

Text 1

Fighting for work

Are boxing apprenticeships the answer?

Shaniya Khan investigates

The National Association of Boxing Clubs plans to give young people the chance to train as boxers within a work related apprenticeship.

Edwin Hill Construction is the latest company to sign up to the scheme.

Managing Director, Ted Hill, explains: “Boxing helps people to respect others, improve fitness, gain confidence and have great safety awareness. These are the skills we need in the building industry”.

What will an apprentice do?

- Go to college once a week.
- Gain qualifications in construction, English and Maths.
- Work four mornings a week on a building site.
- Develop boxing skills in the afternoons.
- Enter boxing competitions.



There are similar schemes for boxers in catering, office work and retail.

Want to find out more?

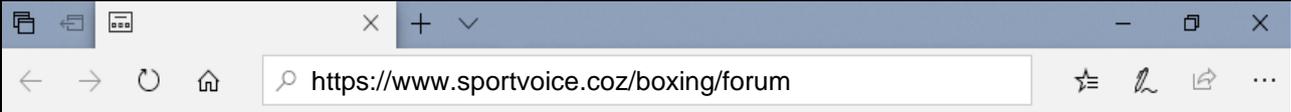
Contact the National Association of Boxing Clubs on 01998 432432 or email nabc@apprenticeships.coz

It's no joke being a boxing apprentice, but for some young people, boxing could be the way into employment.

Text 2

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| <p>DON'T FORGET to book training in advance</p>      | <p>Angelo's BOXING CLUB Packing a punch since 2004</p> | |
| | <p style="text-align: right;">Newsletter for Club Members no.183</p> <p>1) Breaking News</p> <p>Plans to offer <i>keep fit</i> classes have been approved. We can offer training for anyone who wants to learn self-defence and improve their fitness levels, but do not want to fight in a boxing ring.</p> <p>Sessions will be conducted by our qualified instructors.</p> <p>Tell your friends!</p> | |
| <p>2) Amateur Boxing Finals</p> <p>Aaron Williams did us proud on Friday by winning his bout in Swansea. This is the third amateur fight he has won in a row.</p> <p>Aaron can expect to be paid a big purse for his next fight. He has signed a contract with promoter Eddie Warren and will now earn money as a professional boxer.</p> <p style="text-align: center;">Congratulations!</p> | <p>3) Sparring must be supervised</p> <p>To spar in the ring together, boxers should have reached a similar ability level. It can be dangerous if opponents are not evenly matched when practising boxing skills.</p> | |
| | <p>4) REMINDER</p> <p>Membership fees are due at the end of next month.</p> | |
| | <p>5) Ring any bells?</p> <p>Mobile phone found in the car park. For details, ask Jen at the front desk.</p> | |

Text 3

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| <h1>SPORTVOICE</h1> <p>Giving you a sporting chance to have your say</p> | |
| <h2>Is boxing a dangerous sport?</h2> | |
| Click here to add a comment | |
| <p>Megan N</p>  | <p>Training as a boxer can be hard but now I feel fitter, safer and proud of myself. Warming up slowly is just as important to prevent muscle strains as cooling down after training. Anyway the club doctor is always on hand, so bad injuries are very unlikely.</p> |
| <p>Gene P</p>  | <p>Boxing should be banned. No other sport encourages people to deliberately try and injure someone else. How our country can allow such a barbaric 'sport' is beyond me. Disgraceful!</p> |
| <p>Jayden F</p>  | <p>Boxing has changed my life. I've never been hurt in training as I always listen to the coach's advice. Keeping your guard up and rolling with the punches really helps to avoid injury. Training has given me more confidence and self-respect and I've made lots of friends.</p> |
| <p>Nisha K</p>  | <p>I just hate boxing! If someone gets a head injury from horse-riding or playing rugby it is an unlucky mistake. Not so with boxing. Boxers are trying to knock each other out.</p> |