



# TAKE THE RING

## Join United Boxing Club's Corporate Challenge!



Ever wanted to step into the ring? How about boxing for a good cause? Welcome to United Boxing Club's Corporate Challenge - your chance to try out boxing while making a positive difference in the lives of those disadvantaged in our community!



**United Way**  
Winnipeg

Join us for a four-week introductory camp at UBC, absolutely free of charge! This is your first step to become part of the white collar boxing segment of the Melee Gala, supporting United Way Winnipeg and its essential programs. Mark your calendars - this year's Melee Gala is on Thursday, September 26, 2024 at Club Regent Event Centre. It'll be our first time at this state-of-the-art venue!



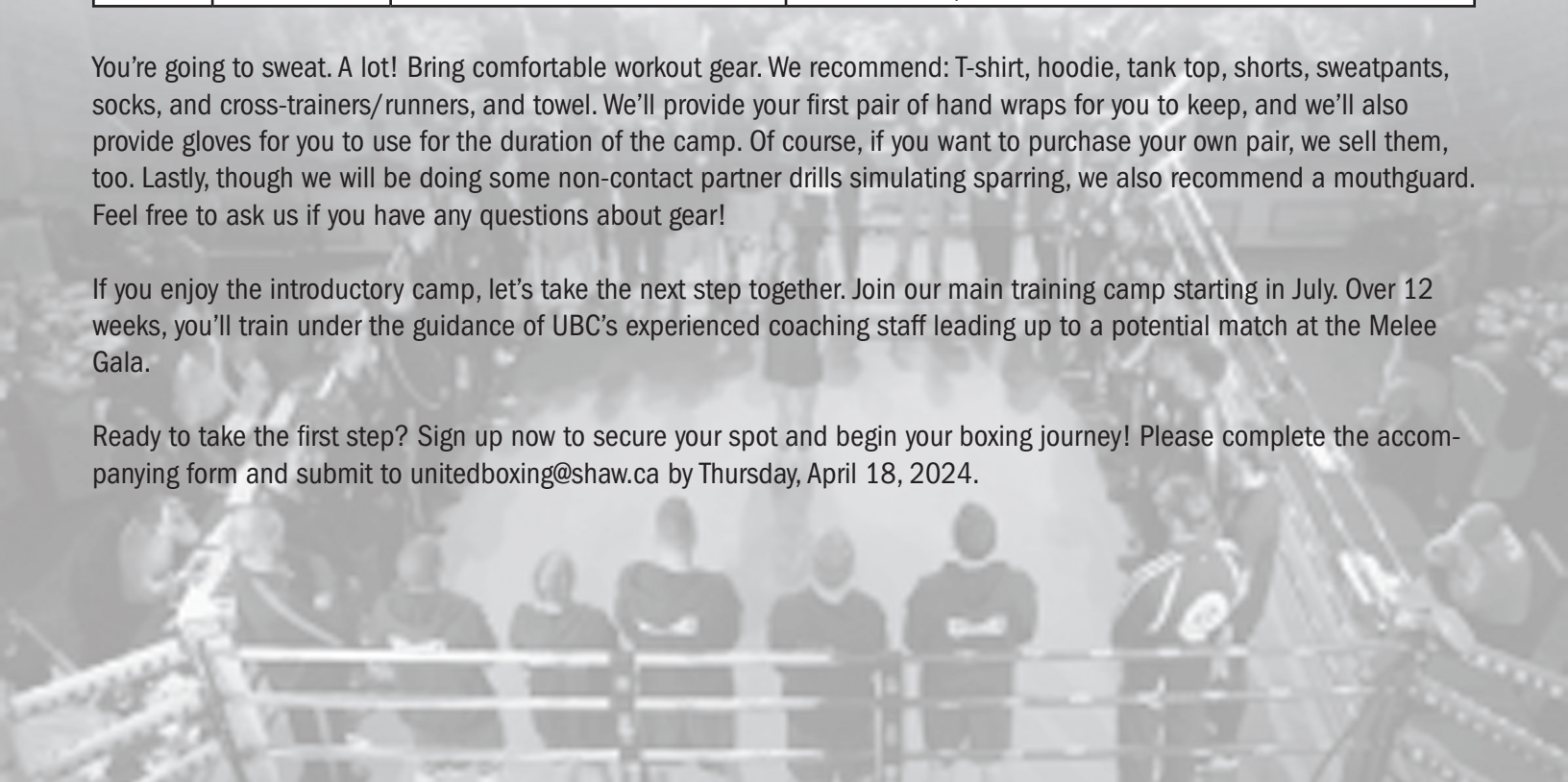
For the introductory camp, we're seeking participants from our local business community who've never competed before. It's not about being the strongest or most athletic; it's about being coachable and having the drive to become a fitter, leaner version of yourself while mastering the art of boxing. We do ask that you attend at least three of the four sessions.

