

DMC NEWSLETTER

HEAD COACH'S MESSAGE

Dear DMC Members,

I hope this newsletter finds you in good health and high spirits. It's a privilege to be a part of this incredible club, and I want to take a moment to express my heartfelt gratitude for your unwavering dedication and passion for the sport of boxing.

Our club has always been about more than just punching bags and sparring sessions. It's a place where we come together as a community, a family united by a common love for boxing. As we start each class, we strive not only to improve our skills but also to build character, discipline, and camaraderie.

In this edition of our newsletter, you'll find exciting updates, inspiring stories, and a glimpse into the lives of some remarkable individuals who make our club truly special. We are not just a club; we are a collective of individuals with unique journeys and dreams, and I'm thrilled to shine a spotlight on a father and son duo who embody the spirit of our club.

Thank you for being a part of our boxing family. Your dedication and passion fuel our club's success. Train hard, stay focused, and never forget the values that make us champions both inside and outside the ring.

Coach Dave



We strive not only to improve our skills, but also to build character, discipline, and camaraderie.



ABOUT THE CLUB

Dave's Multisports Club in Bridgewater, NS, offers a diverse range of programs, including boxing, kickboxing, and conditioning classes. Led by Coach David Penny, with 40+ years of experience, our team includes seven coaches and a certified boxing judge. You don't need to be a competitive boxer to join! We welcome individuals of all ages, genders, and identities, with members ranging from 7 to 65+. Discover the joy of fitness, camaraderie, and fun at DMC – a welcoming community for everyone!

NEWS AND UPDATES

Expanding Our Equipment: As part of our commitment to offering top-notch training facilities, we've been gradually expanding our selection of workout equipment. We're thrilled to introduce brand-new additions, including a state-of-the-art rig, Olympic bar, benches, and more - all designed to enhance your weight training routines. Get ready to take your strength and conditioning to the next level!

The Ring Room Transformation: We've transformed the second room at the club into a replica of a boxing ring. This addition is tailored to benefit both competitive and non-competitive boxers by providing a dedicated space to sharpen their skills. Plus, it's the perfect spot for inviting other clubs over for exciting sparring sessions.



Welcoming Coach Kim: We're thrilled to introduce our newest coach, Kim! Hailing originally from Alberta, Kim joined DMC in 2021. Despite having no prior experience in boxing, she fell head over gloves for the sport. Kim completed her NCCP Boxing - Instruction training in spring 2023 and has been honing her coaching skills under Dave's expert mentorship. Around the club, Kim is known for her challenging workouts, welcoming attitude, and warm sense of humor. We're lucky to have her on board, bringing her passion for boxing, fitness, and teaching to our club.

FALL CLASS SCHEDULE

MONDAY

Bar-Belles (Weight Training) 8-9 am
Boxing (Stress Reliever) 4-5 pm
Ladies' Kickboxing 5:30-6:30 pm
Boxing (Traditional) 6:30-8 pm

TUESDAY

Little Champs 4:15-5:15 pm
Boxing (Cardio) 5:30-6:30 pm
Youth Boxing 6:30-7:30 pm
Ladies' Boxing 7:30-8:30 pm

WEDNESDAY

Bar-Belles (Weight Training) 8-9 am
Ladies' Kickboxing 5:30-6:30 pm
Boxing (Traditional) 6:30-8 pm

THURSDAY

Little Champs 4:15-5:15 pm
Boxing (Cardio) 5:30-6:30 pm
Youth Boxing 6:30-7:30 pm
Ladies' Boxing 7:30-8:30 pm

FRIDAY

Bar-Belles (Weight Training) 8-9 am
Boxing (Stress Reliever) 4-5 pm
Boxing (Traditional) 5.30-7 pm

SATURDAY

Boxing Bootcamp 9-10 am

UPCOMING EVENTS

These events are opportunities to celebrate our shared passion for boxing and sport. Your presence makes a difference, whether you're participating or cheering from afar.

October 14, 1 pm: 902 Athletics + King St Beer 5K Fun Run in support of Kids Sport Lunenburg County. Tickets: <https://kingstreetbeer.ca/collections/events>

October 14, 7 pm: Boxing Nova Scotia Provincials, hosted by Albion Boxing Club at the William M. Sobey Indoor Sports Complex, 120 Old Foxbrook Rd, Stellarton. Tickets: albionboxing@hotmail.com

October 21, 1-4 pm: Community Connections Day at the Michelin Social & Athletic Club, 221 Logan Road, Bridgewater.

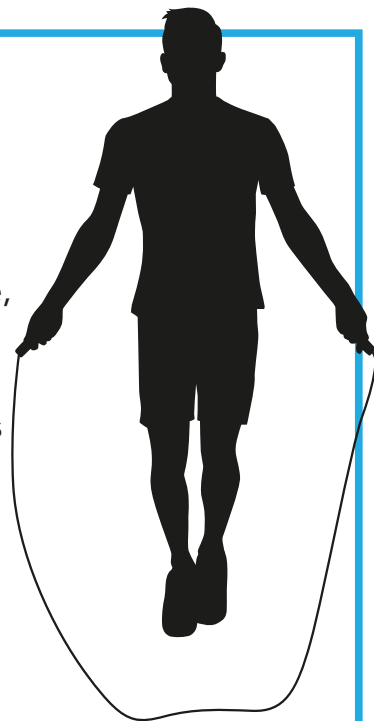
October 21, 7 pm: Knockout in Oxford 2, hosted by Oxford Boxing Club and Hubtown Boxing Club, at the Oxford Curling Club, 126 Waverly St, Oxford. Tickets: hubtownboxing@gmail.com

October 28, 7 pm: Battle of the Capers with Tri-Town Boxing, Membertou Boxing Club, Ring 73, and New Waterford Boxing Club, at Centre 200, 481 George St, Sydney. Tickets: (902) 371-4700

November 4, 10 am-2 pm: Healthy Living Fair & Market at HB Studios Sport Centre, 543 Glen Allan Dr, Bridgewater.

