

September 12th, 2019

Holy Spirit Boxing Club Parents,

I am very excited to embark upon the 2nd year of the Holy Spirit Boxing Club! The club will meet on the following Thursdays from 3:30 pm – 4:30 pm in the gym.

October 3
October 17
October 31
November 14
December 5
December 12

There will be a scrimmage in December at St. Rita's with the other teams, details forthcoming. For now, the club will be non-contact, focusing on technique, strength training, fitness, and endurance. Practices will be run using a circuit format. There will be 14, three minute rounds with a 20 second rest in between rounds. The rounds will consist of running, stretching, calisthenics, punching bags, offensive and defensive techniques and mitt drills. Self discipline is a big part of this training and as such, one of the rules the boys need to understand is that no practice or play fighting is permitted on school grounds outside of our club meetings. Any infraction will be cause for immediate dismissal.

In regards to equipment, each participant will be required to have boxing wraps (which will be provided) and a pair of bag gloves (also known as training 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. This club is being offered to 7th and 8th grade boys. They should bring athletic shorts and a tee shirt to change into after school. There is a \$25 fee to join the club, payable via the on- line registration form.

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 on-line registration.

Sincerely,

Greg Gordon
Boxing Club Coach