

TRAIN. COMPETE. BELONG.

YOUTH • TEEN • ADULT

DEEP ROOTS. TRUE POWER.



TOTEM SPORTS BOXING CLUB

A DIVISION OF TOTEM FITNESS INC.

Building confident, disciplined athletes through structured programs and a supportive team environment.

EVERY ATHLETE
STARTS SOMEWHERE.

OUR PROGRAMS



ORIGIN I & II COMMUNITY BOXING INITIATIVE

A 4-week introductory boxing program for schools, youth organizations, Indigenous communities, recreation groups, and non-profits.

SAFE • FUN
EDUCATIONAL
EMPOWERING



Schools • Youth Groups
Community Organizations
Recreation • Non-Profits



FORGE ADULT BOXING & FITNESS

AGES: U19 & ABOVE

Recreational boxing for adults who want to get fit, learn boxing, and challenge themselves in a supportive environment.

FITNESS • WEIGHT LOSS
STRESS RELIEF • LEARN BOXING
BUILD CONFIDENCE



No experience needed.
All fitness levels
welcome.



LEGACY I COMPETITIVE DEVELOPMENT

AGES: U7 – U16 & ABOVE

Designed for new and developing athletes preparing for amateur competition through technical instruction, conditioning, skill development, and controlled sparring.

FUNDAMENTALS • DISCIPLINE
PROGRESSION • COMPETITION
READINESS



New competitors
Youth development
Long-term progression



LEGACY II COMPETITIVE PERFORMANCE

AGES: U16 & ABOVE

For experienced athletes pursuing higher levels of amateur competition with advanced training, strategy, and performance development.

ADVANCED TACTICS
HIGH PERFORMANCE
EVENT PREPARATION
TEAM TRAVEL



Active competitors
Experienced boxers
Performance focused



ASCEND COMPETITION CAMP ELIGIBLE ATHLETES

Intensive training camps for eligible athletes preparing for upcoming competitions. Focus on strategy, conditioning, sparring, weight management, and performance.

PREPARE • PERFORM • EXCEL



Competition preparation
Peak performance
Next level mindset

YOUR ATHLETE PATHWAY



ORIGIN
Community
Introduction



FORGE
Recreation &
Fitness



LEGACY I
Competitive
Development



LEGACY II
Competitive
Performance



ASCEND
Competition
Camp

Every athlete progresses at their own pace with the guidance of our Coaching Team. Advancement is based on skill, dedication, attitude, and readiness.

WHY TOTEM SPORTS?



BOXING BC
REGISTERED CLUB



CERTIFIED & QUALIFIED
COACHING TEAM



YOUTH & ADULT
PROGRAMS



RECREATIONAL &
COMPETITIVE PATHWAYS



LONG-TERM ATHLETE
DEVELOPMENT



POSITIVE, SUPPORTIVE
TEAM ENVIRONMENT



SAFE TRAINING
ENVIRONMENT



COMMUNITY
FOCUSED



RESPECT • DISCIPLINE
CONFIDENCE • COMMUNITY

COMPETITION PATHWAY



Athletes follow a structured development pathway before being eligible to compete.



Medical examinations and Boxing BC membership required for competition.



Coach approval required. Safety is our priority.



Local, Provincial & National events with opportunities for team travel.



We develop athletes who compete with integrity, respect, and sportsmanship.

INVEST IN LOCAL ATHLETES. BUILD A STRONGER COMMUNITY.

Sponsorships help remove financial barriers and provides opportunities for athletes to grow, compete, and succeed.



EQUIPMENT



TRAVEL & EVENTS



MEDICAL REQUIREMENTS



ATHLETE ASSISTANCE



BOXING BC MEMBERSHIPS



COACH DEVELOPMENT



COMMUNITY PROGRAMS



YOUTH OPPORTUNITIES

TOGETHER, WE CREATE CHAMPIONS
IN AND OUT OF THE RING.

READY TO GET STARTED?

SCAN TO LEARN MORE ABOUT OUR
PROGRAMS, REGISTRATION, AND
PARTNERSHIP OPPORTUNITIES.



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DEEP ROOTS. TRUE POWER.

WHERE CHARACTER IS BUILT AND CHAMPIONS ARE MADE.