



GLOBAL THROWING



10-12th November 2023
Tallinn, Estonia



EUROPEAN DISCUS CONFERENCE



UNITING THROWING COACHES FOR ANOTHER INSPIRING EVENT!

This year, our discus conference is taking flight like never before. We are thrilled to announce that we have confirmed coaches of three exceptional athletes who achieved 70m throws during the 2023 season. Prepare to witness the dynamic coaching duo of Mykolas Alekna (71.70m) - **Mantas Jusis & Mo Saatara**. Joining them will be **Kristjan Ceh**, who reached an astounding 71.86m, under the guidance of his coach **Gerd Kanter**. And let's not forget the coach behind Alex Rose's incredible 70.39m throw, **Dane Miller**.

Over the course of three days, we have curated a remarkable lineup of theoretical and practical lectures delivered by the best in the field. Get ready for an immersive experience that combines cutting-edge knowledge with hands-on practicality.

BASIC INFO

WHEN: 10-12th November 2023

WHERE: Tallinn, Estonia

PACKAGE INCLUDES:

- 2 nights at 4* Spa Hotel (twin room occupancy)
- Spa and sauna access during the stay
- All dinners and lunches (buffet selection) + refreshments between the lectures
- 3 days of world class lectures
- Single room extra charge is 100 euros for 2 nights

COST 550 eur

REGISTRATION: www.throwsworld.com

CONTACT: Hans Üürike hans@globalthrowing.com



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DANE MILLER

MO SAATARA

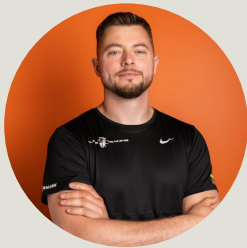
GERD KANTER

MANTAS JUSIS



LECTURERS

European Athletics Coaching Summit Series
November 10th-12th TALLINN, ESTONIA



MANTAS JUSIS (LIT)
Coach of Mykolas
and Martinas Alekna



MO SAATARA (CAN)
Coach of Mykolas
Alekna



DANE MILLER (USA)
Coach of Sam
Mattis, Alex Rose,
Yaime Perez. Also an
international
weightlifting coach



GERD KANTER (EST)
Olympic Champion
and coach to the
reign World
Champion Kristjan
Ceh



KRISTJAN CEH (SVK)
World Champion and
World Leader 71.86m

