# INVITATION

**The Hungarian Athletics Federation hereby invites you to the IV. Hungarian Athletics Coaching Conference**

**Date: 18–19 April 2026**
**Venue:** University of Pannonia, Polinszky Hall
(1 Wartha Vince Street, 8200 Veszprém, Hungary)

**Invited speakers of the discipline-specific forums:**

- **Zsolt Németh** – A leading figure in Hungarian hammer throw and a key representative of the Szombathely throwing school. A former national team athlete, he has successfully translated his competitive experience into high-level coaching and has been a major contributor to Hungary's international success in hammer throw. His most notable achievements include coaching Olympic Champion Krisztián Pars, as well as guiding the career of Bence Halász, World Championship, European Championship and Olympic medalist, and one of the world's leading hammer throwers. Németh's coaching philosophy is built on technical precision, the conscious refinement of the fine details of throwing mechanics, and long-term, consistent athlete development. He considers the balance between physical preparation and technical stability to be the foundation of international-level performance.

- **Boris Obergföll** – Former world-class javelin thrower and current coach of the German national javelin team. As an athlete, he won two World Championship bronze medals, and as a coach he has played a key role in the development of athletes such as Johannes Vetter. His coaching philosophy combines meticulous attention to detail, biomechanical analysis, and strong teamwork. His methodology emphasizes individualized technical refinement, systematic video analysis, and a holistic approach integrating physical strength, movement quality, and mental preparation.

- **Paul Wilson** – Internationally recognized throws coach whose work is founded on technical precision, biomechanical analysis, and a consistent, structured training methodology. One of the highlights of his professional career is his collaboration with two-time World Champion shot putter Chase Jackson, a dominant figure in women's shot put on the global stage. Wilson has played a significant role in refining Jackson's technical consistency, optimizing her throwing mechanics, and peaking her performance for major championships. His coaching philosophy focuses on detailed technical development, individualized progression, and long-term performance building, where physical preparation and technical execution function as a unified, integrated system.

- **Mitchell Jackson** – Strength and conditioning coach specializing in the physical preparation of throwing events, with a primary focus on developing maximal strength and explosiveness. His work is closely connected to the preparation of world-class American shot putter Chase Jackson (two-time World Champion). His coaching philosophy is based on the integration of strength development and sport-specific performance, ensuring that conditioning work directly enhances throwing performance. His programs emphasize structured strength training, the development of explosive power, and the establishment of sustainable, elite-level physical capacity over the long term.

## IV. Hungarian Athletics Coaching Conference:

<table>
<tr><td></td><td colspan="2">18.04.2026 Saturday</td><td colspan="2">19.04.2026 Sunday</td></tr>
<tr><td></td><td>Session</td><td>Venue</td><td>Session</td><td>Venue</td></tr>
<tr><td>09:00-09:30</td><td>Arrival and Registration</td><td>Pannon University Polinszky Hall - Foyer</td><td>Arrival and Registration</td><td>Pannon University Polinszky Hall - Foyer</td></tr>
<tr><td>09:30-10:00</td><td>Introduction– Géza Scheidler Sport Director</td><td>Pannon University Polinszky Hall</td><td rowspan="3">The Development of Chase Jackson & Coaching Philosophy of Paul Wilson (Q&A) – Paul Wilson</td><td rowspan="3">Pannon University Polinszky Hall</td></tr>
<tr><td>10:00-10:30</td><td rowspan="3">EAA Hammer Conference 2025 Key Takeaways and Professional Insights, theoretical session – Zsolt Németh</td><td rowspan="3">Pannon University Polinszky Hall</td></tr>
<tr><td>10:30-11:00</td></tr>
<tr><td>11:00-11:30</td><td rowspan="3">Planning and Structuring Strength Training During the Preparation Phase (Q&A) - Mitchell Jackson</td><td rowspan="3">Pannon University Polinszky Hall</td></tr>
<tr><td>11:30-12:00</td><td rowspan="3">EAA Hammer Conference 2025 Key Takeaways and Professional Insights, practical session – Zsolt Németh</td><td rowspan="3">VEDAC Throwing Field</td></tr>
<tr><td>12:00-12:30</td></tr>
<tr><td>12:30-13:00</td><td rowspan="3">Lunch</td><td rowspan="3"></td></tr>
<tr><td>13:00-13:30</td><td rowspan="2">Lunch</td><td rowspan="2"></td></tr>
<tr><td>13:30-14:00</td></tr>
<tr><td>14:00-14:30</td><td rowspan="3">The perfect throw, theoretical session – Boris Obergföll</td><td rowspan="3">Pannon University Polinszky Hall</td><td rowspan="3">Discus & Shot Put – Technical and Practical Session – Paul Wilson</td><td rowspan="3">VEDAC Throwing Field</td></tr>
<tr><td>14:30-15:00</td></tr>
<tr><td>15:00-15:30</td></tr>
<tr><td>15:30-16:00</td><td rowspan="3">The perfect throw, practical session – Boris Obergföll</td><td rowspan="4">VEDAC Throwing Field</td><td rowspan="4">Strength & Conditioning Practical Session – Training Methods and Exercise Selection – Mitchell Jackson</td><td rowspan="4">VEDAC Throwing Field</td></tr>
<tr><td>16:00-16:30</td></tr>
<tr><td>16:30-17:00</td></tr>
<tr><td>17:00-17:30</td><td>Q&A Session</td></tr>
<tr><td>17:30-18:00</td><td></td><td></td><td>Q&A Session</td><td>VEDAC Throwing Field</td></tr>
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If you wish to participate in the Coaching Conference, please complete the following billing information form.

The participation fee is **100 € gross per person per day.**

**The participation fee includes attendance at the lectures, parking, and lunch provided at the restaurant of the University of Pannonia.**

The registration fee must be paid by bank transfer to the following bank account number:
**HU73-1040-0140-0002-8128-0000-0005**

An invoice will be issued and sent after the payment has been received.

Please indicate in the payment reference the name to whom the invoice should be issued.

The presentations will be delivered in English, with Hungarian interpretation provided. The Saturday morning session will be held in Hungarian, with English interpretation available.

**For any questions, please contact us at the following email address:**

**titkarsag@atletika.hu**

**On-site registration and payment is not possible!**

**Registration and payment deadline: 05. April 2026**

**Participation in the event requires completing the registration form below:**

**https://forms.gle/n6dX2R3o9ssCqmu48**

Budapest, 05. March 2026

Best Regards,

Géza Scheidler

Sport Director

Hungarian Athletics Association

Our Partners:

VERAC

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VB'26
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