

2024 Throws Coach Florida Summer 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/zelle/vemno, 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

Send to

24 Pebble Rock Drive Venice 34293 Florida

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 and discus

ALL CAMPERS GET A
"THROW UP"

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PRIVATE LESSONS AVAILABLE DURING THE WEEK

Facility Information

Location
HYDROGRASS THROWS CENTER

1551 Global Court
Sarasota, Florida 34240

SUMMER BREAK

2024

THROWS COACH FLORIDA

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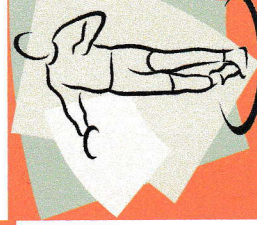


June July
And August
Camps this summer



GET READY FOR

Summer AAU
And USATF
Championships



**ALL AGES
WELCOME**



PERFECT
Practice makes **PERFEC**

Throws Coach Florida SUMMER Break Camps 2024

Throws Camps

Shot/Discus & Intro to Hammer

Registration 9:30 am

Depart 3:30 pm on ALL COURSES

Course #1

Thursday 14th/Friday 15th June

Course #2

Friday 28th/Saturday 29th June

Course #3

Friday 12th/Saturday 13th July

Course #4

Friday 2nd/Saturday 3rd August

Circle your choice

**Cost \$210 for each Camp REDUCTION
OF \$30 IF ATTEND MORE THAN ONE**

Introduction to Throwing the Javelin Clinic

Clinic #1 - Wednesday 12th June

Clinic #2 - Thursday 26th June

Clinic #3 - Thursday 10th July

Clinic #6 - Thursday 31st July

Registration 9.30 am/Depart 3.30 pm

**Cost \$110 for each Clinic—\$20 off if attend more
than one**



**FUN IN THE SUN & GET THE
JOB DONE**

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.

Last year, Coach Vince placed 2 first places, 2 second places, and nine finalists in State meets in Florida. Additionally 38 athletes gained places and scholarships to NCAA DIVISION ONE schools, including ALL Ivy league schools.

COACH ANDY VINCE



**THROWS COACH FLORIDA SUMMER
MEET PROGRAM IN SARASOTA &
TRENTON FLORIDA**

Hydrograss Throws Center - Sarasota 25 May
Hydrograss Throws Center - Sarasota 22 June
Atlantis Throws Center - Sarasota 27 July

INFORMED CONSENT have been informed that Coach Florida (TCF) and the Hydrograss Throws (HGTC) or its owners/ officers and employees will no responsible damages, accidents or injuries that may happen agents, servants, employees, or property of any of the pa 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 a 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 & HGTC service vided. Alterations to this Liability Agreement will not are not permitted unless expressly authorized by the of TCF. I hereby apply for permission for use of TCF HGTC facilities. I understand that this application is review and approval of the Throws Coach Florida own derstand that participation may be suspended or terminal owner and HGTC if I am in violation of the camps rules, tions and policies, conduct myself in a manner man deems inappropriate or disruptive or mal representation; formation contained in this application not be entitled refund of program fees. I am responsible for any out balance due. I understand that the training times and ser scheduled are subject to approval TCF and subject to c any time by discretion of the owner. I grant the TCF and and all sponsors the / photograph and/or videotape me; ther to use my face, likeness, voice and appearance in tion with publicity, advertising and promotional material reservation or limitation. I further agree I will not seek re for such photos and publicity. TCF, HGTC and all s) are, however, under no obligation to exercise said rights granted.

Print Participant Name

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

Date: _____

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