

## Boxing Program



The Teen Center of BGCWCW Tomah is offering boxing program for 7-12 grade students. (6<sup>th</sup> grade – by coach's approval only)

This program will focus on training athletes the basics of boxing, self-discipline, physical and mental health. Training will include strength and agility exercises, heavy bag workouts, focus mitt drills, and team conditioning.

In order for an athlete to participate in the program they **must become** a CLUB Teen Center member for **\$24 per year** and must have all boxing waivers and agreements filled out.

Coach Will Scheckel has been training in the sport for the past 6 years. Coach Will is USA Boxing certified and has been trained by multiple experts in the sport.

Practices will be held on **Tuesdays and Thursdays from 6:30 – 7:30 pm from October - March**. If school is cancelled for weather or Tomah Area school District cancels athletics/afterschool activities for weather boxing will be cancelled for that day. If it is a non-school day there will be no boxing practice

Athletes are required to wear appropriate workout apparel to training. Any personal boxing equipment athletes bring to training must be approved by Coach Will before use.

Sparing will be offered to athletes who have first completed a minimum of 8 classes and have completed our concussion test. (We use the Tomah Area School District impact test.) **Non-contact training is offered to those who are interested** – Sparing is NOT required.

For questions please contact Maretta at the Boys & Girls Club at (608)374-4386 ext. 206 or email [mbudde@bgcwcw.org](mailto:mbudde@bgcwcw.org) or Coach Will

Will Scheckel; 608)387-4123  
Boxing Coach  
Boys & Girls Club West-Central WI Tomah

