

International Javelin Conference

PROGRAMME / 13–14 NOVEMBER 2026

Pivovar Cultural Centre, Domažlice

Friday / 13 November

TIME	PROGRAMME / TOPIC AND SPEAKER
9:00–9:30	Conference Opening David Sekerák, Jan Koutník
9:30–10:30	The Czech Javelin School – Its History and Distinctive Features Miroslav Guzdek
10:30–10:40	Coffee break
10:40–11:50	From Youth Athletics to an Olympic Medal David Sekerák
11:50–13:00	My Journey to World-Class Performance and My Approach to Training Vítězslav Veselý
13:00–14:30	Lunch Break
14:30–15:30	Modern Equipment and Technology in Strength Training Jan Halbich
15:30–16:30	Javelin Throwing Biomechanics and the Physics of Flight Klaus Bartonietz
16:30–16:45	Coffee break
16:45–18:00	Joint Lecture and Discussion – Insights from Elite Competition and Coaching Barbora Špotáková, Rudolf Černý
18:00–19:00	Brewery Tour
Approx. 19:00	Conference Dinner

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9:00–10:00	Key Aspects of the Transition from Junior to Senior Athletics Stanislav Šuška
10:00–11:00	Assessment and Physiotherapy Using the MFK Method Martina Končalová – MFK
11:00–11:10	Coffee break
11:10–12:30	The Long Road from European Silver to Olympic Bronze Nikola Ogrodníková
12:30–14:00	Lunch Break
14:00–15:00	Applying Youth Training Principles in Senior Athletics – Practical Demonstration David Sekerák
15:00–16:30	Practical Methods for Developing and Refining the Throwing Kinetic Chain Stanislav Šuška
16:30–16:45	Organisational Break
16:45–17:45	Training Neeraj Chopra and Keshorn Walcott Klaus Bartonietz
17:45–18:30	Closing Discussion and Conference Conclusion Speakers and Participants

Programme is subject to change.