

ABAEnews

The newsletter of the Amateur Boxing Association of England



Youngsters celebrate achievements at awards bash

A GROUP of youngsters celebrated their boxing achievements when they were presented with their National Boxing Awards by one of England's top female boxers at an awards ceremony.

The children have been taking part in an eight week course run by the ABAE, and the awards ceremony was held at the Muslim Community Centre in Middlesbrough.

The course was organised by Natural Progression Boxing Academy, and was the first of five courses taking place over eight weeks in various venues around the area.

Over ninety young people learned about boxing skills and technique on the course, which is designed to help improve fitness and encourage a healthier, more

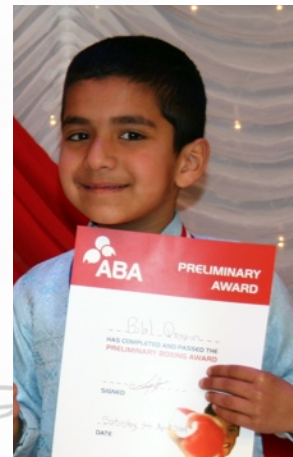
active way of life, in a safe and fun environment.

The awards ceremony brought together all the young people who took part, and each child was given a certificate and medal for their achievements.

Hartlepool boxer Amanda Coulson was on hand to present certificates on the day, alongside local councillor Habib Rehman.

Imran Naeem, the head coach at Natural Progression Boxing Academy, praised the programme, saying: "The awards are a great way to improve fitness and tackle obesity and bring more young people into our sport programmes. The National Boxing Awards, are an excellent way to help people get in shape, but they're also great fun for everyone taking part."

For info on the awards visit: www.boxingawards.co.uk



From top: Fatima Naeem receives her certificate from Amanda, Bilal Qayyum, John Wang receives his award.



FEATURED CLUB



Knowsley Vale ABC

About the club

Knowsley Vale has definitely been on the up during the last two to three years. As well as having four ABA champions; Lauren Wilson, Scott Rankin, Tom Carus and Robbie Davies, there has recently been an influx of younger people joining the club.

Location

Kirkby Sports Centre
Valley Road, Kirkby, Liverpool,
L32 4ST

Training times

Tuesday/Thursday: 17.00-20.00
Saturday: 10-12.00

Coaches

Daggy Maher (head coach) Paul Scarth (technique), Colin Chambers

(pad combo coordinator), Bernie Kelly (stamina and fitness), Mark Mulvy (technique), Ian Briscoe (nutritionist), Tommy Muncaster (strength and conditioning) and Paul Wilson (motivator).

Ones to watch out for

The club has some great prospects at the moment; twice national finalist Tom Wilson (pictured above, right) is doing really well at the moment and improves all the time, Scott Rankin was a national champion this year, Sarah Rostron is undefeated in her bouts so far and will be a star. ABA champion Lauren Wilson is training really hard with Sarah for the forthcoming championships. We also have some excellent boxers who will no doubt make the club proud in the future; Dan Chambers (one of the most improved



Schools champ Thomas Wilson

kids at the club) Tom 'Rambo' Carus, Ryan 'boom boom' Briscoe (one of our best kids), Dangerous Declan, Brendan 'MAL' Kenwright, Kieran 'sweet lips' Scarth, Joe 'the steamroller' Sando, Terry 'the power' Williams, John 'the rocket' Godfrey, Cona 'blue boy' Smith, Phelim 'Kopite' Glanville, Georgie 'the switch hitter' Groves, Lewis 'Dumbell' Dunne, Josh Talbot, Gary 'cage rage' Blackburn, Anthony 'good looking' Wilde, Dean 'Mayweather' Kelly, 'Nasty' Nick Irvine, Gary 'mini me' Jones and Sebo 'hamburgler'.

Contact details

Darren Maher (match maker and head coach) d.maher@talk21.com

Motto

On our t-shirts we now have "Guns and Knives Ruin Lives" (thanks to Tommy Muncaster).

Notts are boxing clever at Midland finals

THE MIDLANDS regional finals of the Senior ABAE Championships took place in Coventry last week. Pictured clockwise from top right: Leigh Wood (Phoenix) loses to Lee Glover (William Perry), Curtis Valentine (Benny) stops Billy Binch (Bingham) with a 3rd round KO, Andrew Johnson (St Georges) beats Jahmain Smyle (Boxing Academy of Leicester).

Winners will go through to the quarter finals of this year's competition in Sheffield.

Images by Martin Robinson. Check out Martin's new Nottinghamshire-based boxing website:

www.nottsboxers.co.uk



British ABA news

WITH a tremendous success in Beijing behind it, the GB Boxing Programme is now geared towards success on home soil in 2012.

Just over £8 million in UK Sport funding has been injected into the elite side of the sport, and an exclusive new gym is being built for use by the teams.

