

PRIOR TO BOOTCAMP:

We recommend that you join our box-tech classes prior to your Bootcamp starting. (If you're not a member of TGA Box, & would like to join, Battle of the Brave boxers receive their first 2 weeks free). Build up your cardio capacity steadily so that by the time you start bootcamp you are able to complete a box-tech class comfortably, able to complete 1 minute of push-ups, 1 minute of sit-ups & 30 x 20m quick shuttle runs. During the bootcamp, you will likely be tested on sit-ups, push-ups & the beep-test.

Boxers must be at least 18-years-old by the fight night. Boxers 50-years or older will need to provide their GP's written permission to fight at the beginning of the bootcamp. Boxers 55 years or older can participate in the Battle of the Brave, but their match will officially be an exhibition match. **INITIAL _____**

TRAINING:

The 8-week bootcamp will be overseen by Head Coach Chris Walker & will consist of 2 compulsory sessions per week (Wed 7pm & Thurs 7:30pm), plus at least one other weekly boxing class. You'll need boxing gloves & wraps (note: you'll be provided with 16oz or 18oz gloves to fight in on the big night, but we'd recommend you buy 14oz or 16oz gloves for all the training). You'll need to buy a mouthguard at the beginning of bootcamp, take it home, shape it to your mouth so it's ready when sparring begins. **INITIAL _____**

FIGHT NIGHT:

You'll be provided with a wristband which gives you entry to the venue, a seat in the General Admission area, & access to the boxers' changerooms. (Note: If you have a sponsor paying for the corporate table, they may or may not offer you a seat at that table). In the changerooms, you will be supplied with a boxing singlet, shorts, headgear & gloves. Males will be supplied with a groin protector. Bring your own mouth-guard.

The boxing match will consist of 3 x 2-minute rounds, with a 1-minute break in between rounds. (Note: over 50-year-old's match will consist of 3 x 1.5-minute rounds). You will fight under the NZ Boxing Association rules & will be evenly matched based on weight division & ability. You will be fighting in weight categories, middleweight, heavyweight etc. (The Fight Card will be posted on TGA Box's social media one week prior).

It's important to note that there are two fighters in the ring, & only one winner at the end of the match. Be prepared for this & remember that win, lose or draw, both showed extreme courage to step up & fight. Both should be incredibly proud of this accomplishment. **INITIAL _____**

THE COST: Note these two expenses are compulsory.

- ❖ **\$395.00 REGISTRATION FEE** is due **before** the start of bootcamp & is required to secure your place in the fight night. Please note, the Registration fee is non-refundable after 4 x sessions of bootcamp training.
- ❖ **AT LEAST ONE CORPORATE TABLE PURCHASED PER BOXER.** Each table has 10 seats, includes a delicious buffet meal, wine on the table, & of course an awesome view of the spectacular entertainment for the night. There are three table categories to choose from: Ringside 'Gold' tables are \$1799.00; Second-row 'Silver' tables \$1599.00; Third-row 'Bronze' tables \$1399.00. Payment is required to secure the table reservation as certain tables sell-out quickly, & at the latest must be paid 4 weeks before the fight night. Most boxers get a sponsor to cover the table payment; the sponsor uses the event as a staff function & fills the seats with their own guests. Some boxers won't get a sponsor, but instead will rally family members & friends to each contribute by buying a seat at the table. **INITIAL _____**

Please initial each section above to show you've read & understand the information. For any questions not covered above, please contact the Event Co-ordinator: **07-578-0788 / info@tgabox.co.nz**



BATTLE OF THE BRAVE REGISTRATION FORM

NAME OF BOXER _____

PHONE _____ DATE OF BIRTH __ / __ / __

E-MAIL _____ WEIGHT _____ KG

COPY OF PHOTO I.D ATTACHED (Tick) NUMBER OF PREVIOUS FIGHTS (If any) _____

Note: we are required to obtain a police permit for each Battle of the Brave Boxing Night which will prevent boxers with gang affiliations or serious criminal records from participating.

MEDICAL CONDITIONS/INJURIES _____

EMERGENCY CONTACT NUMBER _____

RING NAME (ie Amy "Assassin" Smith) _____

RING SONG & ARTIST _____

NAME OF SPONSOR (or "TBA") _____

PH _____ E-MAIL _____

We will send a Sponsor's Info Pack to your sponsor answering any questions they may have, plus we'll send them an invoice & receipt for their sponsorship.

Payment of the \$395 Registration Fee is required to secure your place in the event.

This covers your entry fee, 8-week bootcamp training, plus hire of uniform & protective equipment for your boxing match. Registration must be paid before bootcamp begins. Pay at TGA BOX, or directly to TGA Box's account: 06-0433-0395765-00 (use Boxer's name as the reference).

Note: Most sponsors pay this registration fee as well as paying for the boxer's compulsory corporate table. In return, sponsors receive great advertising & exposure; they will get their business logo posted on our social media pages, printed in the official Event Programme & on the table stand, plus they will receive shout-outs from the M.C on the night. Be sure to start talking about this to your potential sponsor ASAP.

Boxers, please read the following & sign below: *I am aware that physical exercise has certain risks; I declare that I am fit & fully competent to participate in the corporate fight night. I declare that I have not sustained any kind of concussion in the past 28 days or taken any form of drug or medication (that hasn't been disclosed). I have provided a copy of my photo ID. I have read & initialled page 1 of this form.*

Over 50 years of age only: *I declare that my GP has given me written permission to participate in this fight & I have attached the Doctor's Certificate.*

Females Only: *I declare that I am not pregnant.*

Signed _____ Date _____

Please email your form to info@tgabox.co.nz or deliver it to reception at 43 Waihi Road, Judea, Tauranga.