**PAN AM BOXING PRESENTS….**

**Beginner Sparring Program**

**August 7th – September 1st, 2024**

Are you ready to test your skills and step into the ring for the first time? Our Beginner Sparring Program is designed to guide you through the early steps of the sport and set you on the right path to achieving the goals you’ve set! Led by alumni Canadian National Team Member and Head Coach, Dylan Martin, this program is your opportunity to learn from an athlete turned coach who started his boxing career in the same program.

As an alumni Canadian National Team Member and your Head Coach, Dylan brings a wealth of knowledge and experience that few achieve. Having trained alongside the best boxers in Canada and competed against the best in the world, he is now eager to share his insights with aspiring boxers. This program promises personalized attention, technical instruction, and valuable tips to enhance your sparring abilities, making it an exceptional opportunity to learn from an athlete turned coach who knows the journey from beginner to elite.

**Program Details:**

**Who:**

* PABC Members aged 18+ with a valid membership throughout the program.

**What:**

* 4-week full sparring (head & body) program focusing on the skills required in the ring.
* Optional test match and athlete assessments to help gauge personal progress and identify areas for improvement.

**When:**

* **Afternoon Option:** Monday, Wednesday, and Friday 12:00-1:00pm.
* **Evening Option:** Monday & Wednesday 7:30-8:30pm. Friday 6:30-7:30pm

**Cost:**

* $230 (includes Boxing Manitoba Rec Membership)

**Important:**

* All participants must complete a boxing medical and purchase their own mouth guard. Boxing medicals can be completed at a walk-in clinic or at your doctor’s office.

Don't miss out on this incredible opportunity to learn the art of boxing from an experienced athlete turned coach and elevate your boxing journey to new heights. To enroll in or learn more about the program, please visit our website or complete the registration form below.

***Beginner Sparring***

***Program Registration***

Name: Phone #:

Email: Date (today):

Age & DOB:

I have previous sparring experience YES / NO

I have my own sparring equipment YES / NO

I am already registered with Boxing Manitoba YES / NO

I am registering for the following training times Afternoon / Evening

Desired Program Goals:

Registration Terms & Conditions:

* Limited to active PABC members only.
* All participants must purchase their own mouth guard and complete a boxing medical to participate in this program. Boxing Manitoba Rec Member registration fee is included in program cost.
* Registration is only complete if full payment of $230 is provided.
* Registration is non-refundable or transferrable. Registration fee will only be refunded if the participant is not able to pass the boxing medical.