



thanks for your interest in Contender Boxing at Virgin Active

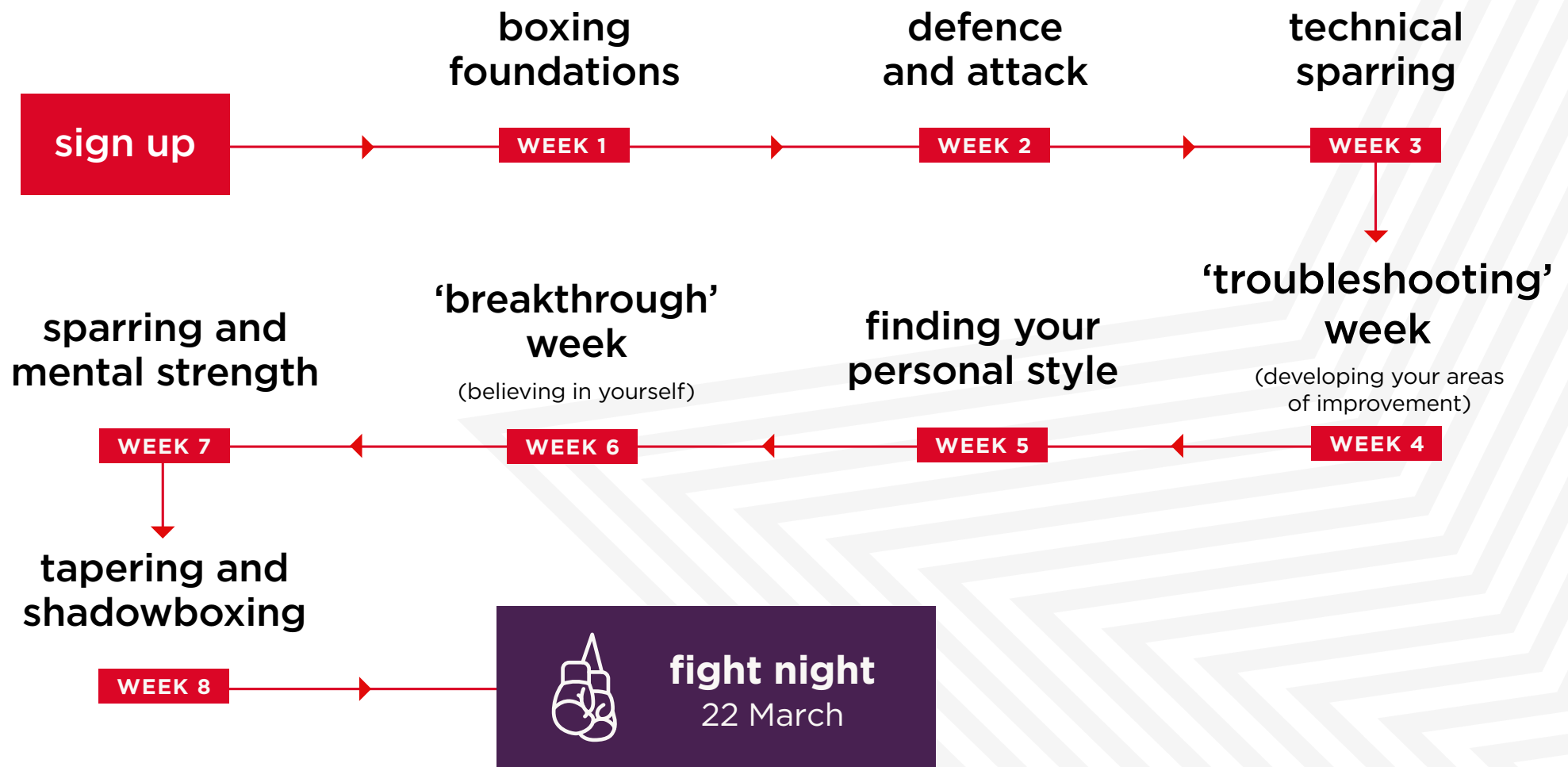
We've joined forces with The Big Fight, an industry leader in boxing training and events to bring you our 9-week Contender Boxing programme.

Step into the ring for your very first charity boxing contest. This time round, it's all for Saints Foundation.

Virgin
active

This is an exclusive opportunity to experience a real fight camp in the comfort and safety of our own gyms - with the very best partners supporting your journey.

Each training session will focus on different areas to prepare you for the big event...



is Contender Boxing for you?

What is Contender Boxing?

Contender Boxing is an 9-week training programme that ends with a professionally produced boxing match.

On fight night, rounds are two minutes long and there are three rounds per fight.

