

# HOLMES CHAPEL BOXING CLUB

*Thank you for your support*

**It's been a big year,  
lots of change.  
Summary of last  
season**

**We are ambitious  
and plan to grow.  
What this means  
for 2023/24**

**Our role in the  
Community**

**boxingchapel.co.uk**

**@boxingchapel**

Station Yard

Holmes Chapel

Cheshire

CW4 8AA



## **The gym is bouncing; top class competitive boxing, community classes and giving back**

What a year. Our first full season in our Station Yard home; so much has happened. But we still have so much to do

- Amateur boxing; across Cadets, Girls Class, Juniors and Youth/Seniors have been amazing. All have done the club proud with the commitment, effort and outstanding performances
- Foundation classes have further built on our role as an active part of the community; Ladies That Punch, Open Gym, Fighting Fit and over 55s
- Daytime delivery continues to grow; our work with local schools, Disability Boxing and Parkinsons UK
- This is still the start, looking forward to welcoming everyone back in September

## **Club merchandise now available online**

Whilst we have squad T Shirts, Beanies and Water Bottles in the gym, we have been asked many times for an online store that is easy and accessible.

Partnering with BOXHIIT, club merchandise is now available to order online and delivered directly to your door. Click [here](#) for access or scan the QR code



# It's been a busy season

It feels a long time we had a group of boxers and coaches holding pads and talking to people in the blazing sun as part of the village fair. At the time, we had a new gym, busy classes and a burgeoning group of competitive boxers. A lot has changed and nothing has changed. More is about to change.

It has been a fantastic, eventful year. So proud of everyone walking into the club, wearing the vest and giving their time to coach boxers or help with the running of the club.

The competitive season started with Max Harrison representing the club on the Macauley Moran Memorial Show. Always a privilege to be a part of remembering a special young man. Over the course of the season we then competed 66 times, including a good number of skills bouts and a 50:50 record in scoring bouts, these include; two homes shows, Max and Brooklyn representing club in the NWR championships with Brooklyn becoming NWR 44kg Schoolboy champion and representing the club in the National Finals and some amazing performances at the prestigious Angel of the North Boxcup.

As we plan and prepare for the new season we will build on this success, continue to get the most from our Station Yard home and invest more time and energy into building our foundation classes and role in the community. We will also continue to invest in our people; we are fortunate to have Julie join us this year managing the office and day to day activities, the role of Club Secretary is transitioning from Zoe to Diane Broad and Helen Cliff has handed over the role of Welfare Officer to Sarah Archibald

It is also the right time to hand over the role of Head Coach. Kerry will assume the role of Head Coach this season, supported by me and the wider coaching team. I'll still be in the gym as much, and continue to work behind the scenes developing the club and supporting Kerry.

Kevin Brownlow



## Welcome to Kerry Chalk as the new Head Coach

I'd like to start by sharing my excitement as Head Coach and I am ready for a BIG season! We have the foundations and a very successful club, the core principles of the club and our mission to support the community will not change.

My key focus for this 2023/24 will be **DEVELOPMENT**, development of the coaching team and the amateur squad. **Boxers**. The heart of why we are all so passionate about our sport. We will start the season strong, entering three boxers into the England Boxing Development Championships in October. All three have been working hard over the summer to stay sharp and I have no doubt that they will make the club and themselves proud.

We have two home shows planned, the first on Saturday 4th November, a fantastic opportunity for boxers to showcase their skills and for the community to support through attendance and the amazing sponsorship support from local businesses that make shows possible.

During the latter half of the season we will be entering boxers into the Schools & Junior Championships, then we have two box cups planned.....a busy year ahead for our growing club boxers who want the opportunities to work up to the squad.

**Coaches.** I plan to spend this season working with the team to understand and support development needs and investing in personal growth. I would welcome any new volunteers with coaching experience or a passion for boxing to come forward and have a chat about how you can join the team.

Kerry Chalk



# Amateur (competition) and Recreational Boxing



Amateur Boxers typically train at least three times per week, plus weekend road work or sparring. It is a tough sport that requires commitment to continued development. We have had a number of members who only want to train once per week, either for boxing to compliment other sports or box occasionally for physical and mental fitness. This is difficult in the main classes, the coaches are demanding and the standards are high.

In March 2023 we introduced Recreational Boxing. For those 11 (yr 7) -15 who only want to train once per week, do not want to compete and as the entry/pathway to competitive Amateur Boxing to reduce the wait times (previous entry was a separate Boxing Fundamentals class). Recreational Boxing is every Thursday 6-7pm.

For this season, this now enables the core Amateur Classes to focus on the those that are committed to Boxing as the primary sport and want to train three times per week. Very few current Amateur Boxers Pay as they train (most pay monthly), with option of Recreational Boxing, there is no longer a need for the club to accept payment per class.

**From September, Amateur Boxing (Junior & Youth/Senior) will pay monthly Direct Debit through Clubright. Cadets still have the option to pay monthly or pay as you train. Recreational Boxing (and wider Foundation\* classes) will continue to pre book through ClubRight for the sessions they wish to train.**

*\*Foundation Classes include Recreational Boxing, Girls Class, Ladies That Punch, Open Gym, Fighting Fit, over 55s*

## Proud to be an active part of the community



From the very beginning of our journey two things were certain. We would create a boxing club offering coaching and competition, and we would scale and share the benefits of boxing to deliver for the wider community. Our values of hard work, discipline and respect for self and others provide a valuable foundation when coupled with the skills development and reward from boxing training.



As we approach our 5th birthday (expect a party in January 2024), we are proud that we deliver non contact services in partnership with local schools, police, Parkinsons UK and the NHS. We have a community schedule that includes classes for over 55s, Ladies that Punch has evolved into an amazing, inclusive group, Fighting Fit is high energy and busy boxing fitness & technique and the Open Gym on Saturday mornings has a real buzz with a busy gym comprising experienced boxers, coaches and those new to boxing wanting to have fun and hit the bags.



We have been asked about 121 boxing coaching since we first opened. True to our values, only qualified boxing coaches will coach at the club. Callum Hamer has now developed into a fantastic coach and delivers 121 coaching sessions from the gym which makes us proud as a club; delivering our community objectives and providing opportunities for our members.

What's next? We want to build on our community programme and hopefully launch a membership for those that attend regularly. We are also continuing to develop our daytime provision; our classes for those suffering with Parkinsons is continuing to flourish with amazing feedback and new branding 'the Fightback Club' and we will soon announce a programme for those not in employment, education or training (NEET) as part of our partnership with Boxwise.



It is great that the club is an active part of the community. For those who want to box competitively, box for fun, fitness, focus or a mental health boost. The range of classes give a great sense of community and belonging. Contact [james@boxingchapel.co.uk](mailto:james@boxingchapel.co.uk) or [zoe@boxingchapel](mailto:zoe@boxingchapel) for more information. To enquire about 121 coaching contact [callum@boxingchapel.co.uk](mailto:callum@boxingchapel.co.uk)

James Rice and Zoe Brownlow