



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 – athletes 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**

1200 – 1400 Seniors

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 entrv



Scan me

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



@LincsThrowsAc