

Boxing BC Pre- Nationals Training Camp

BC PROVINCIAL TEAM PRE-NATIONALS TRAINING CAMP

March 16 to March 20, 2020

Boxing BC Pre- Nationals Training Camp

Dates

- Monday March 16th to Friday, March 20th, 2020 inclusive.
- ***Please arrive the afternoon/ evening of Sunday, March 15th as the camp will begin Monday morning at 8:00 am SHARP.***

Location

Camp Elkgrove
27863 0 Avenue
Abbotsford, BC
V4X 1A5

<https://www.google.com/maps/place/Camp+Elkgrove/@49.002435,-122.45254,14z/data=!4m5!3m4!1s0x5485c9f93bcf3d11:0xd792dd5739b99189!8m2!3d49.0043701!4d-122.4523423?hl=en-CA>

Registration

Registrations & Payment must be received in advance at Boxing BC Office by Tuesday, March 10, 2020

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

Jesse Pineiro

Phone: 250-505-2362

Email: jessepineiro@hotmail.com

Eligibility

- This is a **Mandatory** camp for all Junior, Youth and Elite Team BC boxers who will be representing BC at the 2020 Super Channel Championships in 2020.
 - All others may attend by invitation only.
- All attendees must hold a current 2020 registration as a competitive member of Boxing BC.

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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**.

Training

- This is a Technical and Conditioning Camp. Arrive **FIT!**
 - o Nationals will less than two months 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*)
- Towel and toiletries
- Snacks (Healthy)

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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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 PO Box 23065, RPO11
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Athlete/ Coach Signature: _____

Parent / Guardian Signature: _____

(required for all athletes under 18 years)