

<p style="text-align: center;">Cabbagetown Boxing Club SPORTS AND ACADEMIC EXCELLENCE PROGRAM</p>

The SAEP Program covers three areas:

- Athletic Development :
 - Proper preparation for exercises and equipment work
 - Basic Warm-Up Exercises
 - General Muscle Development and Flexibility Exercises
 - Strength Exercises
 - Speed Exercises
 - Endurance Exercises
 - Working on Equipment
 - Sparring and Ring Practice
 - Safety Practices in the Gym and Ring

- Personal Development - Sports Specific
 - Familiarization with athlete
 - Discussing gym and general issues of interest
 - Establishing the athlete's stress profile
 - Understanding the Mental and Stress Elements in Training and Competition
 - Breathing and Calming Techniques
 - Managing Stress and Anxiety
 - Visualization
 - Developing Focus and Refocusing
 - Developing Mental Endurance
 - Pre- and Post Competition Sessions

- Personal Development – Personal Development and Life Planning:
 - Goal Setting and the Discipline of Achieving Excellence
 - Understanding Self – Strength and Weaknesses
 - Building Self-Confidence
 - Developing a Positive Attitude
 - Handling Defeat and Failures
 - Developing Decisiveness

 - Academic results
 - Success and Problem areas
 - Personal Interests
 - Basic Study Techniques
 - Tasks Planning

 - Personal Issues – General

- Regular Progress Follow-Up Sessions with athlete, parents & school.