



17 September 2024

Dear Parents/Carers

**LA Boxing Club - September 2024**

We are pleased to inform you that our new Boxing Club starts soon aided by the funding we received from Berkshire Active. Block 1 places have already been allocated to those who signed up at the end of the academic year. We will be operating a waiting list for the remaining places available which will be given on a 'first come first served' basis.

Liam Alloway, a fully qualified England Boxing Coach, who has worked with a number of schools including Bohunt and Edgbarrow, will be running the sessions. Funding has allowed us to provide equipment and coaching for students so that it removes financial barriers for those who wish to participate. In addition, students will also have the opportunity to earn GB Boxing accredited awards.

The six week blocks will run as outlined (but are subject to change slightly):

Block 1	19/09/24	26/09/24	03/10/24	08/10/24	17/10/24	24/10/24
Block 2	21/11/24	28/11/24	05/12/24	12/12/24	19/12/24	09/01/25
Block 3	16/01/25	23/01/25	30/01/25	06/02/25	13/02/25	27/02/25
Block 4	06/03/25	13/03/25	03/04/25	24/04/25	01/05/25	08/05/25

Sessions will be structured in a way that builds both fitness and skills as outlined below:

- Warm up*
- Skipping (include tricks or flair skipping)*
- Boxing Skills (footwork, shape, defence, punching, partner work)*
- Boxing Drills (drills and games to improve boxing skills)*
- Boxing specific circuits*
- Cool down*

We would like to stress that school boxing does not allow sparring but as you can see, partner work is involved.

While equipment is provided, if your child would like to purchase their own, the following items will be required and have been recommended by LA Boxing:

- Skipping rope: [https://www.decathlon.co.uk/p/jump-rope-with-rubber-handles-3-m-adjustable-length-dark-blue/\\_/R-p-309793?mc=8828298&c=indigo+blue](https://www.decathlon.co.uk/p/jump-rope-with-rubber-handles-3-m-adjustable-length-dark-blue/_/R-p-309793?mc=8828298&c=indigo+blue)
- Wraps: [https://www.decathlon.co.uk/p/wraps-4-m-kontakt-black-gold/\\_/R-p-X8761094?mc=8761094&c=black\\_gold](https://www.decathlon.co.uk/p/wraps-4-m-kontakt-black-gold/_/R-p-X8761094?mc=8761094&c=black_gold)
- Boxing gloves: [https://www.decathlon.co.uk/p/boxing-gloves-100-red/\\_/R-p-332948?mc=8651249&c=tomato%20red\\_smoked%20black](https://www.decathlon.co.uk/p/boxing-gloves-100-red/_/R-p-332948?mc=8651249&c=tomato%20red_smoked%20black)



Should you wish to know more about LA Boxing before signing up, please visit their Instagram and Facebook page @liamalloway.

If you have any further questions, please do not hesitate in contacting me at [sarah.burrows@kgaeasthampstead.uk](mailto:sarah.burrows@kgaeasthampstead.uk).

Please complete the reply slip below and return to me.

Yours faithfully



**Miss S Burrows**  
**Head of Physical Education**

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**For attention of Miss Burrows, Head of Physical Education  
PE Faculty Room  
Co-curricular LA Boxing sessions.**

Student's name: \_\_\_\_\_ Tutor Group: \_\_\_\_\_

- I give permission for my child to attend the LA Boxing session after school.
- I understand that, if selected, my child needs to attend all 6 sessions.
- I understand that the remaining places are allocated on a 'first come -first served' basis and that my child may not be selected.

Signed: \_\_\_\_\_ (Parent / Guardian) Date: \_\_\_\_\_