DATE	TIME	PLAN	DESCRIPTION
April 21, 2024	3:00 PM 1 HR, 30 MIN	Training Session 1, Introductory Meeting, Testing	You will learn proper stance and movement, and the basic punches used in boxing (Jab, cross, hook, uppercut).
April 28, 2024	3:00 PM 1 HR, 15 MIN	Training Session 2	You will learn proper defensive tactics (range, parry, slip, bob/weave) and will be able to practice these with partners in a controlled environment.
May 5, 2024	3:00 PM 1 HR, 15 MIN	Training Session 3	You will be put through a boxing workout and will get to test your offensive and defensive skills via technical sparring (controlled with no contact)
May 12, 2024	3:00 PM 1 HR, 30 MIN	Training Session 4, Testing	You will be put through a boxing workout and will get to test your offensive and defensive skills via technical sparring (controlled with no contact).

You're going to sweat. A lot! Bring comfortable workout gear. We recommend: T-shirt, hoodie, tank top, shorts, sweatpants, socks, and cross-trainers/runners, and towel. We'll provide your first pair of hand wraps for you to keep, and we'll also provide gloves for you to use for the duration of the camp. Of course, if you want to purchase your own pair, we sell them, too. Lastly, though we will be doing some non-contact partner drills simulating sparring, we also recommend a mouthguard. Feel free to ask us if you have any questions about gear!

If you enjoy the introductory camp, let's take the next step together. Join our main training camp starting in July. Over 12 weeks, you'll train under the guidance of UBC's experienced coaching staff leading up to a potential match at the Melee Gala.

Ready to take the first step? Sign up now to secure your spot and begin your boxing journey! Please complete the accompanying form and submit to [unitedboxing@shaw.ca](mailto:unitedboxing@shaw.ca) by Thursday, April 18, 2024.



# CORPORATE CHALLENGE INFORMATION FORM

MELEE GALA IX, THURSDAY, SEPTEMBER 26, 2024 AND UNITED BOXING CLASSIC, SEPTEMBER 28, 2024  
CLUB REGENT EVENT CENTRE, WINNIPEG, MANITOBA, CANADA

INQUIRIES: WWW.UNITEDBOXINGCLUB.COM Email: unitedboxing@shaw.ca, Telephone: 204-453-6944

## PARTICIPANT INFO

NAME \_\_\_\_\_

SPONSOR BUSINESS (IF ANY) \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE: DAYTIME \_\_\_\_\_ HOME \_\_\_\_\_ CELL \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

CONTACT PERSON IN CASE OF EMERGENCY \_\_\_\_\_ PHONE \_\_\_\_\_

DATE OF BIRTH (18+, MM/DD/YY) \_\_\_\_\_  MALE  FEMALE

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

PREVIOUS COMPETITIVE EXPERIENCE IN A COMBAT SPORT?  YES  NO

IF YES, EXPLAIN (TRAINING AND/OR COMPETITION) \_\_\_\_\_

## HEADS UP! IF SELECTED FOR THE CORPORATE CHALLENGE MAIN CAMP, YOU'LL BE REQUIRED TO DO THE FOLLOWING:

- Participate on behalf of a sponsor business.
- Pay the \$1000 which goes directly to charity (charitable tax deduction eligible).
- Commit to training at least 3X/week from July until the Melee Gala on September 26, 2024.
- Understand that competitive boxing, like other demanding sports, has its own inherent risks.
- Fundraise to meet the target monetary goal for United Way Winnipeg.
- Be willing to make a target weight (per amateur boxing rule allowances) to make your match happen.
- Allow the use of your name/likeness/photo in promotion (print, social media, television) of the Melee Gala up to and during the night of the event. You will also be required to promote your participation on your personal social media.

