

## Holmes Chapel Boxing Club

From the beginning of this half term the Upper School started a boxing club in partnership with Holmes Chapel Boxing Club. The Club is located in a refurbished industrial unit by the railway station. The facilities, which are superb, offer our students a fantastic environment with new equipment for them to train and learn fresh skills.

All Club activity is run and delivered by volunteers. Wider community services are delivered by their Foundation. They aspire to build on the daytime community services and offer employment opportunities locally.

Holmes Chapel Boxing Club is a community club established in January 2019 and became a registered charity in May 2020. They are affiliated to England Boxing, the National Governing Body for Amateur/Olympic style boxing. More details can be obtained at <https://boxingchapel.co.uk/>, and they have a presence on Facebook and Twitter.

Our students travel the short distance to the Club in a school minibus. The year 10 group go on Thursday afternoon and the year 9's will go on a Tuesday afternoon. The club will run initially until the end of this term, but it is confidently expected to continue through next year. It is hoped that the school's involvement will extend to Year 8 students and the Sixth Form College in the near future.

The coaching staff, who are very knowledgeable, friendly and welcoming, all come from the Club. In addition to the technical training and fitness coaching, they are inspirational, positive role models for our students to work. Until Christmas our year 10 students have the additional benefit of being coached by John Murray, an ex-professional boxer who had a long career in the light weight division. His successes include holding the English title 2007/8, British title 2008 and 2010, European title 2010/11 and challenged for the WBA title in Maddison Square Garden, New York in 2011 (well worth watching on YouTube).

In addition to the obvious fitness benefits, participation in organised sporting activities provides young people with exposure to very healthy life skills. These include teamwork, resilience, discipline and self-control. In the longer term the good habits ingrained in this fun environment will aid them with stress management, and anger control.

Our initial sessions have been enjoyed by everyone; our students engaged very positively with the coaches who in turn fed from their enthusiasm and enjoyed their company. I look forward to watching how the club develops.



