

## 2026 Throws Coach Florida EASTER 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:  
 TROWS 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@throwsccoachflorida.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 TROWS CENTER  
 SARASOTA and ATLANTIS TROWS  
 CENTER TRENTON FLORIDA**

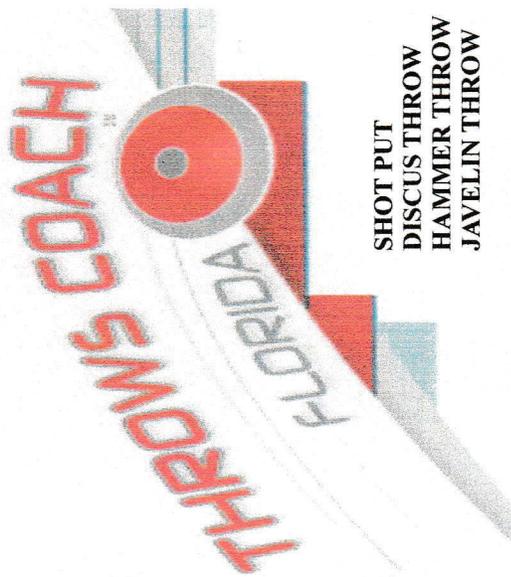
21st February 2026/  
 Atlantis Throws Center Trenton Florida  
 Throws Meet

Incorporating a Throws Pentation

14th March 2026  
 Hydrograss Throws Center Sarasota Florida  
 Throws Meet

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

# EASTER PROGRAM 2026



SHOT PUT  
 DISCUS THROW  
 HAMMER THROW  
 JAVELIN THROW

SHOT  
 PUT

GET READY FOR  
 THE UPCOMING

HIGH SCHOOL &  
 MIDDLE SCHOOL T  
 SEASON

JAVELIN  
 THROW

DISCUS  
 THROW

ALL AGES  
 WELCOME



PERFECT  
 Practice makes PERFECT

**Throws Coach Florida**  
**EASTER Break Camps & Clinics**  
**2026**

**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 THROWS CENTER  
 SARASOTA**

**VISIT**

**THROWSOACHFLORIDA.COM**



**Head Coach Andy Vince**

**Javelin Throw**

Clinic 1 - Wednesday 18th March 2026

Clinic 2 - Wednesday 25th March 2026

**Shot & Discus Camp**  
**Intro to Hammer Throw**

Camp 1 - Friday 20th/Saturday 21st March 2026

Camp 2 - Friday 27th/Saturday 28th March 2026

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 responsibl  
 damages, accidents or injuries that may happen to the  
 agents, servants, employees, or property of any of the pa  
 or persons who are participating in this request, includin  
 limited to those causes which results from the negligence  
 User, its agents, servants, employees of TCF or that of th  
 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 assumpti  
 includes environmental theft and contagion risks in add  
 risk associated with use of the center's equipment and fe  
 and to include any location where TCF services a  
 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  
 HG facilities. I understand that this application is subject  
 and approval of the Throws Coach Florida owner. I unc  
 that participation may be suspended or terminated TCF c  
 in violation of the camps rules, regulations and I  
 conduct myself in a manner management deems inapp  
 or disruptive or mal representation of information conti  
 this application not be entitled to any refund of program  
 am responsible for any outstanding balance due. I unc  
 that the training times and services as scheduled are su  
 approval TCF and subject to change at any time by discr  
 the owner. I grant the TCF and all sponsors the / pho  
 and/or videotape me and further to use my face, likenes  
 and appearance in connection with publicity, advertis  
 and promotional materials reservation or limitation. I furth  
 will not seek payment for such photos and publicity. I  
 all are, however, under no obligation to exercise said rig  
 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**

