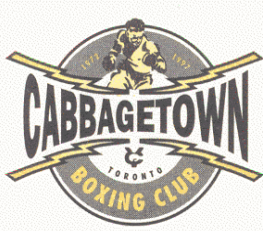


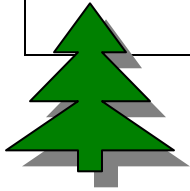
THE CABBAGETOWN YOUTH CENTRE  
THE CABBAGETOWN BOXING CLUB NEWSLETTER



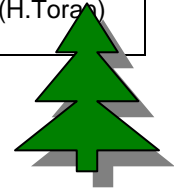
EDITOR: Peter E. Wylie, Director, Boxing and Athletic Development Programs No 3 / 04  
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  3. Coaches Boxing Corner (Carlos Verela Sr.)

- Next Issues:**
1. What lies ahead for our Club in 2005? (P.E. Wylie)
  2. Sports Psychology and Sports Counselling (Part2) -Performance Improvement (H.Toran)



THE CABBAGETOWN BOXING CLUB'S  
CHRISTMAS AND HOLIDAYS MESSAGE  
Peter E. Wylie



Another year has passed us by and for the Cabbagetown Youth Centre and Boxing Club it has been a challenging and rewarding time. The coaching staff has done an admirable job in bringing along our boxers on all levels of development.

Boxers from our Club have traveled far and wide, including Taiwan, USA, Italy and Poland. They represented Canada and our Club very well. Our WEB - Master Jacqui Park not only won the national title, but was also named the best overall boxer for the year in our Club.

Our Club's major driving force is, and remains, the stalwart work of our senior coaches Johnny Kalbhenn, Patrick Connaughton, Carlos Verela Sr., Ned Simmons, Marcus Ward, and when he is here from Cuba, Michael Doesburg. Johnny Kalbhenn also headed up the Cadet and Boxercise programs, Summer Sports Camp; he is the Kids' Zone representative. Our coaches, a strong and knowledgeable team, are the back-bone and reason for the ongoing success of our Club.

Coach Morales took over the advanced Tech-Box Program and is doing a bang-up job. He also announced, together with Coach Kim Benoit, the kick-off of their new line of boxing gloves, appropriately named "Morales".

We started the CTBC Newsletter and introduced a new element to our training – probably a first in Canadian boxing clubs. We made Sports Counselling available to all our members. It's a new trend in sports, and therefore not yet fully utilized. However, I am sure that in 2005 our members will better understand the nature of this new service and will take full advantage of Henry Toran, our Sports Counsellor and newest addition to our coaching staff.

Last, but not least, the hard work and dedication that all our members, Competitive and Boxercise, have put forth were a major contribution to the good standing of our Club in 2004.

With the above achievements, we can look with confidence forward to the year 2005. Therefore on behalf of the Club and its Coaches, I want to wish all our members and their families a Merry Christmas and a pleasant Holidays Season, with a lot of Happiness and Personal Success in the coming year.

CTBC CLUB CHAMPIONS 2004

Best Overall Boxer: **JACQUI PARK** Best Senior Boxer: **IBRAHIM KAMAL**  
Best Junior Boxer: **SHOWKAT ALI** Best Prospect: **RIGERS LICA**  
Best Attendance: **HEATHER HOPKINS**

## SOME THOUGHTS FOR YOUNG ATHLETES, THEIR PARENTS AND COACHES.

By Johnny Kalbhenn

### “ WHY DO YOU WANT TO BOX? ”

This is the question I always ask my young boxers. Young boxers are brought to our Club by parents, mostly by their Dads. I started boxing when I was six years old. My Dad took me to the club because I was small for my age (48 lbs) and he wanted me to learn how to defend myself and build confidence.

When new athletes come in, I first find out why they are here and what they want to achieve. For the Coach this is a very important guiding consideration for planning a young member's training program. It is also important for following and guiding his or her long-term personal development in achieving results and in handling challenges in sports – and later in life.

Most young athletes want to be champions and go the Olympics. However, both the aspiring boxer and the coach should understand what the motivation for this challenging, but reachable, goal is.

If the incentive is to achieve a healthy physical condition, and to learn new skills in an environment of camaraderie and teamwork, than the outlook for developing a young, peak-performance athlete is very good. On the other hand, ambitions of a young athlete driven by the vision of personal fame and prestige, combined with the potential for high financial rewards, are an indication of possible serious failure both in sports and in life.

Young people have these days enough pressure in their lives; therefore I like to build a positive environment for the athletes. When working with young athletes, I like to teach them the history of the sport, and to show them the value of boxing. Boxers develop courage and self-assurance, while learning to react fast and keep “a cool head”. It is important for me to get the message across, that boxing is more than a physically demanding contact sport. It is a sport that requires strategic thinking and quick decision making under pressure.

I find that building young boxers' confidence is an important element in all aspects of their training. It is good to start with small goals that can be reasonably achieved. It makes athletes feel good about themselves and conditions them for further successful results.

When I competed I always had fun, and I enjoyed my training. I therefore like to build a productive training atmosphere, filled with fun and mutual good humoured camaraderie. If athletes are relaxed, and their training sessions are fun and productive, we will see good results in competition.

When working with youth we have to keep in mind that we are working with young, still developing organisms and muscle systems. I let young athletes handle light weights (1 lb), but mostly we concentrate on basic, natural muscle work, i.e. push-ups, chin-up, sit-ups, medicine ball and wrestling.

I like to see that our boxers win – but our athletes are taught that the quality and effort of their performance counts mostly more than the win or loose outcome of a bout. For a sports club it is definitely of utmost important to show good results in competition with other clubs, but it is also important for athletes to learn respect for themselves and their team-mates – as long as they know that they have performed to the best of their ability.

I hope that all boxers I am working with will learn to be better all-round athletes and will develop a winning attitude. With the proper attitude they can fulfil their dream and become one day champions in the ring and develop into better people – this is a win-win situation.

#### **COACHES' BOXING CORNER – Carlos Verela Sr.**

When throwing a punch, breath out instead of taking a breath in. This helps if your opponent counters with a blow to the stomach, because a blow to the stomach with your lungs full of air is very painful and brings many boxers to their knees.

This also helps regulate your breathing. Many fighters when they begin boxing hold their breath during their fights. Your muscles and brain need oxygen to function. Therefore regular breathing is most important for a successful fight.