



Dear

I understand you are the person who is responsible for the running of after school clubs and would therefore like to bring to your attention the Great Britain Amateur Boxing Award scheme. The awards are a newly developed non-contact programme which is now being run across the country in Boxing Clubs, School P.E. lessons and after school clubs, Youth Groups, College and Universities.

The GB Boxing Awards is a fun recreational activity which involves teaching the basics of non contact amateur boxing to children from the age of 5 years, such as stance /guard and footwork also all the related punches and defences, each lesson is well structured, which includes joint mobility, 1st phase warm up and stretch, fun and games prior to the non contact boxing lesson and of course a cool down and flexibility session at the end of the session.

The GB Boxing Awards are designed as a 6 stage National award scheme, with the awards being Preliminary, Standard, Bronze, Silver, Gold and Platinum. Each award lasts a total of 8 sessions, each session approx 45 minutes. On successful completion of each award there are GB Boxing Awards Certificate's and Medals that can be presented in assembly in front of the year/school or an agreed forum

Each student has a GB Boxing Booklet to follow for each level of the awards, the booklet contains information and exercise questions which they need to complete in order to pass the relevant award. Marks are also awarded for properly dressed, good behaviour and enthusiasm.

To deliver the GB Boxing Awards, you must be a qualified ABA Boxing Coach or a qualified GB Boxing Tutor (Non Contact). A GB Boxing Tutor is qualified to deliver the Non Contact part of the National Awards scheme.

The GB Boxing Awards are also part of an ASDAN Certificate of Personal Effectiveness (CoPE).

The GB Boxing Awards is a great activity to offer as an after schools club because of the many benefits it provides. It is excellent for fitness, co-ordination, speed and agility, weight loss and also helps to develop higher self esteem, confidence, discipline, and social inclusion too name but a few.

I would appreciate a meeting and an opportunity to show you the GB Boxing Tutor DVD, which would allow you to see for yourself what I would like to deliver in the after school club in your school.

For more information regarding the Great Britain National Boxing Awards please log onto **www.boxingawards.co.uk**

I look forward to hearing from you in the near future.

Yours in Sport,

