

Pan Am Boxing Club

Competitive Fight Team Commitment



Welcome to the Pan Am Boxing Club Competitive Fight Team! As a member of this team, you are expected to demonstrate the highest standards of dedication, discipline, and teamwork. Below are the key commitments required from all Fight Team members:

Fight Team Requirements:

1. **Competitive Focus:**
 - This program is for active, competitive fighters. As a member, you must be training with the goal of routinely competing in sanctioned bouts.
2. **Participation on PABC Fight Cards:**
 - You are required to put your name for entry onto all Pan Am Boxing Club Fight Cards. Some exceptions may apply, but the expectation is that you will compete on our fight cards if an opponent is found.
3. **Minimum Training Sessions:**
 - You must attend a minimum of **two boxing training sessions** per week. Consistency and commitment are crucial for individual and team success.
4. **Sparring Requirements:**
 - You are required to participate in at least **two sparring sessions** per week to remain sharp and ready for competition.
5. **Consistency and Team Support:**
 - You must be consistent with your training, sparring, and attendance. Your teammates rely on you to show up and contribute to a positive training environment.
6. **Season Commitment:**
 - This is not a “one and done” program. You must be looking to compete throughout the competitive season and show dedication to long-term growth in the sport.
7. **Team Support at Events:**
 - You must support the team by participating in team fundraisers, fight cards, and other club events. Some exceptions apply, but overall, team involvement is essential.

Commitment to Excellence:

By joining the Fight Team, you agree to meet these requirements and to consistently push yourself and your teammates to grow. This is a high-performance environment where commitment is key to success. Please note that failing to meet these commitments **WILL** result in removal from the Fight Team.

We look forward to seeing your dedication as you work to become the best fighter you can be!