

**2020 Throws Coach Florida
SUMMER BREAK
CAMP & CLINICS
Registration Form**

Registration is for camp instruction only

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 CHECKS MAKE PAYABLE TO:
THROWS COACH FLORIDA**
24 Pebble Rock Drive Venice Florida 34293
VENMO & ZELLE ACCEPTED

CAMP ENQUIRES TO: ANDY VINCE

Tel No: 407-924-6583

Email: andyvince@throwscoachflorida.com

ABOUT THE CAMPS

Throws Coach Florida offers elite, high-intensity training camps and clinics for throwers at all levels. Whether you're just starting or aiming for national level competition, our program accelerates skill learning.

The Throws Coach Florida camps are designed to help every athlete develop strong technical skills, improve performance, build confidence in the throwing events. Athletes of all experience levels, beginner, intermediate and advanced – receive instruction tailored to their current ability. Camp instruction includes technical demonstrations and event fundamentals. Progressive drills for skill acquisition and technical consistency. Movement efficiency and injury-prevention principles. Competition preparation strategy and warm-up routines.

The camp emphasize learning through repetition, positive coaching, and enjoyable training atmosphere that encourage athletes to challenge themselves while building competitive confidence.

Our objective is simple: help every athlete leave the camp more knowledgeable, more technically efficient, and better prepared for the upcoming track and field season

**ALL CAMPERS GET A
"THROW UP"
T SHIRT**



2026

**SUMMER THROWS
CLINICS AND CAMPS**

**THROWS COACH
FLORIDA
SARASOTA FLORIDA
US GULF COAST**

**SHOT PUT – DISCUS THROW
JAVELIN THROW – INTRODUCTION
TO THE HAMMER THROW**



**ALL AGES
WELCOME**



**PERFECT
Practice makes PERFECT**

**Throws Coach Florida
SUMMER Break Camps 2026**

Throws Shot/Discus & Intro to Hammer & Javelin

JAVELIN CLINICS

- Registration 9:30 am
- Depart 3:30 pm **ALL CLINICS**
- Clinic 1 - Wednesday June 10th
- Clinic 2 - Wednesday June 24th
- Clinic 3- Wednesday July 15th
- Clinic 4 - Wednesday 29th

Circle Choice
Cost \$100

SHOT & DISCUS CAMPS

- Registration 9:30 am
- Depart 3:30 pm **ALL CAMPS**
- Camp 1 - Friday 12th/Saturday 13th June
- Camp 2 - Friday 26th/Saturday 27th June
- Camp 3 - Friday 17th /Saturday 18th July
- Camp 4 - Friday 31st July / Saturday 1st August

Circle Choice
Cost \$200

CIRCLE YOUR COURSE/CLINIC CHOICE.

PRIVATE LESSONS AVAILABLE DURING THE WEEK

Facility Information
Location

**HYDROGRASS THROWS CENTER
1551 Global Court SARASOTA FLORIDA**

**ATHLETES ARE RESPONSIBLE TO
FIND THEIR OWN ACCOMMODATION,
TRANSPORTATION AND PROVIDE THEIR OWN
EQUIPMENT**



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 USAATF. 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.

Last year, Coach Vince placed 2 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.

COACH ANDY VINCE



**Former Scottish National Head Coach
British Head Throws Coach
Assistant Throws Coach Southern
Illinois University Carbondale**

INFORMED CONSENT have been informed that Coach Florida (TCF) its owners/ officers and employees be responsible damages, accidents or injuries that may h the agents, servants, employees, or property of any of the or persons who are participating in this request, including limited to those causes which results from the negligence User, its agents, servants, employees of TCF or that of the said User hereby releases the TCF, its employee/ agents from and agrees to indemnify it against any and al for any such cause which results in injury. This assumptic 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 provided. Alterations to this Liability Agreement will nc are not permitted unless expressly authorized by the of TCF . I hereby apply for permission for use of TCF facilities. I understand that this application is subject rev approval of the Throws Coach Florida owner. I underst participation may be suspended or terminated TCF owne I am in violation of the camps rules, regulations and conduct myself in a manner management deems inappro disruptive or mail representation of information containe application not be entitled to any refund of program fe responsible for any outstanding balance due. I understand training times and services as scheduled are subject to TCF and subject to change at any time by discretion of th I grant the TCF all sponsors the / photograph and/or v me and further to use my face, likeness, voice and appet connection with publicity, advertising and promotional m reservation or limitation. I further agree I will not seek rei for such photos and publicity. TCF, and all s] are, howev, no obligation to exercise said rights 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**