



ABC NEWS

ABC'S ANNUAL SPRING HOME SHOW IS COMING UP SOON!!!



**Sat 5th March 2016
Connaught Hall**

**Doors open at 6.30pm,
boxing commences at
8pm**

**Sponsors we will be in
contact with you soon**

If you wish to purchase extra
tickets please let us know.

£12 each.

BEACH RUN FUN...



Saturday 2nd January ABC hit Hemsby beach in style on a blustery winter morning!

The dedicated youngsters wrapped up warm and endured 2 hours of hard training. Running, hill sprints, combat crawling, circuit training, shadow boxing and piggy back running all part of the fun as they started their new year fitness regimes in style.





**ANOTHER
IMPORTANT DATE
FOR YOUR DIARY**

MAY 14TH 2016

**WYMONDHAM
DINNER SHOW**

Contact Colin Kilby on
07789866781 to reserve tickets
or a table.

**Lily does herself
proud at England
Boxing talent day**

Our very own Lily Devlin was
chosen to represent ABC in an
all female England Boxing talent
day on Sunday 20th December.
A fantastic experience for her!



**SPARRING DAY IS A BIG
HIT...**

Sunday 24th January ABC played host again to many of our
fellow boxing clubs. Some great sparring took place and all of
the youngsters involved gained valuable ring experience.

**ABC VISIT BIRMINGHAM (UNIVERSITY COLLEGE) FOR AASE OPEN
DAY**

A group of our boxers participated in technical demonstrations
with members of The Advanced Apprenticeships in Sporting
Excellence (AASE) programme at a big open day on Sat 23rd Jan.



PICTURED LEFT LILY
DEVLIN AND MARC RILEY.
PICTURED RIGHT LEVI
DENNIS AND MILO CLAY.
Saturday morning workout
in Queens Square!
DID YOU SPOT US?

