

Boxing BC Pre- Nationals Training Camp

BC PROVINCIAL TEAM PRE-NATIONALS TRAINING CAMP

March 18 to March 22, 2019

Boxing BC Pre- Nationals Training Camp

Dates

- Monday March 18th to Friday, March 22nd, 2019 inclusive.
- ***Please arrive the afternoon or evening of Sunday, March 17th as the camp will begin Monday morning at 8:00 am SHARP.***

Location

World Champion Boxing Club
12851 No. 5 Road
Richmond, BC

Registration

Registrations & Payment must be received in advance at Boxing BC Office by Monday, March 11, 2019.

See Appendix A in this document.

Email and/ or mail registrations and **payment to:**

Boxing BC Association

Attn: Colleen Bourassa

PO Box 23065, RPO11

Prince George, BC V2N 6Z2

Phone: 250-564-7750

Fax: 250-564-7782

Email: colleen.bourassa@boxing.bc.ca

- Email money transfers, Visa & Mastercard also accepted. Please send to information@boxing.bc.ca

Coach Contact

Bob Pegues

Phone: 250-552-4161

Email: bobpegues44@hotmail.com

Eligibility

- This is a **mandatory** camp for all Junior, Youth and Elite Team BC boxers who will be representing BC at the 2019 Super Channel Championships in Victoria.
 - All others by invitation only.
- All attendees must hold a current 2019 registration as a competitive member of Boxing BC.

Cost

- \$175.00 per person
- Make cheques payable to Boxing BC
- E-transfer, Visa and Mastercard also accepted.
- This fee covers meals, accommodations and training costs.
- All athletes and coaches must **pre register** with Boxing BC by submitting the attached **Registration Form in Appendix A.**

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Training

- This is a Technical and Conditioning Camp. Arrive **FIT!**
 - o Nationals will be just one month after camp.
- There will be three sessions per day. Morning roadwork; early afternoon technical sessions and sparring; evening bag drills.

What To Bring

Individuals attending the camp are required to bring the following:

- **All Training Gear and Sparring Gear including:**
 - o Gloves
 - o Hand wraps
 - o Head gear
 - o Mouthguards!
 - o Athletic cups (for men)
- **Boxing Passports / Fight Books – to ensure all is in order prior to Nationals!**
- Training gear and runners for road work
- Sleeping bag and pillow (*Teddy Bears as required*)
- Foamy or camp cot
- Towel and toiletries
- Snacks

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APPENDIX A

Name	
Date of Birth	
Club	
Coach	
Home Address	
City	
Postal Code	
Phone	
Email	

Please type or print clearly

Allergies	
-	PLEASE NOTE – we do not have the facilities or capability to cook separately for special dietary needs.
Medications	
Special needs	
Emergency Contact	
Phone	

Paying by Cash Cheque Interact Email Transfer Visa/ Mastercard

Send Registration and payment to:

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Athlete/ Coach Signature: _____

Parent / Guardian Signature: _____

(required for all athletes under 18 years)