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# VICTORYBOXING

## NELSON • NEW ZEALAND

### VICTORY BOXING NEWSLETTER - Issue 2, 2019

A big hi to our gym whanau and supporters!

It's been another busy term at the gym with all of our after-school classes full of motivated and determined young boys and girls. Paul and his team have also been busy presenting singlets to those participants who have "earnt it".

Singlets are presented to those participants who have shown a commitment of (on average) at least 12 weeks to the programme, who have a positive and respectful attitude in and out of the gym and always give 100% to every training session. Congratulations to those participants who have received their singlet this term. Remember to bring it to the gym with you and wear it with pride!

- Term 2 finishes the week ending Friday 5 July
- Term 3 begins the week starting Monday 22 July
- Term 3 finishes the week ending Friday 27 September

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### NBS - OUTWARD BOUND SCHOLARSHIP



*Tramping in the beautiful Marlborough Sounds*

Have you wanted the opportunity to gain the confidence to make fast and effective decisions; learn to be a leader; increase your resilience and determination; develop better relationship-building and communication skills and learn how to better cope with change? Then Outward Bound might just be the opportunity you've been looking for!

Victory Boxing, in conjunction with NBS is thrilled to be able to offer this opportunity to one member of our Victory Boxing community. NBS has been a long-time supporter of Victory Boxing and has included an Outward Bound scholarship as part of their sponsorship of the gym.

Applications for the Outward Bound course close 31st July. Call into the gym to pick up an application form or click on the link below to complete an online form.

The successful candidate will be announced on 8th August. If you are 18+ you will need to be available to do the Outward Bound course from 27th August to 16th September. If you are 16-18 there is a Course running from 23rd September to 13th October.

Get your applications in now! If you have further questions, call into the gym to have a chat with Paul or email him at [paul@victoryboxing.org.nz](mailto:paul@victoryboxing.org.nz) .

Apply now

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## WOMEN'S ONLY CLASS



*Hana Randall, Victory Boxing volunteer*

Early in May, Victory Boxing launched a new adult class - starting a Women's Only class on Thursday mornings. The inspiration for this class came from Hana Randall, a Victory Boxing volunteer who realised there was a definite need to provide a class just for women to help them feel fitter and stronger. Hana said that joining a gym or heading along to a fitness class with lots of people you don't know could be anxiety-inducing and she hoped the women's class eased some of that pressure.

The gym has been instrumental in helping Hana turn her life around and Hana says the major difference was her new sense of self. "When I first came to the

gym I was in a really, really bad place," says Hana. "But now I'm happy in myself." Hana volunteers with the Parkinson's classes on Monday and Thursday mornings as well as the Women's Only class.

Boxing Classes Just for Women - Thursday mornings 9:15am.  
\$5.00 per session. All women welcome!

nb. There will be no Women's classes in the school holidays - will start back up in Term 3 on Thursday 25th July.

Stuff Media: Empowered by Boxing

## COUNTERPUNCH BOXING COURSES



Paul and Hana after completing the Counter Punch Parkinson's Course

Victory Boxing is fortunate to have a Board of Trustees who understand the importance of supporting our staff and volunteers. One of the ways they do this is by providing training opportunities when possible to help develop the confidence and skills of our trainers. This ensures that Victory Boxing is able to continue to deliver quality programmes at the gym.

June was a busy training month with many of our volunteers taking part in the Shane Cameron Counter Punch boxing course on 15th and 16th June, and Paul and Hana completed the Counter Punch Parkinson's Course the following weekend.

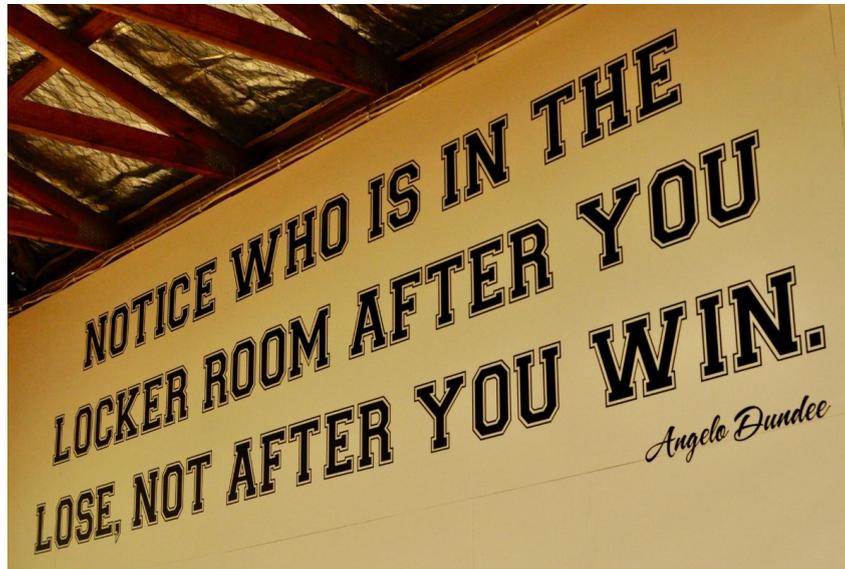
"It was fantastic to have Shane in the gym again," said Paul. "It was a really rewarding weekend for our volunteer trainers who made the most of the opportunity to upskill."

The Parkinson course focussed on Parkinson's Disease and its effects and how many of the effects can be counteracted by exercise. Paul and Hana both agreed that it was an outstanding course which offered a lot of value and gave them both a deeper understanding of what adults with Parkinson's experience, both in and out of the gym. The course allowed them to look at where Victory

Boxing can improve as well as giving them new ideas to include in the Victory Boxing programme. It was equally rewarding to receive great feedback on the Victory Boxing programme and what we are currently delivering.

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## WORDS OF INSPIRATION



Angelo Dundee was an American boxing trainer and cornerman. Best known for his work with Muhammad Ali, he also worked with 15 other world boxing champions, including Sugar Ray Leonard, José Nápoles, George Foreman, George Scott, Jimmy Ellis, Carmen Basilio, Luis Manuel Rodríguez and Willie Pastrano.

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## LIKE US ON FACEBOOK!

We're getting close to 4,000 likes on facebook! Help us reach this milestone by liking our Victory Boxing page (click on the link below) and keep up to date with all the latest at the gym.



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Your support is hugely appreciated.



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