

Strongarm Boxing Amateur Fight Team

Name: _____

Address: _____

_____ Postcode: _____

Best contact numbers: _____

Email address: _____

Date of Birth: ____/____/____ Age: _____

Strongarm Boxing Amateur Fight Team is a new program designed to implement training programs and team comradery for the most elite boxers at Strongarm Boxing. The team will be headed by former Olympic Coach, Fred (Skip) Lenthal who will be assisted by Losh Matthews and Ali Wallace. The Fight Team will be required to wear a team uniform at all fight events. Becoming part of the Fight Team indicates your desire to develop into a successful amateur fighter. The knowledge and experience that can be learnt from a coach with such established qualifications is invaluable and is not to be treated lightly. The following is a list of requirements that you need to meet to enable participation:

- Must hold a minimum 3 month membership with Strongarm Boxing
- Must register with Boxing NSW as an amateur boxer for the present year
- Must pay uniform fee of \$100.
- Once medical certificate is completed in your record book, the book is to be maintained by Strongarm Boxing for safe keeping
- Must be able to follow a set training program and will need to be self motivated in training if you are unable to attend the group session due to work or personal commitments
- Must make yourself available for team meetings and video analysis sessions when requested

Have you had any previous amateur boxing experience? (please circle) Y / N

Fight record (if applicable) ____ wins ____ losses Weight ____ kg Height ____ kg

Uniform sizes: (please circle size)

2 x Competition singlets S M L XL XXL

1 x Boxing Trunks S M L XL XXL

Fight Team Hooded Jacket S M L XL XXL

Signed: _____ Date: _____