

THE CABBAGETOWN YOUTH CENTRE
THE CABBAGETOWN BOXING CLUB NEWSLETTER
COACHING AND COUNCELLING EDITION



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There are many factors in sports that can either assist an athlete to achieve his or her dream of success, or can become an obstacle, that will destroy even the most talented athlete's efforts to achieve the required results. This issue deals with two of them: Personal Goal Setting and How to choose the right Boxing Equipment.

PERSONAL GOAL SETTING

Peter E. Wylie

Goal setting is a powerful process for personal planning used by top-level athletes, successful business-people and achievers in all fields.

To avoid athletes wasting their time and efforts, only to find out that he or she have worked towards an outcome that is not really the objective in life the athlete wanted to achieve, there are a number of questions we ask every candidate, who wants to join the club to become a boxer:

1. What is your interest in boxing, what motivated you to choose this sport – was it your own idea, or did somebody influence your decision?
2. Are you aware of the potential personal effort, time requirements and discipline you are committing yourself to?
3. Goals are set on a number of different levels. Did you consider the objectives you want to achieve in the short term, mid-term and long term time frames?

Short-term objectives (3-6 months): Start training to learn the basics of boxing and to develop the necessary style and physical conditioning to be able to enter into boxing competitions.

Mid-term objectives (1-3 years): Participating in competitions, gaining ring experience and reaching the Ontario Championship.

Long-term objectives (3-5 years): Optimizing physical and psychological conditioning and technical skills, up to the National Championship.

After completing these three phases, the athlete aims to reach the highest levels in boxing, that is the Olympics, the World Championship and becoming a Professional Boxer.

4. Were you aware of these phases and did you properly time your progress in boxing in line with your other commitments and plans?

The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course. There are many techniques and tips one has to keep in mind, when setting realistic objectives. These will be dealt with in part two of this article.