



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](http://www.throwsworld.com)

**CONTACT:** Hans Üürike [hans@globalthrowing.com](mailto:hans@globalthrowing.com)



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DANE MILLER

MO SAATARA

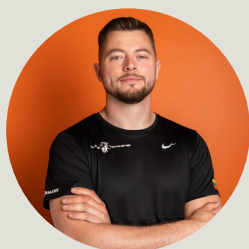
GERD KANTER

MANTAS JUSIS



## LECTURERS

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



**MANTAS JUSIS (LIT)**  
Coach of Mykolas  
and Martinas Alekna



**MO SAATARA (USA)**  
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 (SLO)**  
World Champion and  
World Leader 71.86m

