

Lake Macquarie PCYC

Boxing 'Lite Sparring' - Information Sheet

As part of the Lake Macquarie PCYC Junior and Senior Boxing program, the club offers students the opportunity to participate in 'lite sparring' as way to implement, practice and improve their boxing skills.

To be clear, there is no expectation on anyone to participate in sparring in either the Junior or Senior program, however it is recognised that many students seek to undertake this aspect of the sport.

The health and safety of our members is the Club's highest priority and as with all contact sports, there are risks involved. This information sheet is designed to provide participants, parents and interested parties with an overview of the approach and principles that Lake Macquarie PCYC takes with regards to 'lite sparring' at the Club.

The lite sparring program at Lake Macquarie PCYC will be underpinned by the following guidelines:

- ✓ Parents/guardians must provide permission for their child to participate in lite sparring.
- ✓ Even if the student and the parent/guardian approve of their child to spar, it will ultimately be the decision of the Boxing Coach as to whether sparring will occur.
- ✓ Sparring is introduced gradually and is adjusted to cater for the skill level, age, experience of participants.
- ✓ All sparring is to be conducted under direct supervision by an authorised person of Lake Macquarie PCYC.
- ✓ Sparring is a highly structured and supervised activity where specific skills are practised. It's about learning self-control, patience, planning and respect. It is **not** about throwing random punches or 'letting loose' – there will be **zero tolerance** of this behaviour.
- ✓ When sparring, punches are not to be delivered with 'full weight' – this is a skill that will be taught during the first stages of the boxing program and every participant that wishes to spar, will need to demonstrate this skill prior to being permitted 'in the ring'.
- ✓ Participants must wear appropriate safety equipment (headgear, mouthguard & size 16 ounce gloves) Whilst this equipment can be provided by the club, it is strongly advised that each participant acquire their own gear. Pls contact the Club on how to get 'kitted out'.
- ✓ The selection of sparring partners is undertaken by the Coach (not participants) and is based on a range of factors, e.g. age, skill, body build.

When sparring is conducted the right way, with the right intent and under the right supervision, it can be one of the most exhilarating, empowering and challenging learning experiences you can do!

At Lake Macquarie PCYC – we aim to do it right.