The successful Lincs Throws Academy is opening its doors again this winter. Geoff and Lewis Capes would like to welcome all shot putter & discus throwers of all abilities and their coaches to attend the advertised days. In addition we are hosting two indoor open shot events that will be graded by England Athletics after last year’s successful event. Please confirm your attendance as we are expecting larger numbers this year to Lewis Capes on [capes@talktalk.net](mailto:capes@talktalk.net) including your name, age group, event, PB distance, email, mobile contact number. We look forward to seeing you in October.

We aim to help and develop throwers and coaches in the area by sharing our knowledge and extensive competing experience. We welcome anyone and hope the athlete enjoys and learns from the experience. We would like athletes to attend as many sessions as possible so we can measure the development of the thrower once attending their first to last session.

*Lincs*

*Throws*

*Academy*

*Lead Coach: UKA Level 4, Ex-Olympic, Commonwealth & European Shot Putter Geoff Capes*

*Ass. Lead Coach: UKA Level 2/Event Group Throws Coach, Lewis Capes*

*Shot & Discus coaching available*

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

**Timing: All days 1030 – 1300**

**Costs: £5 per session**

**Academy training dates:**

**Sunday 8th October 2017**

**Sunday 12th November 2017**

**Sunday 10th December 2017**

**Sunday 14th January 2018**

**Sunday 11th February 2018**

**Indoor Shot Competitions (Open) U13 to Senior. £6 entry**

**Sunday 21st January 2018**

**Sunday 18th February 2018**