

# **JWCB 2019 APPLICATION FORM**

## History of white collar in Jersey

The phenomenon that is white collar boxing was introduced to Jersey CI in 2009 by Boxinbusiness. Since then we have now done 12 shows and had over 265 people take part in the White Collar Boxing.

Traditionally boxing has been a working class sport, but white collar brings a true sense of equality and acceptance into the sport. 2009 saw the first white collar boxing event in Jersey. It featured 9 bouts and was watched by 600 people and the event has continued to grow year after year.

## **OUT OF THE OFFICE INTO THE RING**

Can you imagine stepping through those ropes after a 10 week training camp, all the hard work done, with just you and two other people in that ring with you, the referee and your opponent! A crowd that includes your family, friends and work colleagues cheering your name and waiting in anticipation. They clap, whistle and roar your name as the first bell rings and into battle you go! All the blood, sweat and tears you've gone through in the gym all come down to the next six minutes in the ring. Ask any boxer, amateur or professional what to expect, and they will all tell you it's the most exciting, exhilarating and nerve wracking feeling you will ever experience. This is your big chance to take centre stage, do what every man wishes he had done, live the dream and become a boxer for one night only. Get involved in this fantastic and unique experience that you will never forget!!

## **EVERYONE IS A WINNER**

### How do I get involved?

To get involved in the next JWCB event all you have to do is sign up and undertake a 10 week training camp to teach you the art of boxing. This training camp will consist of 3 sessions per week in a specialised boxing gym coached by Ben Murray, an experienced boxer and personal trainer, along with several other boxing coaches. This training camp will push you to your limits and get you in the best shape of your life. Once you sign up for the event we will do everything we can to get you to the level we expect for fight night.

### About Ben (coach and matchmaker)

Ben has been involved in boxing for 20 years and working as a personal trainer since 2003. During this time Ben has boxed at a very high level all over the country against some of Britain's finest. In his career he was crowned the Southern Counties' and Western Counties' Champion for four consecutive years and fought some of the top boxers in the country, reaching the final 8 in Britain on two occasions.

Throughout his career he has been lucky enough to train alongside several world champions and top amateur/professional coaches, picking up pieces of knowledge along the way.

With the combination of his boxing knowledge and personal training experience, I can guarantee you that you will get in tip top shape come fight night. At Boxinbusiness we pride ourselves on safety and we will ensure that you are fairly matched with someone of the same ability. We want everyone to enjoy this fantastic experience.

## Fight night!

The next Jersey white collar boxing event will take place on 15th June 2019. After the success of previous years, it promises to be a night full of excitement and entertainment. It is a black tie event with a stunning four course meal, 11 action packed white collar bouts, a celebrity referee and the chance to raise some money for some great local charities.

## Training program

Number of boxers: 22

Training times will be:

Boxers will be matched based on weight, age, skill, fitness and performance in the training sessions

Tuesday: 6pm – 7pm

Thursday: 6pm – 7pm

Training sessions will consist of:

- Running/hill sprints • Sparring
- Bag work
- Pad work
- Skipping
- Plyometrics/group circuits
- Technical drills

The 10 week intense training course will start on the 9th April 2019. It will cost £550 per boxer; we recommend that you try to get a sponsor (e.g. your employer) to cover the cost of your entry fee so you can then go and raise lots of money yourself for the charities. This will cover the cost of your participation and all of the training involved. Each boxer will receive a t-shirt and hooded top at the beginning of the camp.

This is a great opportunity for you to make a massive difference to people's lives and help raise money for some great causes. We ask each of our boxers to raise as much money as they can for our selected charities as it's not everyday that you get between the ropes in front of 600 people and have a boxing match.

The application form is on the next page. We would like all forms filled in and returned to the BoxInBusiness gym or e-mailed back to Ben Murray by 1st March 2019. Once all forms have been received, we will get in contact with you to inform you about the open session and short presentation on selection process at Fort Regent at the end of March.

## APPLICATION FORM

Name:

Nickname:

Age:

T-shirt size:

Address:

Contact number: .....

Emergency contact name: .....

GP's name and number: .....

Present weight:..... kg

Height: ..... cm

E-mail address: .....

Emergency contact number: .....

Do you have any previous boxing experience? (please circle) YES

If yes, please explain

How would you rate your general level of fitness? (Low) 1 2 3 4 5 (high)

Have you had any previous/present injuries that may prevent you from participating in any parts of the training camp? YES NO

If yes, please explain.

Do you have any bone, joint or medical condition (e.g. asthma) that may be exacerbated by physical exercise? YES NO

If yes, please explain.

Jersey White Collar Boxing would like each of this year's competitors to write a short biography about themselves. Please fill in the spaces below.

Profession and company

Hobbies

Dislikes

Why do you want to take part in this year's white collar boxing event?

Please write down anything else you would like to tell us about yourself:

Terms and conditions

Each boxer signed up to compete in the Jersey White Collar Boxing show on 15th June 2019 is required to sell a minimum of 1 table (12 tickets) and commit to raising a minimum £500 for charity. On fight night and during sparring sessions boxers will wear 16oz or 18oz boxing gloves, gumshield, groin protector, head guard. All boxers are required to provide a clean bill of health before undertaking the 11 week training course. You will also be required to undergo a medical prior to the contest, which will be provided by Jersey White Collar Boxing Ltd. Loss of control or discipline during the course may result in expulsion. Wavier claim. I am aware and understand that Jersey White Collar Boxing Ltd or the instructor cannot be held responsible for any personal injury, illness or death, that may occur during the stated training and event. I have read and agree all the above information and that all the information I have provided is accurate at the time of signing.

Signature:.....

Date: .....

\*\*\* Closing date for all application forms is 1st March 2019 \*\*\*