

Holy Spirit Boxing Club Parents,

Boxing Club is open to 7th and 8th grade boys in the Holy Spirit Parish Community. This includes Holy Spirit School, public school, and home school students. The club meets two Thursdays a month from 3:30 pm – 4:30 pm in the gym. We do a fall and spring season, both ending with a tournament in which we participate with a few other Diocesan schools. We do engage in contact rounds, once the boys are ready, for which boys will be provided head gear at practice.



In regards to equipment, for any new participants, you will be required to have boxing wraps (which will be provided) and a pair of bag gloves (also known as training gloves). **If you are under 130 lbs. you will need to purchase 14 oz gloves. For those over 130lbs., you will need to get 16 oz. gloves.** Training/bag punch gloves cost anywhere from \$17-45 on Amazon, or can be purchased at your local sporting goods store. You can also stop by World Karate in the Twinbrook Shopping center and see Jason. He has agreed to provide purchasing support at a reduced rate. Gloves will be needed by the second week.

Students should come dressed in athletic shorts and a tee shirt to change into after school. There is a \$20 fee to join the club, payable via the on-line registration form. All participants must register online before they can attend practice.

The hope is that this club provides an opportunity to grow in virtue and also brotherhood. I hope that you consider allowing your sons to participate, and if you have any questions, please let me know; I'd love to answer them! On a final note, we will need 1-2 adult chaperones to be at each club meeting. You do not have to have boxing knowledge or experience as you will be needed to chaperone, not coach. You must be fully compliant with the Child Protection Policy of the Diocese of Arlington. If you are interested in helping in this way, please follow the link on the confirmation email you will receive after submitting your online registration.

Sincerely,

Greg Gordon
Boxing Club Coach