

THE CABBAGETOWN YOUTH CENTRE  
**THE CABBAGETOWN BOXING CLUB NEWSLETTER**  
COACHING AND COUNCELLING EDITION

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There are many factors in sports that can either assist an athlete to achieve his or her dream of success, or can become an obstacle, that will destroy even the most talented athlete's efforts to achieve the required results. This issue deals with two of them: Personal Goal Setting and How to choose the right Boxing Equipment.

## PERSONAL GOAL SETTING

Peter E. Wylie

Goal setting is a powerful process for personal planning used by top-level athletes, successful business-people and achievers in all fields.

To avoid athletes wasting their time and efforts, only to find out that he or she have worked towards an outcome that is not really the objective in life the athlete wanted to achieve, there are a number of questions we ask every candidate, who wants to join the club to become a boxer:

1. What is your interest in boxing, what motivated you to choose this sport – was it your own idea, or did somebody influence your decision?
2. Are you aware of the potential personal effort, time requirements and discipline you are committing yourself to?
3. Goals are set on a number of different levels. Did you consider the objectives you want to achieve in the short term, mid-term and long term time frames?

Short-term objectives (3-6 months): Start training to learn the basics of boxing and to develop the necessary style and physical conditioning to be able to enter into boxing competitions.

Mid-term objectives (1-3 years): Participating in competitions, gaining ring experience and reaching the Ontario Championship.

Long-term objectives (3-5 years): Optimizing physical and psychological conditioning and technical skills, up to the National Championship.

After completing these three phases, the athlete aims to reach the highest levels in boxing, that is the Olympics, the World Championship and becoming a Professional Boxer.

4. Were you aware of these phases and did you properly time your progress in boxing in line with your other commitments and plans?

The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course. There are many techniques and tips one has to keep in mind, when setting realistic objectives. These will be dealt with in part two of this article.

## HOW TO CHOOSE THE RIGHT BOXING EQUIPMENT

Rev Morales

When evaluating the outcome of a boxing competition or when judging the performance of individual athletes, great attention is given to such factors as the athlete's physical and mental conditioning and endurance throughout the bout, his or her skill level and technique.

On the other hand there is an important factor that is mostly completely overlooked – it is the importance of the right boxing equipment.

Boxing, like any other sport, has different levels of competition including a recreational component. However, there is a significant importance in choosing the correct equipment when comparing boxing to any other sport. For example, when you learn how to golf, you don't need the best golf club or the best golf balls. You can use almost any kind, even used equipment, because the only thing that can happen when you hit the ball wrong is that you'd have to do it again.

In boxing, however, be it for recreational or competitive purposes, using old, worn-out or badly designed gloves can have serious consequences. This applies to both the technical outcome of the bout, as well as the physical safety of the athletes.

In boxing, as a contact sport, the boxing glove becomes an extension of the fighter. Unsuitable gloves impair the boxer's ability to deliver punches with the necessary impact; working with equipment and hitting heavy bags can lead to injury.

The action of hitting a heavy bag or focus pads (in more advanced cases) delivers a high-energy impact to your hands. When you hit an object with your hands, the role of the boxing glove is to support the hand and to buffer the physical force that impacts your hands. Therefore the first objective of any training must be to teach the novice how to punch properly. If a boxer uses the wrong equipment, or the right equipment in a wrong way, injuries are more likely to happen.

- Boxing gloves should snugly fit your hands to reduce any shifting of your fist inside it when you're punching (remember the expression fits like a glove?).
- Gloves should have dense padding to absorb most of the impact.
- The right pair of gloves should also offer support for your whole hand; although synthetic materials may be cheaper it can never offer the support of a good pair of leather gloves.

Old or shared gloves don't typically have any of the points above. When they become worn the density of the padding reduces, creating a larger space inside for your fist. The extra room inside allows shifting and movement of your hand and that can lead to wrist injuries. Also, the padding in the knuckles is the first thing to deteriorate in a glove - this area is crucial in protecting your knuckles.

If you're not convinced yet that a good pair of gloves is a must, imagine how many people have worn, and sweated in those old pair of gloves. You cannot clean the inside of boxing gloves.

Good, well-fitted equipment is crucial - regardless of the level of boxing you participate in. Remember to look for a glove that:

- will snugly fit your hand
- has dense padding
- will provide you with enough support for your hand

I'll be back later with more tips about boxing equipment.

***Remember when you're in the ring: Put the heat on but keep your mind cool***