

Boxing Strong: Service Site Paper

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The service site that I attended to participate in my service learning is Boxing Strong also known as “The Gym” from all the boxers and coaches. Masha Cavazos is a former competitive fighter and NCBA West Coast Champion in 2017 in the 139 weight class. Masha is also an olympic medalist, receiving a Silver medal in 2015 Olympic, fighting in the 132 weight class. “I absolutely love boxing; as a trainer, I get to see the way that boxing encompasses nearly all of the physical training elements to this day, it remains the most challenging workout I have ever done. Boxing builds, tones, shapes, and sculpts bodies, and most importantly, strengthens minds”. From the passion of love of boxing, Masha opened Boxing Strong in the year 2017 at the Garden Rd location in Monterey. Masha brings her love of boxing and training experience to her diverse range of clients with their fitness and athletic goals to help their athletes find their own physical and mental confidence thro the art of boxing.

I came across Boxing Strong through the service site page where previous students had done their service learning site. I had emailed a few other sites that I found interesting to participate in. Unfortunately those sites had already been fulfilled. My last hope was Boxing Strong where Masha called me and understood my situation and decided to take me in. Masha scheduled me for an orientation about the learning service and the things I would be doing around the facility. During the orientation I quickly found that I would be helping Masha at her two different location gyms. Monterey being the main gym and Castroville being her second location which is a small but growing gym. The week I had joined Boxing Strong had partnered up with

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Special Kids Connect, an non profit organization that helps younger and older kids with disabilities to stay physically active.

I participated about 4 hours a week with Boxing Strong. Which had me driving all around since I live in Watsonville. About a 45 minute drive to Boxing Strong and 20 Minute drive to Castroville. Monday's were in Castroville from 4pm to 5pm and Saturdays from 10am to 11am with Coach Gerson. Castroville is Masha's second boxing location which is small. Mondays there would be about 4 to 5 kids and Saturdays anywhere from 3 to 8 kids. The Castroville program is more friendly when it comes to money. It was set for a program where kids can learn the fundamentals of boxing at a low cost. Training at a church hall with no boxing ring or anything you would find at a boxing gym. Coach Gerson would bring his own set of jump ropes, cones, punching bags and other accessories for the kids, while the kids were required to bring their own set of gloves so they could learn the fundamentals of boxing. A day with Coach Gerson in Castroville, I would get to the church hall about 10 minutes early to help him set up. The Church Hall is located in between an Elementary School and a public park. I would park on the side of the street, right behind Coach Gerson. Coach G, as I like to call him, would hand me the key so I can open the Hall and enter the alarm code to turn off the alarm. As we get there early, I help Coach G unload his speakers for music to keep the kids motivated and boxing accessories. We go over the game plan and drills that we are going to demonstrate to the kids. The first day, I was extremely nervous and especially seeing an empty hall with no boxing accessories made me more nervous since I would need to step up my game and show dedication and strength without a boxing ring. As

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the kids start to arrive, I make sure they do 20 pushups and jump rope for 5 minutes to warm up their bodies. Once everyone had clocked in and fully warmed up with jump ropes, the real drills would start. Feet work is very important when it comes to boxing. Which means I would take half of the class and Coach G would take the rest and we would demonstrate two different drills such as walking back and forth in boxing stances and practicing the 1 and 2's combo for the kids to do. Every two minutes they would switch. That would take about half the class and the last 30 minutes, they would all take turns practicing their combos on a punching bag which happens to be one bag, so everyone would have to wait their turn. At the end when everyone is finished, Coach Gerson would lead the last 5 minutes with stretching the body. While everyone is stretching I would clean up and pick up all the accessories and load them in Gerson's van. We would wait with the kids as their parents arrived to pick them up. We would talk at the end, give each other feedback and ways we can improve and be better at. I would set the alarm code and call it a good training practice.

Wednesdays class are the days I looked forward to the most. The first time I saw the main gym, I was speechless since they had remodeled the place. New paint job, brand new boxing ring in the center, posters and pictures of Coach Masha competing and other coaches. A corner department for gloves to use and brand new floor mats. The gym looked like it was just opened for business. Wednesday's, Boxing Strong had teamed up with Special Kids Connection, a non profit organization which is run by Lorie in Monterey County. "Special Kids Connect develops resources, raises awareness and provides support to children with disabilities and their families in Monterey County",

