

2025 Throws Coach Florida Summer Break Camps Registration Form

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

A non-refundable deposit of \$60 payable by check./zelle/venmo 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: _____

COURSE NUMBER: _____

AMOUNT ENCLOSED: _____

PLEASE SEND CHECK MAKE PAYABLE TO:

THROWS COACH FLORIDA
Payment also by Zelle & Venmo
 24 Pebble Rock Drive Venice
 FLORIDA 34293
CAMP ENQUIRES TO: ANDY VINCE
 Tel No: 407-924-6583
 Email: andyvince@throwscoachflorida.com

ABOUT THE CAMPS

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 received 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 to be 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
- Post camp competition in the shot /discus & Javelin

COMPETITION OPPORTUNITIES AT THE HYDROGRASS THROWS CENTER SARASOTA and ATLANTIS THROWS CENTER TRENTON FLORIDA

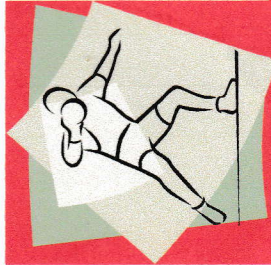
Saturday 17th May—Atlantis Throws Center
TRENTON Florida
 Saturday 14th June —Hydrograss Throws Center
SARASOTA Florida
 Saturday 12th July —Atlantis Throws Center-
TRENTON Florida
 Saturday 9th August—Hydrograss Throws
Center SARASOTA Florida
 Saturday 6th September—Hydrograss Throws
Center SARASOTA Florida
 Saturday 4th October —Hydrograss Throws
Center SARASOTA Florida

Sign Up information and schedule of events
GO TO
Throwscoachflorida.com competition page

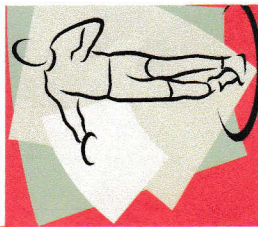
SUMMER PROGRAM 2025



SHOT PUT
DISCUS THROW
HAMMER THROW
JAVELIN THROW
WEIGHT THROW



GET READY FOR
THE UPCOMING
HIGH SCHOOL
SEASON/AAU/US
NATIONALS



ALL AGES
WELCOME



PERFECT
Practice makes PERFECT

Throws Coach Florida SUMMER Break Camps & Clinics 2025

SHOT & DISCUS CAMP
Introduction to the HAMMER & WEIGHT THROW
Cost \$210 Shot & Discus
JAVELIN/HAMMER CLINIC
Cost \$105

PRIVATE COACHING OFFERED DURING THE
BREAK - CONTACT ME DIRECT 407 924 6583 TO BOOK AND
MAKE ARRANGEMENTS.

THIS SERVICE WILL BE DELIVERED AT
THE HYDROGRASS THROW'S CENTER
SARASOTA

VISIT
THROWSCOACHFLORIDA.COM



Head Coach Andy Vince

Javelin Throw
Clinic 1 - Tuesday 17th June 2025
Clinic 2 - Tuesday 15th July 2025

Hammer & Weight Throw
Clinic 1 - Wednesday 11th June 2025
Clinic 2 - Wednesday 9th July 2025

Shot & Discus Camp
Intro to Hammer Throw
Camp 1 - Friday 20th & Saturday 21st June 2025
Camp 2 - Friday 18th/Saturday 19th July 2025
Camp 3 - Friday 1st/Saturday 2nd August 2025

Circle Camp T- Shirts Size S M L
T-SHIRT FOR ALL CAMPERS

• Facility Information -

Location:

Hydrograss Throwing Center
1551 Global Court
Sarasota, Florida 34240

Accommodations:

Athletes must arrange their own lodging,
food and transportation.

Athlete Information:

Athletes are encouraged to bring their own
sports drinks and food/snacks.

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 a 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.

Coach Vince placed 40+ first places, 30+second places, and over 100 finalists in State meets in Florida. Additionally 50+ athletes gained places and scholarships to NCAA DIVISION ONE schools, including all Ivy league schools.

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

Print Participant Name

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

Date: _____

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

