



25 January 2023

Dear Parents/Guardians,

MER Boxing Academy and the Great Britain Boxing Awards Scheme

Following the success of the MER Boxing Academy last year, we are delighted to be able to offer this exciting opportunity to our students again. We have teamed up with England Boxing Coach, Liam Alloway to offer an extracurricular boxing club at the school, with additional opportunities for students to achieve a series of recognised awards from England Boxing.

Boxing has been well researched as a platform to help young people develop their confidence and fitness and instill values such as respect, discipline and sportsmanship. Local provision for students to attend boxing clubs is limited. Liam Alloway works with England Boxing and local schools to find new talent, promote the sport and encourage young people to lead healthy and active lifestyles. Liam coaches both amateur and professional boxers, developing beginners, right up to elite boxers.

Please note, there are two options for students - the MER Boxing Academy or the GB Boxing Awards so please read the information below before registering your interest.

OPTION 1 – MER BOXING ACADEMY

The MER Boxing academy is open to all students, regardless of previous experience. The course runs as a six-week programme for students to attend afterschool, consisting of six progressive lessons. Students will learn stance, footwork, head movement, correct technique for different punches and combinations, taking part in conditioned partner-based sparring, suited to their level of ability. Students will also learn attacking and defensive tactics. Lessons will be inclusive with differentiated activities to cater for the student's individual level of experience.

The cost of the MER Boxing Academy is £31.00 (£5.16 per session). Payment should be made via ParentPay selecting the 'MER BOXING ACADEMY' option.

If your child is eligible for pupil premium funding, you can request financial support for your child's participation in the MER Boxing Academy, through the pupil premium financial support request form. Please contact your child's tutor or assistant head of year to proceed with this process.

OPTION 2 – GB BOXING AWARDS

For the GB Boxing Awards option, students will attend the MER Boxing Academy, learning all the content taught in the academy sessions. Students will complete additional tasks, including a practical workbook and exercise questions to develop a further understanding of the sport and develop their knowledge of nutrition and exercise for boxing.

The GB Boxing Awards are designed as a 6-stage national award scheme, with awards being Preliminary, Standard, Bronze, Silver, Gold and Platinum. Students will receive certificates and medals for successful completion of each award. Marks are also awarded for dress, good behaviour and enthusiasm. For more information regarding the Great Britain National Boxing Awards, please visit www.boxingawards.co.uk.

Students who choose the GB Awards will have access to the MER Boxing Academy until they have completed their silver award. For gold and platinum awards, students will attend Bulmershe boxing club to prepare them for their first skills bout. Please note there will be an additional cost of £5.00 per session after the initial six weeks of training.

The cost of the GB Boxing Awards is **£53.00 (£31 for MER Boxing Academy sessions and £22.00 enrolment fee for the GB Boxing Awards)**. This includes the cost for all sessions, workbooks, certificates, and medals. Payment should be made via ParentPay selecting the 'GB Boxing Awards' option.

If your child is eligible for pupil premium funding, you can request financial support for your child's participation in the GB Boxing Awards, through the pupil premium financial support request form. Please contact your child's tutor or assistant head of year to proceed with this process.

What equipment will I need?

We encourage all students to purchase their own boxing gloves, hand wraps and a skipping rope. This equipment can be purchased for around £20, from sports shops or online.

Boxing Gloves: (Ideally 14oz) https://www.decathlon.co.uk/p/boxing-training-gloves-120/_/R-p-308420?mc=8578459

Hand Wraps: [Lonsdale Contender Hand Wrap Black One Size : Amazon.co.uk: Sports & Outdoors](https://www.amazon.co.uk/s?k=Lonsdale+Contender+Hand+Wrap+Black+One+Size&ref=nb_sb_ss_l-1_1_1)

Skipping Rope: [Muza Skipping rope adult for Home Exercise & Body Fitness men, women and kids | speed jumping rope with non slip handle | Adjustable skipping rope for Fitness, Fat Burning, Boxing, Crossfit and MMA : Amazon.co.uk: Sports & Outdoors](https://www.amazon.co.uk/s?k=Muz+Skipping+rope+adult+for+Home+Exercise+%26+Body+Fitness+men,+women+and+kids+speed+jumping+rope+with+non+slip+handle+Adjustable+skipping+rope+for+Fitness,+Fat+Burning,+Boxing,+Crossfit+and+MMA&ref=nb_sb_ss_l-1_1_1)

Boxing gloves and skipping ropes can be provided for students who are unable to purchase their own equipment. Hand wraps will not be provided.

Times and Dates

- **Starting from Wednesday 22 February 2023 – 29 March 2023 at 15:15 – 16:15** in the Sports Hall/MUGA.

Please note there is a maximum class size of 20 students.

If you would like to enroll your child into the MER Boxing Academy, please purchase the MER Boxing Academy option or GB Boxing Award option via **ParentPay by Thursday 3 February 2023**. Once purchased your child will be added to the official register.

Further Information

If you would like further information about Boxing Coach Liam Alloway, please check him out on social media.

Facebook - L.A Boxing & Bulmershe Boxing Club

Instagram - @Liamalloway @Bulmersheboxingclub

Twitter - @alloway_liam

Should you require any further information regarding the MER Boxing Academy or GB Boxing Awards, please contact Mrs Rogeon via email at v.rogeon@maidenerleghtrust.org.

Yours sincerely



Mrs V Rogeon

