

# ELEVATION BOXING CLUB



A WPCC Ministry

USA Boxing Coach: Rich Carlson

Fight the good fight of faith. Elevate the mind body and spirit.

[elevationboxing.com](http://elevationboxing.com)

## Student Guide

# Information

## **Aim of the Ministry**

The aim of the ministry is to train kids, (girls and boys) in the art of boxing and help them grow spiritually through the God's Word the Bible, while building their bodies physically and learning to be mentally tough. This will help kids establish a strong work ethic, build character and values, give them self-confidence, learn self-discipline and be committed to something bigger than themselves.

## **Bible Devotions or Study**

Kids will learn Bible verses, learn about chivalry, the warrior ethos, virtue character building and apply age-appropriate life lessons.

## **About Boxing**

Some people think boxing is punching someone, but it is more than that. It is out-smarting, out positioning, and out punching your opponent. Its training the mind and body to hit and not get hit all at the same time.

Boxing is also having the courage to face your fears and face challenges head on, and not being afraid to fail. Boxing builds self-confidence meaning to out-work or out fight your opponent no matter what the odds are, and to stand up for yourself in difficult situations.

Boxing builds discipline, mental toughness and helps you focus (to think clearly when you are exhausted), and under pressure to finish the task. Principles in boxing also transfers over to everyday life-schoolwork, standing up to bullies, not being afraid to stand up for what's right.

## **No Contact Boxing**

The Ministry is for recreation and self-defense purposes in nature. The training is "no contact" or no one-on-one matches or fighting. There will be instances where kids are paired up for drills (teens only). Boxing is instructed in military style-performed in lines and repeating the instructions. Punching is done on foam shields and defense is done with foam pool noodles.

Boxing is also physically demanding, kids and teens will participate in high intensity fitness exercises, drills and circuit training. This is a 6 week commitment.

**Start Date:** October 3<sup>rd</sup> 1230pm to 2:00pm after church in the fellowship hall.

Kids will then be divided up by age and given a schedule of the groups time fore the following Sundays. If you have questions, please email me or visit [www.elevationboxing.com](http://www.elevationboxing.com)

# Rules of the Club

## 1) Self-Control

Keep your hands to yourself. No punching other students. No horseplay or goofing around. No disruptive or distracting behavior. There will be no bad language or bullying behavior.

## 2) Respect

Obey and listen to the coaches. Respect the facility and equipment. Respect others and have a humble attitude.

## 3) Focus

Follow instructions and directions. Be able to perform techniques on command. Strive for excellence.

## 4) Responsibility

Be on time and be ready for training. Be prepared and have your gear.

### **Advisement.**

Disruptive behavior, hissy-fits, temper tantrums and a poor attitude will not be tolerated during training. There will be several penalty areas for 3 minutes and those students will not participate in the training. If this type of behavior continues on a consistent basis the student will be dismissed from training.

Fighting, bullying, or physical contact out of anger during training or at school the student will be immediately dismissed from training.

Ages groups 7-9, 10-12, 13-15. Depending on number of Kids.

Grades 7 and up ages 13-15 must have a passing GPA. Some exceptions may available upon head coach discretion. Rewards are earned, not given.



## Student Information

**Elevation Boxing Club**  
elevationboxing.com  
Coach Rich  
720 298-3742

Student Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Contact Information	Parent Name(s)
Address	
Cell Phone	
Email	
Emergency Contact Name/Phone	

List any medical issues:

### Agreements

I agree to abide by club rules and conditions-that is to respect the facility, equipment and to respect the coaches and other students.

I understand that boxing is a contact sport and agree to use the facility and equipment provided safely and according to the instruction provided.

I agree to indemnify Winter Park Christian Church, Elevation Boxing Club, Rich Carlson and instructors against any claim arising out of injury to the student while participating and training in the sport of boxing.

Parent(s) Signature \_\_\_\_\_ Date \_\_\_\_\_

## Purchasing Boxing Gloves



Amazon

Hawk Kids Boxing Gloves

\$13.99

6 or 8 Ounce

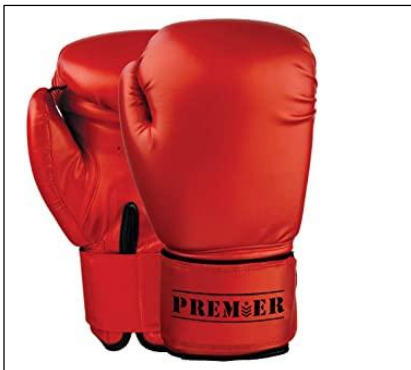


Amazon

CKE Kids Boxing Gloves

\$13.99

6 oz



AMAZON

Teenagers

Revgear Premier boxing gloves

12oz or 14oz

\$24.99



Quick wraps-hand wraps (teens) for wrist protection.

Amazon \$10

Do not get 15 ft long pro hand wraps we will not have time to spend 10 minutes wrapping hands for each student