

PAN AM BOXING PRESENTS....

## Youth Competition Prep Camp



**November April 15<sup>th</sup> – May 11<sup>th</sup>, 2025**

The Youth Prep Camp is a required step for youth boxers (ages 14-17) wanting to join the Pan Am Boxing Club's U18 Competition Team. It is designed to give participants the techniques, skills, and experience necessary to integrate seamlessly into the U18 team training. Ensuring participants are ready for the demands of the structured competitive training program.

Whether you're confident you already want to compete, looking to experience real sparring for the first time, or just looking to improve your skills this camp will build the foundation needed to take your boxing to the competitive level.

### **Program Details:**

#### **Who:**

- Youth 14-17 committed to joining the Youth Competition Team.
- Minimum 3months boxing experience required.

#### **What:**

- A 4-week skill camp focused on preparing athletes for the demands of youth competition program. Some areas of focus include but are limited to:
  - Defensive Skills: Learn the techniques, when to use specific defenses, and how to capitalize on the opportunities they create.
  - Footwork & ring generalship: Using your feet to attack, defend, and position yourself to maintain or gain the advantage.
  - Intro to Sparring: Gradual introduction to sparring, focusing on light, controlled sparring to build confidence and experience in the ring.
  - Partner Drills: Practical partner-based drills to simulate fight scenarios and improve timing, distance, and accuracy.

#### **When:**

- **Weekday Sessions:** Tuesday & Thursday 7:15-8:15pm
- **Weekend Session (May 4 & 11):** 10:30-11:30am  
*Full Training schedule with dates can be found below.*

#### **Cost:**

- \$200 (does not include Boxing Manitoba Competition Registration)
- Payment plan options are available.

#### **Required Equipment:**

- Comfortable gym clothing / Gym shoes / Water bottle / **Top only mouth guard.**
- Optional – Head gear & sparring specific boxing gloves.

#### **Important:**

- All participants must complete a boxing medical & register as a Boxing Manitoba Youth or Junior competitor prior to the first sparring session on April 29.

## Youth Camp Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK1	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
		7:15-8:15pm Program Session	5:30-6:30 PABC Class <i>optional</i>	7:15-8:15pm Program Session			
WK2	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
		7:15-8:15pm Program Session	5:30-6:30 PABC Class <i>optional</i>	7:15-8:15pm Program Session			
WK3	28-Apr	29-Apr	30-Apr	01-May	02-May	03-May	04-May
		7:15-8:15pm Program Session - First spar	5:30-6:30 PABC Class <i>optional</i> session	7:15-8:15pm Program Session			10:30-11:30am  Program Session
WK4	05-May	06-May	07-May	08-May	09-May	10-May	11-May
		7:15-8:15pm Program Session	5:30-6:30 PABC Class <i>optional</i> session	7:15-8:15pm Program Session			10:30-11:30am  Program Session

### Will I Get Hit? Is There Contact?

Yes. There will be full sparring (head and body punching), starting in WK3 of the program. Athletes must be ready to get hit as it's a part of the sport. However, be aware that all full contact drills are controlled with slower speeds, low power, and additional supervision. The sparring conducted is to learn the skills in realistic settings with minimal risk.

### What if I can't afford it?

We believe that youth athletic development should never be limited by financial barriers. If the cost of the program is a concern, we have several spots reserved through a sponsorship opportunity. Provided by some generous supporters within our club. These sponsorships can cover the full cost of the program for those in need.

To be approved for the sponsorship opportunity you must get approval from the youth coaches Don or Dylan at PABC, or Chris at NEBC. You can contact Dylan Martin at [dmartin@panamboxing.com](mailto:dmartin@panamboxing.com) to learn more about the sponsorship assistance.

### How to Register

**In-Person** - Complete the registration W parent/guardian. Hand in to the front desk volunteer and pay for the program (full amount or payment plan option).

**Online** – Sign into Mindbody, go to the PABC online store, and purchase the program (full amount or payment plan). After purchase, complete and hand in your completed registration form to the front desk or email to staff.

If you have additional questions about the program, you can email PABC Management at [Dmartin@panamboxing.com](mailto:Dmartin@panamboxing.com)

# **Youth Camp Registration**



Youth Name: \_\_\_\_\_

Email: \_\_\_\_\_ Date (today): \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Guardian Email: \_\_\_\_\_

Guardian Phone#: \_\_\_\_\_

Guardian Signature: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

(for sponsorship option only)

## **Registration Terms & Conditions:**

- **Limited to active PABC/NEBC members only.**
- **All participants must purchase their own mouth guard and complete a boxing medical to participate in this program. Boxing Manitoba member registration fee is not included in the program cost.**
- **Registration is only complete once full or partial payment is provided.**
- **Registration is non-refundable or transferrable. Registration fee will only be refunded if the participant is not able to pass the boxing medical.**
- **Youth must have written parent/guardian permission to participate in the program.**