

## Head BOX-ON! Instructor: Kathy Ure

Kathy Ure (pictured centre in blue) is our head BOX-ON! instructor. She certifies each and every BOX-ON! instructor we have in Ontario, and with good reason. She is on Boxing Ontario's Executive Athlete's Rep, is a repeating Ontario Provincial Bantam-weight Champion, a two-time National Gold Medalist, was Boxer of the Year in 1999, is a level 2 coach and official, teaches aerobics, is a guest speaker for the Federal Government, races in duathlons often with top placements, teaches aerobics, coaches for multiple sports, is an operating room nurse and has a list that goes on and on. As you can see, Kathy tries to pack as much into her day as her punch.

Through this energy, dedication and enthusiasm Kathy has created a buzz in the boxing community. Her dynamic style has made the sport grow, making it fun and spreading the word that boxing is the BEST all body work out (see Box-on Program). Kathy's concern for the health and well-being of youth does not end with the fitness and nutritional aspects she dedicates much of her time to. She has also helped coordinate the efforts of "Children's Rainbow of Miracles" a volunteer surgical team that works in South/Central America, while also fundraising for other children's foundations. If you want to know what it takes to be #1 in your sport contact Kathy @ 519-869-4167

