

# Totem Sports Boxing Club

## Learn To Box + Learn To Compete

Kids | Youth | Adults

BOXING  
BRITISH COLUMBIA



### (C) Program Overview

Not simply a fighter, but an athlete is born from self-discipline and hard work. Team Totem builds upon generations of history in the grand sport of Olympic-Style Boxing. Find fundamental to advanced offence, defence, footwork and a healthy dose of top form conditioning with rock solid fitness routines.

### Included

- In-Person Group Training
- Weekly Team Meets
- Boxing Video Library
- Periodization Cycle
- Progression Plan
- Opportunity To Compete



### Equipment Required

- Water Bottle
- Sneakers/Boxing Shoes
- Hand Wraps/Quick Wraps
- 10-14oz Boxing Gloves
- 16oz Sparring Gloves
- Mouth Guard
- Groin Protector
- Head Gear



**Pro Shop On-Site For Basics, See Website.**

### Club Sessions

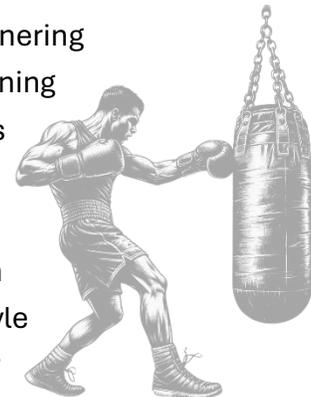
- Fundamentals To Advanced
- Offensive Technique/Drills
- Defensive Technique/Drills
- Footwork Technique/Drills
- Movement Technique/Drills
- Athletic Ability Drills
- Conditioning Drills
- Boxing IQ/Ring IQ



### (C) Team Meets

Athletic meets covering a wide array of topics to ensure long-term success and fast progression in the sport. Topics can include:

- Compete/Cornering
- Nutrition Planning
- Biomechanics
- Physiology
- Psychology
- Mental Health
- Athlete Lifestyle
- Types Of Gear
- Developing Abilities



**Team Meets Are Optional, Highly Recommended For Success.**

### Expectation

All competitive programming holds the inherent intent to compete. We treat every athlete equally as craftsman of the ring in the beloved sport of boxing. Coaches give their best and we expect the best of our athletes.

### Team Totem Standards

Arrive prepared to sweat. We push athletes to perform at their best in a safe and healthy environment. Boxing is team sport in and out of the ring. Act with decorum and respect with each movement, any intent to harm or be disorderly is instant ejection from all Totem programming.

### Risk/Mitigation

Combat sports always carry inherent risk. Our club is chartered and insured through our PSO which requires competitive athletes to be registered with that PSO (Boxing BC) for coverage. Please ensure you paid annual dues on time.

**PREMIER DESTINATION FOR KAMLOOPS BOXING ATHLETES**

# Need To Know

Class Schedule May Change Temporarily, Updates On Socials.

[Facebook](#) | [Instagram](#) | [YouTube](#) | [TotemSports.ca](#)

## Class Registration

Drop-In, Class Pack or Memberships Must Register for Each Class Intending to Participate In.

## Team Meets

Free For (C) Athletes, Register with Code: “**LEARN**” Or Pay \$10 For Non-Club Athletes.

## Training Journal

Lessons, Coaches, Clubs & Events. Suggest Tracking & Noting Your Weeks for Optimal Success in The Sport.

## Gear Orders

Club Athletes Enjoy Perks on Wholesale Gear from Our Partners. Once Per Season Pre-Order, No Refunds.

## Off-Site Training

Experience Comes in Many Forms as Does Changes to Training Environments. Fields, Gyms, Tracks, & Terrain.

## Athlete Forms

Each Club Season Requires Our Athlete Form on Home Page. We Provide a Team Welcome Gift at First Team Meet.

## **Boxing BC Insurance Coverage**

All Athletes Sparring/Competing Must Complete Annual Medical & Submit To Boxing BC For Insurance.  
Annual Boxing BC Dues Range From \$140-\$165 CAD