

BEL BOXING CLUB

Our Mission Statement: "We prepare athletes for the future, in attitude, focus, sportsmanship, strength, and goal setting through the sport of boxing."

We will provide the surroundings and facilities and one on one training for personal growth.

www.belboxing.com
www.boxingontario.com
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THE SWEET SCIENCE!

Gym: Lakeview Plaza, 874 Ward St, Bridgenorth, Ontario

***Mailing: 408 Gifford Dr., R.R.#2
Ennismore, Ontario. K0L 1T0***

www.belboxing.com

www.boxingontario.com

**Phone: 705-292-6767
or 296-2350**

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BEL BOXING CLUB

Bridgenorth-Ennismore-Lakefield

Fitness-Skill-Agility-Confidence



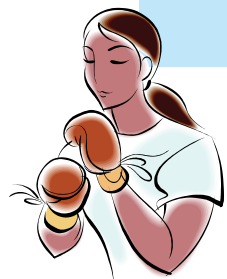
Gym 705-296-2350

Getting Started

Welcome, girls and boys, men and ladies to BEL Boxing Club. Your next 12 weeks here will show you great strides in becoming physically fit and toned. Please check out our website at www.belboxing.com for workout dates and times; If your interest is just getting in shape, or if you want to get on course for boxing competition, we can accommodate you. We don't push you into competition unless you are ready and willing. Some enter competitive boxing as early as 3 months training, some 6-12 months, some don't ever compete, it is up to you. If you do decide to compete, you are backed by Ontario Level Coaches, and sanctioned by

Boxing Ontario. Safety is our #1 concern.

Different than professional boxing, Amateur Boxing is ranked among the safest sports, because



of the guidance and equipment used.

Membership Fees:

We charge \$150 per 3 months for use of all the equipment and use of the coaching staff and facilities. ***You will also need to register with Boxing Ontario. They carry the liability insurance needed to run a club.*** You can choose a recreational membership fee of \$5 per year; this covers everything except sparring in the ring. If you decide to spar or compete, you will need a full Boxing Ontario membership for \$40 or \$50 a year, depending on your age. Check out Boxing Ontario's website: www.boxingontario.com.

Suggested Equipment:

Skipping Rope, hand wraps, bag gloves, running shoes and shorts and t-shirt, to start. Later as you move on to sparring, you'll need your own headgear and molded mouth piece, athletic support and cup, and chest protector for the girls.

Personal Fitness:

Some of our members are in the best shape they have ever been in because of the training techniques. You will see a great improvement in all areas of your fitness, including confidence and well being.

ESPN did a survey of 60 sports focusing on: endurance, strength, power, speed, agility, flexibility, nerve, durability, hand-eye coordination, and analytical aptitude and BOXING came in at #1!

<http://sports.espn.go.com/espn/page2/sportsSkills>

Training:

We train interval training, that is 3 minutes on and 1 minute off to replicate actual matches of Olympic Style Boxing. At the first of each night you'll learn to skip (great timing and coordination is learned) then boxing technique and shadow boxing (learn the basics of how to throw a punch properly) then take those skills to the heavy bag, or the speed bag or the funny bag. One on One coaching is also available as we make sure you get the basics. Later as you grow into the sport, you may progress to the boxing ring to be taught proper and safe sparring, at your own speed, with an instructor who will train and move you forward. ***We know you will enjoy your experience here at our club. Our coaches are all former boxers who are in love with the sport. We realize it is a time in your lives you will never forget as you reach new personal levels.***

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