

BOXING FOR LIFE

BY BILLY GRAHAM



SCHOOL STARTED BACK THE FIRST WEEK OF FEBRUARY AND SO DID THE NAENAE BOXING ACADEMY.

The boys are excited about coming back, with smiles on their faces, a few more inches in height and extra muscles they are happy to show off.

Young boys growing into young men – it is wonderful to see.

2009 is our fourth year in operation and we are looking to build on the experiences of the past three.

What we have learnt – young men are happy to be disciplined if it is done firmly and with a smile.

We have seen even the meekest boy come out of his shell, wanting to impress us; to be the best he can.

We have watched the bully lose his bravado and help others with exercises.

We see the older boys greeting the new lads with a smile and handshake.

What we want to build on – developing leadership skills; using the more experienced boys to help run the classes from the front; positive peer pressure!

One of our junior boys has just taken the opportunity to go to Vanuatu, Santo Island to encourage the kids over there with fitness and boxing skills. He will come back with great experiences to share with the Academy.

Fitness levels – we are raising the standards this year. Tough times demand tough people and we want our young men to be fit for the task ahead; an asset to their families and community.

Boxing skills – some of our younger boys

will be stepping into the ring for the first time in 2009! We will be hosting our own tournaments in the Valley during the year, and we have our sights firmly fixed on the Nationals in October.

Last year the Vodafone Foundation World of Difference programme supported us, which we could not have done without. This year they are sending a team from the university to assess the Naenae Boxing Academy for an accreditation; to research the value of boxing in the

community. This has never been done before in our sport.

Go Boxing!

Recently we have had tremendous interest from other suburbs wanting to duplicate what we have here in Naenae. We are hoping this research will provide a prototype for others to follow.

Our young men need this!

*All the Best,
Billy Graham*

ATTENTION EMPLOYERS

*Want to make 2009 a winner for you and your staff?
Learn how to get up off the canvas and go another round.*

Master Motivator and Fitness Coach

Billy Graham

Now running Business Sessions at the Naenae Boxing Academy.

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- Encourage them to get fit for life
- Focus them for success

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factory staff and sporting clubs, in NZ and internationally.
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