

DMC NEWSLETTER

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HEAD COACH'S MESSAGE

Dear DMC Members,

I trust this message finds you well and ready for the challenges and triumphs the new year brings. Your dedication has been the heartbeat of our community, and as we embark on this new chapter, I'm thrilled to share some exciting updates and insights as we continue our journey together.

Thank you for your unwavering commitment. Your resilience inspires us all. The new year is an opportunity to amplify our skills, embrace camaraderie, and push our limits.

In the spirit of renewal, I encourage each of you to embrace the opportunities that this season brings. Whether you're stepping into the ring for the first time or striving to reach new heights in your training, remember that every challenge is an opportunity for growth.

As we move forward, let's continue to support and inspire one another, both inside and outside the club. Together, we can achieve anything we set our minds to.

Here's to a season filled with strength, progress, and endless possibilities.

Coach Dave

Remember that every challenge is an opportunity for growth.



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 over 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 and up. Discover the joy of fitness, camaraderie, and fun at DMC – a welcoming community for everyone!

NEWS AND UPDATES

AGM and Open House Recap: We had an incredible turnout at our Annual General Meeting and Open House on March 15! Over 20 enthusiastic members, along with our dedicated coaches, joined us for an action-packed evening. We kicked things off with an exhilarating sparring session featuring our talented fighters Donald Crowell, Cameron O'Quinn, Horatio Weare, and Skyler Dagley. We also welcomed Kim Giese onto the DMC Executive after a successful vote. Thank you to everyone who attended, and to all our members for their ongoing support and dedication.



SPRING CLASS SCHEDULE

MONDAY

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

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

Boxing (Stress Reliever) 4-5 pm
Boxing (Traditional) 5:30-7 pm

SATURDAY

Boxing Bootcamp 11 am-12 pm

Growing Competitive Class: We're thrilled to announce that our competitive class is booming! We've recently welcomed several new fighters who have completed their registration with Boxing Nova Scotia, marking a significant milestone on their journey to compete. With more aspiring athletes joining our ranks, the future of our competitive team looks brighter than ever.

Club Expansion and Progress: Our commitment to providing top-notch facilities and equipment continues to drive progress at the club. We've expanded our weight and strength training section with the recent purchase of a smith machine, offering members even more opportunities to enhance their fitness journey. Additionally, progress has been steady on our training ring, with new flooring installed, and plans underway for completion later this year.

TRAINING TIPS

HARNESSING THE POWER OF CREATINE



In the dynamic world of boxing, where split-second decisions and explosive movements reign supreme, athletes are constantly seeking ways to enhance their performance. One such game-changer that has garnered attention in recent years is creatine—a naturally occurring compound that may hold the key to unlocking your true potential in the ring.

At its essence, creatine is a compound found within the body and certain foods, playing a crucial role in energy production. Research indicates that creatine supplementation may offer significant benefits for athletes engaged in high-intensity, short-duration activities—exactly the demands placed on a boxer. By enhancing strength, increasing power output, and expediting recovery, creatine emerges as a promising ally in the pursuit of peak performance.

Beyond its impact on physical performance, emerging research suggests that creatine may also contribute to cognitive function. Studies indicate potential benefits in memory, mental processing speed, and overall brain health. This makes creatine a versatile supplement for athletes seeking a holistic performance boost.

To harness the full potential of creatine, incorporation into your daily routine is key. Take 3-5 grams daily, consistently at the same time—even on non-training days. It's also crucial to stay adequately hydrated, as water plays a pivotal role in optimizing creatine's effectiveness.

Despite its proven benefits, creatine has faced its fair share of misconceptions. Contrary to popular belief, responsible creatine use has not been shown to cause water retention or kidney issues. However, as with any supplement, it's advisable to consult with a healthcare professional or nutritionist before incorporating creatine into your regimen. This ensures a personalized approach aligned with your individual needs and goals.

In the pursuit of excellence, every advantage counts. Creatine, with its potential to enhance strength, power, and recovery, stands as a compelling supplement for boxers aiming to elevate their game. Talk with your healthcare provider about integrating creatine into your training arsenal and unlock the next level of performance—one punch at a time.



MEMBER SPOTLIGHT

RISING STAR: CAM'S JOURNEY TO VICTORY

Cameron O'Quinn, a rising star at DMC, recently achieved a significant milestone in his boxing career by winning his first official match at the Crandall University Welcome to Our House event in March of this year. We caught up with Cameron to hear about his journey to victory and his future aspirations in both boxing and soccer.

"It was very long, it was probably a year in the making," Cameron recalls. "It was a struggle of just trying to get opponents." Despite the challenges, Cameron remained steadfast in his preparation, eagerly awaiting the opportunity to step into the ring.

The atmosphere at Crandall University was electric, and
(continued on next page)

Cameron was warmly welcomed by fellow competitors and embraced by the cheering crowd. "It was really good," Cameron reflects. "They took me in and almost made it like I was one of them, they treated me really nice." Securing the win was a momentous occasion for Cameron, a culmination of months of hard work and perseverance. "It felt amazing. It was such a long time coming, kind of hoping I would win because it just took so long to get to this point." The victory was a testament to Cameron's hard work and dedication to the sport.

Reflecting on his success, Cameron attributes much of it to both his rigorous training regimen and his aggressive fighting style. "Right off the start, I wanted to come out and just jump on him right away," he explains. This relentless onslaught can overwhelm your opponent, leaving them struggling to mount a counterattack.

Balancing his commitments to both soccer and boxing has been a challenging yet rewarding endeavour for Cameron. Drawing upon the discipline instilled by soccer, along with the conditioning it provides, he finds harmony between the two sports, each complementing the other in his athletic journey.

Looking ahead, Cameron plans to pursue both soccer and boxing at Crandall University. "Even if I wasn't gonna do it at Crandall, I'm still gonna find a way to do it because it's definitely something that I like to do," he affirms.

Throughout his journey, Cameron is quick to acknowledge the invaluable guidance and support provided by DMC's coaches. Dave's technical expertise and Peter's wealth of experience have played pivotal roles in Cameron's development as a boxer. "I like listening to his stories," Cameron adds with a laugh, reflecting fondly on the camaraderie and wisdom exchanged within the club walls. "The best part of practice."

As Cameron continues to write the next chapters of his athletic journey, DMC stands behind him, proud of his achievements and excited for what the future holds.



WHAT PEOPLE SAY

"Becoming an athlete—and particularly a boxer and powerlifter—wasn't on my dance card for middle age, but here I am! The welcoming environment and warm coaching support at DMC have changed my life so much and I couldn't be more grateful."

- Elisabeth Bailey
Boxing (Cardio), Bootcamp, Bar-Belles

"I love the atmosphere at Dave's, you can feel the dedication, progress and community as soon as you walk in the door. Boxing for me has been a great workout for the body and mind!"

- Laurie Pike
Traditional Boxing

