

Mandy Bujold

Amateur Boxer/Coach/Instructor
2006 Canadian Junior Champion

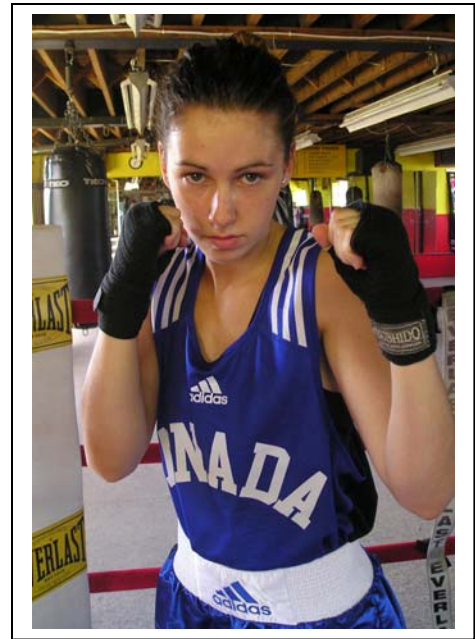
(519) 575-9006 – gym
(519) 998-1838 - cell
e-mail: mandywrba@hotmail.com

Club: Waterloo Regional Boxing Academy
www.waterlooboxing.com

Coach: Rick Cadilha

Educational Achievements:

- | | |
|--------------|--|
| 2001-2005 | Forest Heights Collegiate
Kitchener, Ontario |
| 2005-Present | Conestoga College
Kitchener, Ontario <ul style="list-style-type: none">• General Business |



Boxing Achievements:

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|--------------|--|
| 2004-Present | Waterloo Regional Boxing Academy <ul style="list-style-type: none">• 2005 Brampton Cup Champion• 2005 Ringside World Championships – 3rd Place• 2006 Ontario Junior Provincial Champion• 2006 National Junior Champion• 2006 W.R.B.A. Senior Boxer of the Year• 2006 Ringside World Championships – Champion |
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Coaching Achievements:

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| 2004-Present | Waterloo Regional Boxing Academy <ul style="list-style-type: none">• Waterloo Regional Boxing Academy Volunteer Coach• N.C.C.P. Level 2 Certified• Box-On! Instructor• Personal Trainer and Strength and Conditioning Coach• Skip Rope trained by world renowned Buddy Lee |
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Bio:

Mandy is a certified BOX-ON! Instructor and delivers a new standardized youth fitness program dedicated to using boxing training techniques as a means of achieving a healthy and active lifestyle. Mandy's energy and enthusiasm along with her dynamic style creates a routine that is adaptable for all ages and fitness levels. Mandy is a positive role model for all young females.

This non-contact routine is intended for youth ages 8-17 and can be utilized by program administrators in all types of schools, clubs and youth centres. BOX-ON! Will build confidence, self esteem and encourage youth in the community to lead positive lives. For more information on the BOX-ON! Program contact Mandy Bujold at 519-998-1838 or via email at mandywrba@hotmail.com