

2024 Throws Coach Florida SPRING BREAK 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: _____

COURSE NUMBER: _____

AMOUNT ENCLOSED: _____

PLEASE SEND CHECK MAKE PAYABLE TO:

THROWS COACH FLORIDA

24 PEBBLE ROCK DRIVE,
VENICE, FLORIDA 34293

Or payment by venmo/zelle (send PDF application to email address below)

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 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 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

ALL CAMPERS GET A
"THROW UP"
T SHIRT



SPRING BREAK

2024

THROWS COACH
FLORIDA

SHOT &
DISCUS

INTRODUCTION
JAVELIN THROW

Shot and Discus

MARCH 15/16

MARCH 22/23

MARCH 29/30

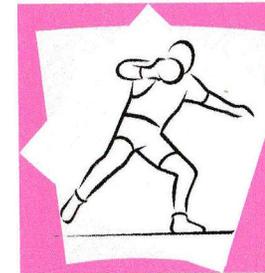
Javelin

MARCH 13/20/27



GET READY FOR

**HIGH SCHOOL
DISTRICT/
REGIONAL & STATE
MEET**



ALL AGES
WELCOME



**PERFECT
Practice makes PERFECT**

Throws Coach Florida SPRING Break Camps 2024

Throws Shot/Discus & Intro to Hammer

Course #1

Registration 9:30 am Friday 15th

Depart 3:30 pm Saturday 16th

Course #2

Registration 9:30 am Friday 22nd

Depart 3:30 pm Saturday 23rd

Course #3

Registration 9:30 am Friday 29th

Depart 3:30 pm Saturday 30th

COST \$200

Throwing the Javelin Clinic

Clinic #1 - Wednesday 13th

Clinic #2 - Wednesday 20th

Clinic #3 - Wednesday 27th

Registration 9.30 am/Depart 3.30 pm

COST \$100

REDUCTION OF \$50 IF ATTENDING SH

PRIVATE LESSONS AVAILABLE DURING THE BREAK

Facility Information

Location

HYDROGRASS THROWS CENTER

1551 Global Court
Sarasota, Florida 34240



Staff: Camp Organizer and Head Coach

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 5 first places, 4 second places, and nine finalists in State meets in Florida in 2017. Additionally 6 athletes gained places and scholarships to NCAA DIVISION ONE schools, including two Ivy league schools. Total Number of State Champions since 2008 now at 30

COACH ANDY VINCE



INFORMED CONSENT have been informed that Coach Florida (TCF) and the Hydrograss Throws Center (HTC) or its owners/ officers and employees 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, employees of TCP or that of the said User hereby releases the TCP, its employee agents 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 & HTC services a vided. Alterations to this Liability Agreement will not be and are not permitted unless expressly authorized by the of TCP . I hereby apply for permission for use of TCF service HTC 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 HTC if I am in violation of the camps 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 the owner. I grant the TCF and HTC 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, HTC 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**