Laura Ross, Operations and Logistics Manager for the GB Boxing Programme said: "The BABA has made a home for itself here in Sheffield, and the next four years will be an exciting period for all three nations, kicking off with the opening of our exclusive new gym next month. With state-of-the-art facilities and a first class sports science service at their disposal, the athletes have all the support they need to succeed in 2012 and beyond."

The new coaching set up on the Podium side of the programme sees Kelvyn Travis take over as head

coach, with Dave Alloway and Nigel Davies as assistant coaches. Jim Davison continues to manage the GB Development squad.

Commenting on the appointment Kevin Hickey, Performance Director of BABA said: "I am pleased to confirm the appointment of Kelvyn and Dave to the programme. Their excellence in boxing coaching will further add strength to the coaching team and I am delighted that two such talented people have agreed to join the team. This is the last in a series of appointments to the coaching team that will be preparing our boxers for the London 2012 Olympics and further."

Matt Holt, previously Sports Client Manager at Sport England, will be joining the team in early May as Programme Director.

The coaching team



Kelvyn Travis, a former international boxer, steered Audley Harrison to the gold medal in the Sydney Olympics.



Dave Alloway has until now been the Home Counties Regional Coach and has extensive coaching experience at international level, including the 2004 Commonwealth Games in Melbourne.



Welsh coach Nigel Davies helped coach the GB team in the run up to the 2008 Beijing Olympics.



Jim Davison continues to bring home medals with the GB Development squad

GB success at GEE BEE

DARRAN Langley, Khalid Yafai and Bradley Saunders all won gold medals at this year's Gee Bee tournament in Helsinki, Finland.

Khalid was a 2-0 victor over Swedish boxer Salomo N'tuve in the finals, while Bradley beat Frenchman Samir Machrouh 13-9. Darran beat Rami Kasim of Finland 9-1 and also picked up the boxer of the tournament trophy. Scottish boxer Stephen Simmons came away with a bronze.

The Gee Bee is in its 29th year and is a notoriously tough tournament with some stiff competition from other nations.

Accompanying the boxers were head coach Kelvyn Travis and Nigel Davies.

Khalid (left) and Darran with coach Nigel Davies



Introducing the sports science team...

BASED at the English Institute of Sport in Sheffield, the sports science team make sure our boxers are injury free and in peak condition for that all-important moment in the ring.

Ian Gatt - Lead Physiotherapist



I work with the performance director and head coach to develop physiotherapy services for athletes. I co-ordinate physiotherapy, medicine and soft tissue therapy, covering all squads including international competitions. I work with the regional team and national medical network to create a world class high performance clinical setting, and as part of a multi-disciplinary team, delivering services to athletes and coaches."

Rob Gibson - Performance Analyst



Rob's job entails collecting and analysing information, compiling video diaries for boxers, managing an international results database, providing opponent information for coaches and athletes competing at tournaments, and developing tools (using video feedback) to assist boxers and coaches during training.

Ian Pyper - Strength and Conditioning Coach



"Strength and Conditioning involves physical and physiological development. The S&C coach works closely with the sports coach to assist in designing programmes to address the particular need of the athlete, team and sport. Strength and Conditioning is about more than lifting weights - it encompasses the entire development of the athlete including plyometrics, speed and agility, endurance and core stability with the actual strength part being just one piece of the jigsaw."

Pete Lindsay - Lead Psychologist



"My role involves working with the boxers to develop their mental toughness and to ensure that they can consistently make the right decisions under pressure. To do this, I work closely with the GB coaches and support staff across a range of areas."

Mike Loosemore - Doctor



Doctor Mike Loosemore has travelled extensively with the squads to Olympic Games, Commonwealth Games, World and European Championships. In addition to this, he has also been Team Doctor for other sporting events, including the 2006 British Motocross Grand Prix, the 2004 European Judo Championships, and the British Formula 1 Grand Prix at Silverstone.

Chris Marshall - Psychologist



"I am working in collaboration with Pete Lindsay, providing support to athletes and coaches in the development squad. My most recent role has been implementing a camp review system and performance log books with all of the athletes."

Mark Ellison Performance Nutritionist



Mark joined GB Boxing in 2008 and supports the coaches and athletes, using nutrition to enhance performance and support health and long term athlete development. "We strive to provide each boxer with the knowledge and resources to establish good nutritional practices that will help them maintain an ideal body weight and physique, to train hard, recover quickly and adapt more effectively with less risk of illness and injury.

Upcoming events...

A team of boxers is due to be chosen to represent Britain at the Arena Cup in Croatia next month. The Poland Youth Championships also take place in May. More information to follow...

The BABA Championships take place on May 29th (with box-offs on the 29th) at the Liverpool Olympia, in conjunction with the ABAE Annual Awards evening.

Keep an eye out for emerging talent and upsets this May, when most of our GB squad will be competing in the at the ABAE Senior Championships! Details on the ABA website.