



JOE'S BOXING SYDNEY

AUGUST 2012



JOE'S BOXING CLUB
SYDNEY

WWW.JOESBOXING.COM.AU

20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

Please help make our Fight Night Special by supporting

Please note the change of date unfortunately the 29th & 30th September is both AFL & NRL grand finals plus long weekend plus falls on school holidays. The 5th—7th October are the dates for the State boxing titles to be held this year in Woollongong so I have had to move our fight night to the following.

Joe's Boxing Fight Night Saturday 13th October @ 7pm

We need to the following for the night to be a big success

1. **Participants especially but not exclusively those who are doing their black shirt test.** *We have 18 people so far*
2. **Come to Spring Camp Rylstone 1st –2nd September .** *Please let me know preferably in writing text or email that you will be coming.*
3. **Sponsorship so that we can get the ring beforehand** *The sponsorship document and information pack for members has been sent out with this newsletter and will be on display plus copies at gym. You can view at http://www.joesboxing.com.au/our_gym.htm*
4. **Donations for prizes , raffles and auctions—***Have some but would like some more*
5. **As many friends and family that we can muster—** *Buy your Grandmother a ticket she will have a great time!*
6. **Volunteers to help on the night -** *Please some have offered but many hands make light work so if you ever fancied ever fancied being a Maitre DA door "person" ' a ring card girl ...or boy!*



Coming Up

Squad training starts Tuesday 14th August 8pm

Rylstone spring training camp 1st –2nd September

Fantastic Seminar Justann Crawford two time Olympian & Alex Tui former World Kickboxing Champion Sunday 16th September @ 10am

State Boxing Titles Woollongong Uni - Friday 5th to Sunday 7th October

Squad Training

Our fight night gives us an opportunity to focus on our fitness and skill and as in past years we will use some of tried and true fitness routines which are short in length but brutal and efficient in their execution. The old 'verse and chorus' which I first did 32 years ago in my karate days will again be the core routine with 'four rounds of hell' being thrown in for variety. These routines only take 15-20 minutes and by the end of the period you will be doing double what you started with in the same time. We start Tuesday 14th August at 8pm adding Thursday 8pm from September.

Watch the Olympics the best boxing you will ever see !

Australian boxer [Damien Hooper](#) could be punished for entering the Olympic boxing arena on Monday wearing a T-shirt bearing the colours of the Aboriginal flag. The 20-year-old light heavyweight, who should have emerged from the tunnel dressed in a red singlet, said he did not regret the gesture. "I'm an Aborigine representing my culture and my people here at the Olympic Games," said Hooper. Hooper, the first indigenous Australian boxer to triumph at a junior world title level when he won Youth Olympics Gold in 2010, was ambivalent about being punished for his gesture. "I didn't say I didn't care," said the fighter. In the ring on Monday, he pulled off one of his best ever victories, beating America's [Marcus Browne](#) - the first defeat for the [United States](#) at the boxing in these Games -- 13-11 to set up a second round clash with Russian fourth seed [Igor Mekhontcev](#). Hooper, who was a tearaway in his youth before being introduced to boxing by a policeman, is not the first Australian athlete of indigenous origin to fly the Aboriginal colours. Australian athletics legend [Cathy Freeman](#) celebrated her 1994 [Commonwealth Games](#) victory in the 200 metres by performing her lap of honour carrying both the Australian and Aboriginal flags.

Hall of Fame

Below listed are those who have been awarded Black Shirts at Joe's Boxing. I aim to upgrade our honour board with all who have achieved this standard

Adrian McCabe
 Andy Madden
 Ben Duffy
 Blake Shave
 Bruce Maddock
 Damien Dooley
 Daniel Midghall
 Diana Chirinos
 Emma Fitzwilliam
 Gaurav Sodhi
 Jonathon Walsh
 Leon Moran
 Lindsay Owen-Taylor
 Matt Conacher
 Michel Mazany
 Oscar Garcia
 Patrick Hofmeister
 Paul Sullivan
 Peadar Cullen
 Rachel Parmeter
 Salvatore Indovino
 Tory Virtu
 William Doomagee
 William McDonnell

Sponsorship and Ticket Sales

From the 13th August tickets to the fight night will go on sale. If you buy your tickets in August you will get them at a 50% discount \$10 general entry and \$25 for VIP pass. . If you buy your tickets in September you will get them at a 25% discount \$15 general entry and \$40 for VIP pass. Tickets can be purchased any-time at the gym and also online at www.joesboxing.com.au. I have created a formal sponsorship document for the purchase of our boxing ring which gives equal value of the sponsorship back in membership plus free VIP passes for the night plus advertising and acknowledgement for the sponsor and their business. Please read through and pass on to anyone who you think may be interested.

In Our Ring -*Congratulations to Will Doomadgee and Michelle Muchatuta on their recent bouts and although both were exhibitions they both performed with enormous aplomb and the crowds loved the action. We have at least five new registrations so more and more students from Joe's Boxing will be in action over the coming months and we will keep you informed when and where they will be fighting.*

I was listening to Radio National as I do when driving to the retreat and they were interviewing swimming legends. Nicole Livingstone said something that stuck in my mind which was that the best swimmers and athletes generally enjoy training including hours up and down the pool. Continue training with the group and do the basics of skipping and shadow sparring regardless of how good you get . Don't try to be your own coach!

Professional Mouthguard

One of our own Jeffrey Gao is a Dental Prosthetist and makes professional mouthguards . He has offered to make you a custom fit mouthguard at a good price plus he will donate a proportion towards our goal of getting our competition ring

Jeffrey Gao - 0433 858 007
jeffrey0725@hotmail.com

Frenchman's Cap (1446 metres) is one of Tasmania's most distinctive peaks. This elegant, white quartzite dome, ice-sheared on its south-eastern side to reveal Tasmania's highest cliffs, attracts increasing numbers of bushwalkers, rock climbers. **Every year I want to do a challenging hike or climb including the Kokoda & Everest Base Camp but this year I want to attempt in Tasmania a walk called 'Frenchman's Cap'. This will be a very challenging walk being only 23km but apparently requiring 3-5 days to complete. If interested am planned for 24th —28th August 2012.**

