

Morning Session: Combined Shot and Discus

Preparation of Elite Discus Throwers - Vesteinn Hafsteinsson

Building to a Championship Season, the Development of Reese Hoffa - Don Babbitt

Afternoon Session:

Discus Module:

Practical: Technical Aspects of Discus Technique – Vesteinn Hafsteinsson/Gerd Kanter

Lifting, Preparation and Periodisation of Throwers – Vesteinn Hafsteinsson

Shot Putt Module

General Shot Putt Training: Comparison of glide and rotational techniques - Don Babbitt

Practical: Technical Aspects of Rotational Technique – Don Babbitt and Reese Hoffa

These modules shall be followed by a Shot/Discus Panel Discussion – led by **Tom McNab**

Javelin – Saturday 15th December

“The Coach-Athlete Partnership”... from both sides of the fence: Steve Backley and John Trower

Moving Forward: Presentation and Practical Demonstration by Goldie Sayers and Mark Roberson

Hammer – Sunday 16th December

Technique and the biomechanics of Hammer Throwing - Koji Murofushi

Training principles and philosophy - Koji Murofushi

Technical training and throwing demonstration with Koji Murofushi

Note: Each session shall be filmed and edited into a DVD, which shall be forwarded to each attendee upon completion, so you will not miss out on any of the presentations.

Attendance to the conference is **free of charge** but all coaches must register, as places are limited. If you would like to have lunch provided, there is an optional £5 charge (please indicate on the registration sheet if you require the lunch option).

If you would like to attend the conference please complete the attached registration sheet and return to Rob Logan. rlogan@ukathletics.org.uk

Places are limited so please return this form ASAP to guarantee your place.

For any enquiries or more information please contact Michelle Dunkley on 0121 7138 478 or mdunkley@ukathletics.org.uk

Coaches Biography:

Vésteinn Hafsteinsson:

A former discus thrower from Iceland, who represented his native country at four consecutive Summer Olympics, 1984-1996 and five consecutive World Championships, 1983-1995. His personal best is 67.64 metres (1989).

Former Icelandic National Coach, Head Coach to Icelandic Olympic Team, Sydney 2000.
Danish National Coach, 2003-2006,
Was Personal Coach to Olympic Shot Putt Bronze Medallist, Joachim Olsen (21.61m)

Personal Coach to Discus Throwers
Gerd Kanter Estonia 73.38m (2007 World Champion)
Omar El Ghazaly Egypt 65.33m (2007 World Championship 6th Place)

Don Babbitt:

Assistant Coach at the University of Georgia, USA

Personal Coach to Reese Hoffa, 2007 World Champion, Shot Putt.

At the 2004 Olympic Games in Athens, Greece, Babbitt had eight athletes competing and had finalists in all four throwing events. These athletes included former world champion and shot put silver medallist Adam Nelson, American record holder Breaux Greer (javelin), as well as Canadian record holders Jason Tunks (discus) and Brad Snyder (shot put). Don also coached Andras Haklits, the two-time Croatian Olympian and hammer record holder and Lieja Tunks, the top Dutch shot putter.

In addition, Babbitt also was the personal coach of Terri Steer, the top U.S. women's shot putter in 2001 and 2002 and was ranked seventh in the world in 2002 (19.21m), and also coaches Argentinean record holder in the hammer, 23 year old Jennifer Dahlgren (72.94m)

Registration Form

Personal details:

Name	
Address	
Contact Number	
Email	
Coaching Ref no	

Event Module selection*: please select as appropriate

* Due to the timetabling of the shot/discus in the afternoon you will have to choose to follow either Shot Putt or Discus Modules

Event	Sessions	Date	Select
Shot Putt Module	Shot Putt Presentation and practical demonstration	Sat 15 th December	<input type="checkbox"/>
Discus Module	Discus Throw Presentation and Practical Demonstration	Sat 15 th December	<input type="checkbox"/>
Javelin Module	Javelin presentation and practical demonstration	Sat 15 th December	<input type="checkbox"/>
Hammer Module	Hammer presentation and practical demonstration	Sun 16 th December	<input type="checkbox"/>

Please indicate whether you would like food (buffet style) to be ordered for you:

Yes* No

*If 'yes', please enclose a **£5 cheque** made payable to 'UK Athletics Ltd' with this registration (£10 if attending both days). This cannot be paid on the day.

If yes, do you have any special requirements? Please detail below:

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Please return this form to:

Rob Logan
 UK Athletics Ltd
 Athletics House, Central Boulevard
 Blythe Valley Park
 Solihull, West Midlands
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 Fax: 0121 7138 452

