



## THE CABBAGETOWN YOUTH CENTRE THE CABBAGETOWN BOXING CLUB NEWSLETTER

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EDITOR: Peter Wylie, Director, Boxing and Athletic Development Programs

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### CONTRIBUTING STAFF

Coaches: Johnny Kalbhenn Patrick Connaughton Rey Morales  
Nedrae Simmons Michael Doesburg Marcus Ward

Sports Counselling Henry M. Toran, P Eng (Dipl Psych/Soc Work)  
Sports Medicine Jason Su, MD, B scPgm.(Dipl sport Medicine)  
Sports Nutrition Susie Langiey (Sports Nutrition Consultant)

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## WELCOME TO OUR NEW COACHING AND ATHLETIC DEVELOPMENT NEWSLETTER

### *Peter Wylie*

When the Cabbagetown Boxing Club was founded in 1972, the Club focused on working with focal youth through a boxing program. In keeping with the CYC's philosophy of responding to community needs, this boxing program was developed in direct response to requests from local youth.

With an outstanding team of experienced professional coaches, and a dedicated and loyal membership, we can look back at a history of successful development. In 1972, boxing drew many of the most needy children in from the street and taught them discipline, self-confidence and respect for one another. The CYC boxing program has produced such notables as Canadian and World Amateur Boxing Champion Shawn O'Sullivan. At the present time our membership encompasses amateur and professional athletes of all walks of life, age brackets, skill levels and sporting objectives.

To this day, boxing forms one component of a richer, more encompassing mix of social and recreational programs. Boxing has been generally recognized as a sport that develops and requires from the athlete a comprehensive set of physical and mental features. These include next to physical fitness, endurance, speed and power, also such personal characteristics as courage to face an opposing partner, mental resilience, strategic game planning under constantly changing competitive conditions, and literally copying and "thinking on ones feet".

However, in sport as in life, we cannot build only on past successes, we have to continue to grow and improve our performance. The Cabbagetown Boxing Club, in line with other world-class sport clubs, is going ahead with substantial improvements of its Coaching Methods. We have therefore broadened the range of the clubs objectives, to provide also personal sports counselling and as needed physiotherapeutic and nutritional advice. As an important element of the club's total performance enhancement package we are introducing our members to the rapidly growing discipline of Personal Development and Mental Skills Training.

To that end this newsletter will serve as an avenue to keep our membership informed about new developments, as well as a means of providing our membership with educational material regarding performance improvement and personal growth.

# THE "PTM" TOTAL CONDITIONING APPROACH

## --- PHYSICAL FITNESS - TECHNICAL SKILLS – MENTAL CONTROL –

Peter Wylie

Over the past several years, both coaches and athletes have started to realize that strength, speed and other athletic skills are not sufficient for the production of championship athletes. Athletic performance has three parts: physical preparation, technical skill, and psychological readiness.

When physical and technical skills are evenly matched, it is the competitor with the better mental conditioning, who wins. However, many athletes wrongly assume that mental aspects of performance are unchangeable. In reality, Mental Skills can be acquired through expert guidance and proper training in the same manner as physical fitness and technical skills.

Modern Sports Science has proven that mental training can have a similar impact on performance as physical workouts. The ability of the individual to control mental and emotional elements improves task performance and creates a psychological foundation for confidence and well-being. Mental Skills Training has become a routine part of many European clubs in the training of championship and elite athletes.

We have therefore decided to make Mental Skills Training available also to our athletes as part of a broader "P-T-M" concept of conditioning. Physical workouts lead to increased strength and endurance, better mobility in the ring and to overall improved physical fitness. Technical skills' training equips the athlete with the necessary technical knowledge, fight routines and strategies to successfully face an opponent in the ring.

There are, however, a number of psychological factors that can significantly influence the outcome of a fight. These can be Performance Anxiety, Pre-fight and In-fight Stress, Loss of Concentration and Focusing, and Interpersonal Issues that can distract an athlete.

Such obstacles can be overcome by proper Mental Skills Conditioning. There are numerous methods that address the different problem areas a fighter might experience. These techniques include Deep Breathing, Mental Rehearsal, Mental Imagery and Visualization, Relaxation and Stress Management Techniques.

It has been proven in many sport disciplines that Mental Conditioning will:

- Improve mental strengths and address weaknesses through effective self-assessments.
- increase confidence in personal abilities and overcome the fear of failure.
- make us better understand our own thoughts and emotions, and teach us how to better control them.
- initiate action and help us respond intuitively and positively to competitive situations.

Improved mental ability means improved sports performance. Athletes who excel do so not just because of their physical abilities but because of their mental awareness, preparation, and skills as well. The result is a performance that engages the whole personality. It becomes deeply fulfilling for the athlete and pleasing to the observer.

### **PATRICK'S BOXING CORNER** –

BOXING AND TRAINING TIPS BY PATRICK CONNAUGHTON

**Important Note:** The recommendations given here are designed for advanced fighters. If you are a beginner looking for an effective program the advice given here can be modified to suit you. Talk to your coach to adjust the program to lower ~ intensity. If you have any physical problems (i.e. heart trouble) you must inform your coach and consult your physician first.

#### **FOCUS ON YOUR WORKOUT**

One rule to follow during training is never slack during training. If you slack during training you will slack during your fight. Always give 100 percent during training and you will give 100 percent during Your fight. Boxing performance depends not only on your physical fitness and technical skills, but to a large degree also on your mental attitude Train your mind to always give 100 percent. Never Give Up!