



N'Amerind (London) Friendship Centre
YOUTH PROGRAM presents:



1) Saturday, March 25/06: N.C.C.P. Level 1 Technical
BOXING COACH CERTIFICATION

9:00am to 5:00pm @ **Round-One Boxing Club**, 1010 Dundas St. East, London
COST = \$150.00 payable by cheque or money order to: **Boxing Ontario**

2) Sunday, March 26/06: High Performance Conditioning
and **TECHNICAL BOXING SKILLS & DRILLS Seminar**

1:00pm to 6:00pm @ **Velocity Sports Performance**,
1385 N. Routledge Park, Unit #7 (Hyde Park)
COST = \$40.00 payable by cheque or money order to: **N'Amerind Friendship Centre**

Mar 25—Day 1: LEVEL 1 TECHICAL COURSE INSTRUCTOR: **Gord Apolloni**,
a Level 5 Coach, Ontario Team, National and 3-Time Olympic Boxing Coach



Mar 26—Day 2:

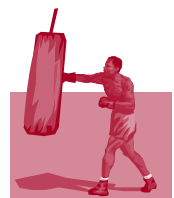
Part A) PERFORMANCE CONDITIONING: **Velocity Sports Coaches**

Test your muscle strength, stamina, speed, balance, agility and power.

Part B) TECHNICAL BOXING SKILLS & DRILLS: featuring 2006 North American Indigenous Games Athletes **Mary Spencer** (Chippewas of Nawash), a 3-Time Canadian Champion & current World Amateur Boxing Champion, plus her coach **Charlie Stewart**, National & 2-Time Olympic Team Coach; and **Debbie Richards** (Wkwemikong), former 3-Time Canadian Champion and # 3 and 2 in the World; and coach **Gord Apolloni**, Top Glove Boxing Academy; and others...

This 2-day event is made possible with sponsorship and support from the following partners:

- Ontario Aboriginal Sports Circle (www.oasc.net)
- Youth Development Model (YDM), Southern First Nations Secretariat (www.sfnson.ca)
- London Chiropractic Society
- Velocity Sports Performance, London (www.velocitysp.com)
- Fowler-Loucks Round One Boxing Club (round-one@hotmail.com)
- Boxing Ontario (www.boxingontario.com)
- Ontario Nation Training Centre (ONTC) Top Glove, Sudbury (ocoach@hotmail.com)



For more information and to register for the seminar, contact Rick Peters,
N'Amerind Youth Program Coordinator at 519-672-0131 or rpeters@namerind.on.ca