

## Frequently Asked Questions

### **Q: Do I have to get hit to participate?**

A: Certainly not! Contact is only for those who have expressed a desire to become a member of our competitive team or those who are wishing to participate in sparring. Sparring is not mandatory.

A very small percentage of any boxing club across the country consists of those who choose to become competitive. The majority of members consist of those seeking the physical and mental benefits from the sport.

Too often, the sport is associated with the stereotype or image of the old Rocky movies. Two guys slugging it out in an old gym. This is far from what the sport is about.

*Our goal is about educating people on boxing. The sport is as much mental as it is physical.*

### **Q: How do I become a competitive boxer?**

A: As a competitive boxer you have to be registered with Boxing Ontario which includes a complete medical (Links to forms can be found within the links page on our site).

A coach who is registered with Boxing Ontario (at our club, this is Jay), will determine when the athlete is ready.

Our competitive members are then put on a program to develop their skills both physically and mentally in preparation for competition. This also consists of education on maintaining a proper healthy diet to maximize training and weight.

Side note: Recreational members must also be registered with Boxing Ontario, this does NOT require a medical. It is more of a liability waiver.

### **Q: What equipment do I need?**

A: The only equipment needed to begin are a good quality pair of running shoes or cross trainers and a water bottle.

We supply skipping ropes, boxing gloves etc.

Eventually, if the member decides to continue or advance in the sport, it is recommended that they purchase their own boxing gloves and hand wraps (which we sell at a discounted rate). We are a big fan of Rival Boxing gear!

**Q: What does a boxing workout consist of?**

A: Our workouts consist of warm up which includes: 3 rounds of skipping and either a core (planks for example) or strength based exercise ( push ups for example) in between the rounds.

We then do a few rounds of supervised shadow boxing.

After our warm up and shadow boxing , we do a variety of drills and conditioning.

- technical drills with either a partner or coach
- conditioning circuits on the heavy bags or strength
- conditioning circuit focusing on core and stability.
- sparring for those who wish to participate; others will be put through circuits or drills.

**Q: What age can someone start boxing?**

A: Our youth program begins at the age of 8. There is no age limit and any age can reap the benefits of the sport of boxing- both physically and mentally! We have members ranging from the ages 8 to individuals in their 60's.

**Q: Are there any addition costs associated with boxing?**

A: There is an annual \$20 fee for those joining the club as a recreational member. This fee is for registration with Boxing Ontario and goes to cover insurance.

For those entering into the competitive side there is a yearly registration of \$120 with Boxing Ontario which goes to cover costs of insurance, officials, tournaments and yearly operating costs.