

# ABC NEWS



## ATTLEBOROUGH BOXING CLUB'S LATEST NEWS AND EVENTS

### OPEN DAY SUCCESS

It was fantastic to see so many of our valued sponsors, parents and supporters at the event! If you couldn't make it, please pop in to visit our new improved facilities.

### PRESENTATION EVENING

Saturday 5th Sep... Connaught Hall hosted our 5th annual Presentation evening. The competition squad all worked extremely hard last year and it was a difficult decision to pick winners for many of the categories. Visit [www.attleboroughboxingclub.co.uk](http://www.attleboroughboxingclub.co.uk) to see season 2014/2015 trophy winners.

### DATES FOR YOUR DIARY

NOVEMBER 21st 2015  
AUTUMN HOME SHOW

MARCH 5th 2016  
SPRING HOME SHOW

MAY 14th 2016 WYMONDHAM  
DINNER SHOW - Contact Colin  
Kilby on 07789866781 to  
reserve tickets or a table.



## MULTI CLUB SPARRING DAY

*KICKING THE SEASON OFF IN STYLE!*

ABC played host to clubs from all over the country, bringing boxers here from as far afield as Salford, Manchester. A Great experience for all involved. The gym was buzzing!!!

## CHAMPIONSHIP HOPES

Many of our talented squad will enter National and International competition this year. First up are Roni Dean, Michael Jordan and Connor Holloway in the Senior Novice National Championships and Santiago Weaver in the Junior Novice National Championships.





## TEAM BUILDING IN IRELAND

**A team of 10 boxers attended a week long training camp in Listowel, County Kerry**

Team bonding, improvement of fitness and valuable life skills were on the agenda as 10 of our boxers teamed up with Trojan Boxing club. Training 3 times a day for 6 days, the youngsters took turns to shop, cook, clean and be totally self sufficient.



## DEDICATION, COMMITMENT AND TRAINING!

Our competition squad train within the gym 4 to 5 times per week, they also run at home daily. They travel all over the country on a regular basis, whether boxing or supporting each other these youngsters are proud to represent the club, proud to represent Attleborough and are a credit to the sport!!!



## SPREADING OUR WINGS

After success in our pioneer satellite provisions in Thetford. We are holding sessions at Attleborough Academy for Academy students on a Monday at 3.15 pm and are also open to the public on a Tuesday evening at Watton Sports Centre from 6.30 to 7.30 pm.

