

2016 Throws Coach Florida Christmas Camps Registration Form

Registration is for camp instruction only. Campers are responsible for their own lodging, food and transportation.

A non-refundable deposit of \$50 payable by check, is due with registration. Checks should be made payable to **Throws Coach Florida**. Deposits need to be received by three days before camp to ensure place.

First Name : _____

Last Name: _____

Date of Birth: ____/____/____

Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (H) _____

Mobile: _____

Gender: Male/Female ()

E Mail Contact: _____

Emergency Contact: _____

Emergency Contact Phone: _____

AMOUNT ENCLOSED: _____

**PLEASE SEND CHECK MAKE PAYABLE
TO:**

THROWS COACH FLORIDA

15417 BAY VISTA DRIVE, CLERMONT
FLORIDA 34714

CAMP ENQUIRES TO: **ANDY VINCE**

Tel No: 407-924-6583

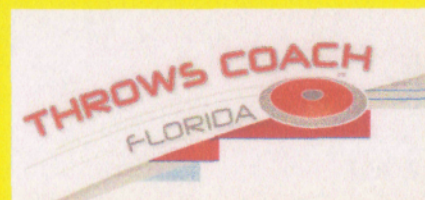
Email: andyvince@throwscoachflorida.com

ABOUT THE CAMP

The camps are designed to give each athlete an informative introduction into each camp discipline. All athletes are welcomed whether beginners, intermediate, or advanced, each will receive instruction appropriate to their current abilities. The focus of the camps is to increase the athletes understanding of their events, bringing them to a new level of technical proficiency by learning principles that progress physical conditioning enabling greater distances thrown. The camp is about giving each athlete an enjoyable experience by mixing hard work with fun and creating a positive competitive environment.

The syllabus for the camp focuses on;

- Demonstrations by technically proficient athletes
- Basic progressions for technical development
- Drills for skill acquisition and learning
- Fitness and conditioning for the events
- Strength development, both general and specific
- competition strategies, and how to development a warm up



CHRISTMAS CAMPS

2016

THROWS COACH FLORIDA

SHOT & DISCUS

WITH AN INTRODUCTION
TO THE **HAMMER THROW**



**ORLANDO
&
SARASOTA
FLORIDA
USA**

**ALL AGES
WELCOME**



PERFECT
Practice makes **PERFECT**

2016 Throws Coach Florida CHRISTMAS Break Camps

Venue - Sarasota & Orlando

SHOT and DISCUS,, plus the introduction
to the Hammer throw

Camp One - Orlando

Tuesday 27th /Wednesday 28th December

Camp Two - Sarasota

Thursday 29th /Friday 30th December

9.30 am till 4 pm each day

Cost \$150

Cost includes a **Throws Coach Florida**

THROW UP T - Shirt

Please State size M L XL

THROWS COACH FLORIDA WINTER THROWS MEETS 2016

5th November - Tom Cone Park Gainesville

**3rd December - NTC Clermont
2017**

**14th January - Tom Cone Park
4th February - NTC**

Sign up

throwscoachflorida.com

usantc.com

MUST BE A USATF MEMBER

LOCATION OF THE CAMP

1551 Global Ct

Sarasota, FL 34240

TRINITY PREPARATORY SCHOOL

5700 Trinity Prep Lane

Winter Park, FL 32792

Staff: Camp Organizer and Head Coach

Andy Vince

Former British Director of Throws, U23 National Team Head Coach and Scottish National Team Coach for nine years. Vince competed for Great Britain in the shot put where he was the British Champion. He also competed in the United States and was a standout at Murray State University in Kentucky, holding the school records in the indoor and outdoor Shot Put events, and also the Discus throw. After graduating Vince was Assistant track and field Coach at Murray State before moving to Southern Illinois University at Carbondale Illinois to take charge of the throwing and jumping events.

Vince holds an United Kingdom Athletics Performance Level 4 Coaching Certification in the throwing events and a level 3 in the jumping events, also Vince is licensed to coach in the USA by USATF. Under his charge, Coach Vince has coached the Scottish native National Record holders in both the Shot Put and High Jump events, along with Scottish and British international performers in the Hammer, Javelin, Decathlon and Heptathlon events.

Since moving back to the United States in 2007 Vince has founded his business Throws Coach Florida training athletes out of the National Training Center in Clermont Florida. In the Seven year coaching at the National Training Center in Clermont Coach Vince has places 5 athletes in first place at the Florida States Championships, and 4 runners up and many top 8 placing. All of these top finishers have then gone on to NCAA Divisions one programs including Cornell, Yale, North Carolina, Virginia, University of Florida, Florida AM to name but a few.



INFORMED CONSENT have been informed that Coach Florida (TCF) will not be responsible damages, accidents or injuries that may happen to the agents, servants, employees, or property of any of the party or persons who are participating in this request, including limited to those causes which results from the negligence User, its agents, servants, TCF or that of the and said User hereby releases the TCF, its employee from and agrees to indemnify it against any and all for any such cause which results in injury. This assumption includes environmental theft and contagion risks in add risk associated with use of the center's equipment and fee and to include any location where TCF services a vided. Alterations to this Liability Agreement will not be and are not permitted unless expressly authorized by the of TCF. I hereby apply for permission for use of TCF service facilities. I understand that this application is subject review and approval of the Throws Coach Florida owner. I understand that participation may be suspended or terminated TCF owner and if I am in violation of the facility rules, regulations and policies, conduct myself in a manner management deems inappropriate or disruptive or mal representation of information contained in this application not be entitled to any refund of program fees. I am responsible for any outstanding balance due. I understand that the training times and services as scheduled are subject to approval TCF and subject to change at any time by discretion of frowner. I grant the TCF and all sponsors the I photograph and/ or videotape me and further to use my face, likeness, voice and appearance in connection with publicity, advertising and promotional materials I reservation or limitation. I further agree I will not seek retention for such photos and publicity. TCF and all s] are, however, under no obligation to exercise said rights granted.

Print Participant Name

Signature of Participant or Parent/Legal Guardian if under 18 years of age (sign below)

Date: _____

**BOTH SIDES OF THE REGISTRATION FORM
MUST BE FILLED OUT**