Participants will wear gloves, (open face) head guards and mouth guards.

Is there a cost?

There is a sign-up fee of £50 to join the programme.

In addition you may also need to buy your own protective gear but we'll let you know a little more on what you'll need once you have signed up. The additional items could be £100 or more, depending on your requirements.

I've never boxed, can I take part?

Yes! You don't need any prior boxing experience and we encourage all abilities to take part.

Participants will be matched with an opponent of similar ability, weight and fitness level to ensure a fair contest.



Where and when is training?

Training starts: 15 January 2024

Where? Virgin Active Northampton Riverside Park

Time: Tuesday and Thursday, 19:15 - 20:15

Fight night: 22 March 2024

Where: The Old Savoy, Northampton

Chosen charity: Saints Foundation



You'll need to be available to train at both sessions per week, for one hour for the whole 9-week training programme.

If you can't make these events, we're planning more events throughout the year across the country.

What if my home club isn't hosting training sessions?

If you're not a member of Virgin Active Northampton Riverside Park or your home club isn't in the same tier, don't worry, we'll give you access during your training, for no additional fee.

If you're not available to make this event but would love to give contender boxing a try, keep a lookout for future events.

Who do I train with?

You'll be under the highly experienced eyes of professional boxing coaches from The Jon Durrant Training team, including David Martin, Masood Abdullah, Rafat Sai and head coach Jon Durrant himself.

Can my friends sign up?

Contender Boxing training is exclusively for Virgin Active members so if your friend has a membership with us, they can sign up. If not, they'll need to become a member first.

What if I get sick or injured?

Before you start training, you'll also be required to sign a waiver, accepting the risks you're taking by signing up to the boxing event.

If you're unable to fight due to illness or injury, we won't be able to refund your £50 fee.

This fee covers any expenses incurred by Virgin Active and The Big Fight in the lead up to training or any training completed.

For extra protection, we'd recommend taking out insurance.

What happens if I fail my medical?

All fighters undergo a medical on the day of the event. Should you fail a medical you will not be allowed to fight that day. If you wish to fight at a later date we will ask you to see your Doctor before returning.

What if I miss sessions?

It's important to attend all sessions so our instructors feel confident that you're progressing towards fight night and are training correctly.

If you miss three or more sessions, you may not be able to fight in the event. This is at the discretion of our coaches.

What kit do I need?

You will need the following to take part:

- Basic gym wear
- Indoor trainers or boxing boots
- Open face headguard (approx. £25)
- Wraps 4.5m (approx. £7)
- Gum shield / mouth guard (approx. £5)
- Groin guard (optional) (approx. £10)
- 16oz boxing gloves (we recommend Revgear gloves, you will be able to train and fight in these)

You can reasonably get kitted out for under £100.

With gum-shields, head-guards and gloves we recommend you buy the best that you can afford. We recommend getting all of your kit in time for your first session.

You will need to have your gumshield and headguard by week 2 of training, so that you can start contact work and sparring.

Revgear are the official equipment provider for The Big Fight. Use discount code **THEBIGFIGHT** for 10% off any product on their [website](#).

Who will I fight?

The Big Fight will spend the final three weeks of training analysing participants.

Participants will be matched on weight and experience.

You're likely to fight someone from The Big Fight's pool of recreational fighters.

Under no circumstances will you fight a professional or even an amateur boxer.

As a last resort, if it is impossible to match you safely, you may have to fight in a future match.

With safety at the forefront, we will do everything to ensure you fight in the boxing match that you've signed up to.

Selling tickets and raising money

Participants will be asked to sell a minimum of 10 tickets to friends and family who will watch and support you on fight night.

Tickets start at £25 with VIP tables available. Proceeds will go directly to The Big Fight - details will be outlined on your first training session. If you would like more than 10 tickets, there will be plenty available.

By taking part, contestants also pledge to raise a minimum of £50 for Saints Foundation via a designated fundraising page.

What if I do not sell all of my tickets?

You may not be able to take part in the event. The money you raise from tickets covers the costs of your training and fight night (including medics, referees, venue hire and insurance).

Do my Pronouns and/or Gender matter?

We keep our training sessions as gender neutral as possible. Please feel free to tell us your gender and pronouns so that we can get it right.

I'm a Trans / Non-binary / Gender Non-conforming fighter, who will I fight?

The Big Fight have had Trans, Non Binary and Gender Non-conforming fighters participating since they started in 2016.

We are proud of creating bouts for people of all genders. Whilst we want to create the challenging and competitive bouts that we all love to see and be part of, we will never compromise on your safety or that of any fighters.

