

THE CABBAGETOWN YOUTH CENTRE
THE CABBAGETOWN BOXING CLUB NEWSLETTER



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**THE CABBAGETOWN BOXING CLUB
A REVIEW OF 2007 – A PREVIEW OF 2008**

Peter E. Wylie

The Year 2007 in Review.

The year 2007 was a very busy and productive year for our Club as we are moving forwards on our path towards further improving the Club's overall results and the organizational and technical approach to developing our athletes.

Boxers from the Club in novice and open tournaments at the provincial and national levels won 10 gold, 3 silver, and 6 bronze medals.

Two members stood out as top performers over the year. In the amateurs class it was Ibrahim Kamal, who won and defended his 60 kilogram senior National title and also won one gold and one bronze in international competitions. In the professional ring, Lisa Brown carried the banner of Cabbagetown to two world titles. She won the IFBA and the IWBf championships, both in the super bantamweight class.

Competition-wise the club came away with a 66% win average overall. This figure has been strongly influenced by nominating junior fighters to competitions in order to give them the necessary ring experience. We aim at substantially improving this winning average for 2008 through improved training methods, sports related counselling of members and strategic fight planning for every competition.

During 2007 two outstanding open class boxers left the Club. They live well outside the GTA and traveling interfered with their training schedules. We say good luck to boxers Jacqueline Park, National team member, and Stephanie Swayne, Provincial level competitor. We will miss them both.

On the positive side we expanded our coaching staff with Heather Hopkins, who joined in as our newest Level I coach. She will fulfill the important role of being the club's first active female coach. Heather is still competing, winning the 2008 Provincial 114 lb title and a bronze medal at her first National Championship in Richmond B.C. this last December. An important new member of our staff is also Ms. Tara Luft, who will look after our WEB site. She will take over the duties of WEB master from Jackie Park.

The club has been the host of a Level 1 technical clinic. Under the auspices of Boxing Ontario 20 coaches from across Ontario attended the 13 hour course. Henry Toran, our in-house sports counsellor, and Ms. Susie Langley of our consulting staff were guest speakers covering the mental and nutritional aspects of the sport. The course had coach Rey Morales assisting as course convener. The feedback, received from the course participants in regard to both course contents and instruction, was extremely positive.

Athletic Development - Organization and Safety Aspects

We are continuing to focus on safe practices and proper guidance of athletes, based on their age and level of experience. We have instituted a new identification system for competitive boxer candidates. The candidates ranging from 16 years old up to any age will now be required to attend and pass the Basic Tech-box Course which will then put them into the Advanced Techbox Program for final approval to be accepted into the competitive program of the club

This format will allow for improved extensive evaluation by two coaches over a longer period of time. We feel it

imperative that potential candidates be more carefully screened before acceptance into the competitive program, especially when they have no background in boxing. A bonus for the persons attending these courses, even if they are not successful in being accepted for competition, is the fact that they will benefit in the learning process and gain a good foundation for the skills involved. This will allow them to seek other avenues of enjoyment in boxing. Furthermore, the fact that they may have failed does not preclude them from taking a second evaluation for acceptance into competitive boxing by retraining in the basic or advanced courses, according to their evaluation.

The Cabbagetown Boxing Club's Staff - Activities and Development

The staff of the Club continued in 2007 to focus on developing good solid boxing practices, with emphasis on safety in the sport, technical skills development and the good conditioning of athletes.

A deciding factor leading to the Club's overall good results was the dedication and quality of coaching by our regular staff Johnny Kalbhenn, Ned Simmons, Carlos Varela Sr., Rey Morales and Patrick Connaughton.

Our coaches are also devoting their attention and involvement to specific areas, in which they supplement the general routine training process.

Johnny Kalbhenn was the convener for a number of "Kid's Zone" outings, connected with the Metropolitan Toronto Police Service. He continues his work with the club's Aboriginal program and devotes substantial time and interest to the motivation of young athletes. These members come from different social and family backgrounds. Therefore John focuses on developing in these young athletes personal features of discipline, self-confidence, comfort to work in a team setting, as well as physical and mental endurance in staying with the sport. .

We believe that with this focus our Club contributes as part of the Cabbagetown Youth Centre to its mandate of influencing in a positive way the development of young people in the Community.

Ray Morales assists in Technical Clinics instructions and focuses on Sports Equipment and its proper and safe use during training. Nedrae Simmons acts also as "Ring Coach" in actively sparring with athletes and instructing them during rounds.

Very important contributions to the Club's activities come from our external sports consultants Susie Langley (Nutrition) and Dr. Jason Su (Sports Medicine), with whom the Club can consult Health related Issues and who are regular participants in Technical Clinics, organized by the Club for the training of coaches.

Mental Skills Coaching – The Club's Sports Clinic

Although at this point in time it is not general knowledge in the boxing community, the Cabbagetown Boxing Club with its Sports Clinic has taken a first in the practical application of Sports Psychology in a Club setting. With the implementation of mental training of its athletes, the Club has now reached the international level of Australian, and especially Russian Clubs, who have used Sports Psychology since the end of World War II to give their athletes an advantage against other countries.

By having a Sports Counsellor with a Sports Psychology background on our team, we are now introducing the P-T-M training concept of combining Physical workouts with Technical skills training and Mental Conditioning. Pre-Fight Mental Adjustment and Post-Event Analysis will become a regular step in the training of all active athletes.

Henry Toran is available to all Club members to discuss any personal or technical problems they feel they might have regarding their training and performance – a number of members have already taken and are taking full advantage of this new service that our Club offers.

Support by Club Sponsors

We would be remiss if we would did not mention the support of sponsors who wish to remain anonymous, but have donated generously towards our club. Thanks to them the Club can assist young athletes to participate in more championships and outfit promising young members with the necessary boxing equipment, they could not otherwise afford.

TOGETHER WE WILL MAKE 2008 A YEAR OF SUCCESS FOR THE CENTRE, THE CLUB AND ITS MEMBERS.