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Mission of Special Kids Connect. Jacob and Daisy are in charge of the boxing along with Coach Rios, Masha's right hand boxing partner who has over 20 years of experience in boxing and martial arts. I would travel a little further from compass, which is a 45 minute drive from my house. I would meet up with other volunteers at the main gym at 3:30 which gives Jacob and Daisy 30 minutes before class to go over the plan for the day. As the kids start to arrive at 4pm I would make my way towards them and greet them with a high energy level to get them excited for the day. My job is to make sure I have the kids fully engaged and paying attention when the coach is talking while demonstrating a proper drill. It does get a bit of a challenge when some of the kids like to wander off, I would have to go and talk to them to get the person back to the group. The kids are mainly to have fun while learning the fundamentals of boxing. At the end of the training practice, all the volunteers would gather around and discuss how the class went and ways we did good and ways to improve on. Around 5:30 I would sign myself out and thank everyone and be on my way out.

Three assets that exist in the Monterey Community would be Special Kids Connect being the first one. Special Kids Connect has a REACH program for disabled children that gives them the opportunity to participate at their own level and at their own pace while developing motor skills, enhancing cognitive abilities and socializing with their peers and adults in nurturing and supportive environments. Another asset would be staying in physical shape. Joining a gym to help with your body to stay active, increase your metabolism and overall health. The last asset would be a physical doctor.

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Being consistent everywhere with your doctor about your health will help you know what path and place you are in when it comes to your overall health.

One of the challenges that makes it difficult for residents to engage in healthy behaviors is the cost of living in the Monterey Community. Zumperblog states, "The cost of living in Monterey is about 46% higher than the national average and 12% higher than the rest of the state". Monterey is an expensive city to live in which has a population of 439,000 people. According to California Monterey County Demographics, "Monterey racial groups are 59.7% Hispanic, 28.8 White and 5.6% Asians. Which gives a median household income of \$82,000". Another challenge that makes it difficult is business. Monterey county is known for people opening new businesses such as restaurants. More restaurants that are open, the more people will go out and eat poorly. Not taking care of our diet is what causes us not to pay attention to our body. Our community doesn't need fast food restaurants. The last challenge that makes it difficult for residents to engage in healthy behaviors is the population. Almost 60 Percent of the population of Monterey is Hispanic which means the majority of hispanic are not fully educated when it comes to their overall health.

Training at both locations makes me want to do more for the Castroville location. Since the kids don't have as much equipment as the main gym does. It identifies under the classism categories since the cost of living in Castroville is known for low-income families and Monterey being a healthy city. The living cost in Monterey is so high that many people have stable jobs to do more. While Castroville has a population of 6,100

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people. “60.3% of the residents in Castroville, Ca are U.S. Citizens”, DataUS. Boxing is an expensive sport. Especially if you really want to dedicate yourself and be better. It adds up from the cost of your shoes, gloves, accessories and membership starting at \$200 at boxing strong. With a low income program by Boxing Strong, it allows kids to stay out of trouble and participate in a boxing program to have fun while learning the fundamentals of boxing. Boxing Strong is an accessible space for individuals to improve their overall health. “Is excellent conditioning for all sports that include explosive force, rotational movement, and coordination. It is an energizing and exhilarating way to sculpt your entire body and develop agility, strength, and power”, Masha founder and owner of Boxing Strong.

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Talking Points:

1. Introduce Service Site

-Name: Boxing Strong-Masha in 2017 and Special kids connect 2007.

history and mission of your site: boxing strong: you will learn proper boxing technique and combinations through rapid boxing rounds that will reshape your entire body, revitalize your mind, and fortify your spirit.

Special kids- children with a wide range of disabilities to participate in activities that nurture their interests and talents in new and exciting ways

-A day in the life at your service site

-What I did for the service site

-How I traveled and where I parked

2. Describe city Demographics

-environment

-Talk about ethnicity of population, average income, and cost of living:

-439,000 people have about \$82,000 household income. Castroville- Low income \$60,000 about 6,100 population

3. Challenges and Assets in Castroville an Monterey

-Challenges: Gangs, Low Income, Not enough resources or programs.

Monterey: overpopulation. Healthy, business

-Assets: Gyms, Job increasing, Special kids connect

4. Boxing Strong and Special Kids Connect

-Castroville and Monterey Location

-nonprofit program that serves the community through providing

Physical activity and break down barriers between children who have special needs and their typically developing peers. REACH gives children of all abilities the chance to interact, have fun, and learn that, regardless of anyone's unique and special needs, we are all more alike than different!

4. Who Is Boxing Strong and SKC

5. How boxing Strong Helps the Community

-Childcare

-Provides equipments (monterey)

-Provides education, different training

-Strength Condition Physical activity