TRAINING TIPS

MASTERING THE ART OF SKIPPING FOR BOXING



Skipping is a secret weapon in a boxer's training arsenal. It's more than just a playground activity; it's a dynamic workout that offers a plethora of benefits to fighters. Here's why you should consider adding skipping to your boxing routine, along with some guidance on how to get started and alternatives for those who can't jump.

So, what's so great about skipping? Skipping elevates your heart rate and builds cardiovascular conditioning and endurance, so you can keep up the pace during rounds. The rhythmic motion of skipping also sharpens footwork, agility, and coordination, allowing you to move swiftly and strike with precision.

Never learned how to skip? The first thing you need to do is choose the right rope. Select a lightweight jump rope that suits your height. The total length of the rope should be your height, plus about 2.5 - 3 feet. So, if you are 5'7" tall, your rope should be between 97 and 103 inches long. To start, stand with your feet hip-width apart, elbows close to your sides, and wrists relaxed. Use your wrists, not your arms, to rotate the rope. Start slow and gradually increase speed. Begin with 1-2 minute intervals and work your way up. As you build your skills and confidence, you can start to incorporate different skipping techniques like double-unders and criss-cross for variety.

Not everyone can incorporate skipping into their training routine due to various limitations, including injuries, joint issues, or other physical constraints. Here are some alternatives to skipping for those who cannot jump rope:

1. **Shadow Boxing:** Simulate boxing movements for an excellent cardio and skill-building exercise.
2. **Stationary Cycling:** A low-impact option to boost cardiovascular endurance.
3. **Swimming:** Gentle on the joints, swimming enhances overall fitness.
4. **Stair Climbing:** Great for lower body strength and cardio.
5. **Resistance Training:** Build strength and conditioning with weights or resistance bands.

Skipping is a versatile, high-impact exercise, but it's not the only path to boxing success. Choose the option that aligns with your fitness level and physical condition. Remember, consistency and proper form are key. Whether you're mastering the art of skipping or exploring alternatives, these exercises will help you become a better boxer and athlete overall.



MEMBER SPOTLIGHT

FATHER AND SON: A KNOCKOUT TEAM

Within the dynamic world of DMC, we find an inspiring duo: Charles and Chance. Their story is a testament to the power of shared passions and the bond that boxing can forge within a family. We spoke with them to delve into their journey at DMC, exploring how this father and son have found common ground and strength in the boxing ring. Join us as we uncover the remarkable experiences and life lessons they've gained through their shared love for the sport.

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Tell us how you got into boxing.

Charles: So I started out first and I was just looking for something to do. I always wanted to try boxing. It's been great for me - I love it, I come as much as I can. I thought it would be great for Chance, too.

Chance: Dad just told me about it and I was like 'Sure, I'll try it' and then we started doing it and I really like it, it's really fun.

What advice would you give to someone who wanted to try boxing?

Charles: My advice is to just try it. It can be intimidating, but everyone here is very welcoming. It's not as hard as it looks - just try it and see if you like it - you might surprise yourself.

Chance: It's fun! Don't give up just because it might be a little bit harder.

How has boxing impacted your relationship?

Charles: Well, Chance and I have something in common now. We can practice at home - I get the pads and the gloves out. It gives us something to talk about. We discuss boxing quite a bit. I find that we've gotten closer - we get away from the video games and school and stuff like that. I've noticed with Chance, his confidence has grown, he's feeling good about himself, he's getting in shape, he's feeling better. Just all around, he's become a better kid since boxing.

Chance: Since boxing I've been feeling better and more confident about myself, so it's really good for me. It gives something to do instead of just sitting at home and doing nothing.

Charles: And he really enjoys coming. You know? There's some kids that will try to get out their activities. But Chance doesn't fight it. And then he's always glad he went.

The story of Charles and Chance is just one example of the powerful connections formed within our community. Many family groups, including siblings, parents and children, and even married couples, find their place here. We cherish these bonds and offer family rates to make it easier for families to train together. At DMC, we're not just a club; we're a family that supports and grows together.



WHAT PEOPLE SAY

"I've been coming to Dave's for one year now. I've seen great results. The workouts are excellent and they never get tiresome or boring. It always feels like you're learning something new. It's just a really friendly atmosphere - everyone who comes is so nice and I really look forward to class."

- Matt B - Boxing (Cardio)

"I started boxing because I wanted to be more active and I really like contact sports so I decided to try it. Dave is great mentor. He taught me the right technique and over time I just kind of got addicted to it. It became more than just exercise - it's a great workout and it's fun too."

- Jayda G - Youth Boxing

