



Lincs Throws Academy

Lead Coach: Geoff Capes - UKA Level 4 Performance Coach, Ex-Olympic, Commonwealth, European Shot putter, World Strongest Man & World Highland Games Champ

Assistant Coach: Lewis Capes - UKA Level 2, Group Throws Coach, Professional American Football & Professional Rugby Player

Shot & Discus coaching available – athlete's coaches welcome

Venue: Holbeach Youth Centre, Boston Rd, Holbeach, Spalding PE12 7LR (entrance behind front down narrow road entrance)

Timing: All days

U13 to U18 1000 – 1200

Seniors 1200 - 1400

Costs: £5 per session

All sessions Sundays

Academy training dates:

14th October 2018

9th December 2018

28th October 2018

13th January 2019

11th November 2018

10th February 2019

25th November 2018

10th March 2019

Graded Indoor Shot Competitions:

20th January 2019

17th February 2019

17th March 2019

11yrs – 18yrs 1000 (register 0930)

Seniors 1100 (register 1030)

£7.50 entry

Email: capes@talktalk.net

<https://capes3.wixsite.com/lincsthrows>



@LincsThrowsAc