

## 2025 Throws Coach Florida Spring 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 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

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

Saturday March 8th—Hydrograss TC  
SARASOTA

## More Dates to Follow

Sign Up information and schedule of events  
**GO TO**  
[Throwscoachflorida.com](http://Throwscoachflorida.com) competition page

# 2025

## THROWS COACH FLORIDA

JAVELIN  
THROW

SHOT &  
DISCUS  
JAVELIN  
INTRODUCTION  
HAMMER THROW

### SPRING

#### BREAK CAMPS & CLINICS

Wednesday 12th /19th/26th March Javelin Clinic

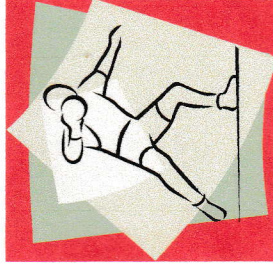
Wednesday 9th April Javelin Clinic

Friday 14th/Saturday 15th March Shot & Discus

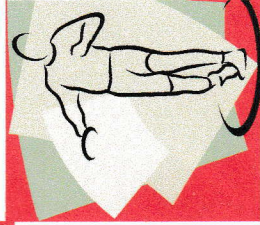
Thursday 20th/Friday 21st March Shot & Discus

Thursday 27th/Friday 28th March Shot & Discus

Friday 11th Saturday 12th April Shot & Discus



ALL AGES  
WELCOME



GET READY FO

THE UPCOMING

HIGH SCHOOL  
SEASON



PERFECT  
Practice makes PERFECT

# Throws Coach Florida Spring Break Camps & Clinics 2025

**SHOT & DISCUS CAMP**  
Introduction to the HAMMER & WEIGHT THROW  
**Cost \$210 Shot & Discus**  
**JAVELIN 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 THROWS CENTER**  
**SARASOTA**

**VISIT**  
**THROWSCOACHFLORIDA.COM**



**Head Coach Andy Vince**  
**SPRING BREAK**  
**Javelin Throw**

Clinic 1 - Wednesday 12th March 2025  
Clinic 2 - Wednesday 19th March 2025  
Clinic 3 - Wednesday 26th March 2025  
Clinic 4 - Wednesday 9th April 2025

**Shot & Discus Camp**  
**Intro to Hammer Throw**  
Camp 1 - Friday 14th & Saturday 15th March 2025  
Camp 2 - Thursday 20th/Friday 21st March 2025  
Camp 3 - Thursday 27th/Friday 28th March 2025  
Camp 4 - Friday 11th/Saturday 12th April 2025

**CIRCLE YOUR CHOICE OF CAMP**  
**T-SHIRT FOR ALL CAMPERS**

**\$25 Dollar DISCOUNT IF YOU DO**  
**BOTH CAMPS**

## • 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.

In 2018 Coach Vince placed 5 first places, 2 second places, and nine finalists in State meets in Florida. Additionally 6 athletes gained places and scholarships to NCAA DIVISION ONE schools, including two 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 the agents, servants, employees, or property of any of the persons who are participating in this request, including limited to those causes which result from the negligence of TCF or that of its agents, servants, employees of TCF, its employee said User hereby releases the TCF, its employee agents from and agrees to indemnify it against any and a for any such cause which results in injury. This assumption includes environmental theft and contagion risks in addition to include any location where TCF services are provided. Alterations to this Liability Agreement will not be permitted unless expressly authorized by the of TCF. I hereby apply for permission for use of TCF HG facilities. I understand that this application is subject and approval of the Throws Coach Florida owner. I understand that participation may be suspended or terminated TCF in violation of the camps rules, regulations and policies, myself in a manner management deems inappropriate or five or mal representation of information contained in the cation not be entitled to any refund of program fees. I responsible for any outstanding balance due. I understand training times and services as scheduled are subject to a TCF and subject to change at any time by discretion of TCF. I grant the TCF and all sponsors the right to photograph me and further to use my face, likeness, voice appearance in connection with publicity, advertising or promotional materials reservation or limitation. I further will not seek payment for such photos and publicity. I all are, however, under no obligation to exercise said right 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**

