

THE GREATEST BOXING GYM IN AMERICA

★ **"THE CHAMPS ARE HERE"** ★

WELCOME TO



TURNER BOXING ACADEMY

MISSION STATEMENT

The sole purpose of this program is to use the sport of amateur boxing as a vehicle to teach young men and women the value of work ethic, sportsmanship, and the relationship between setting a goal and obtaining it through self discipline and healthy exercise. In the process, we will provide positive role models for youngsters in a facility that can be a safe haven from the dangers of the streets.

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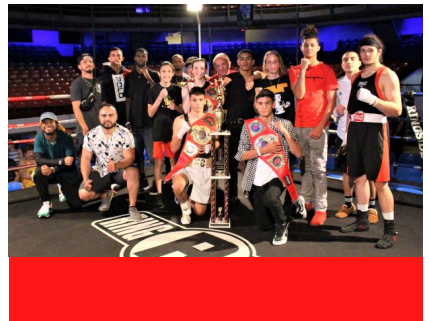
PURPOSE OF THIS BOXING CLUB:

In addition to the goals of our mission statement, we have established a highly productive, nationally competitive amateur boxing program in this area.

Many of our boxers have trained diligently and developed into Local, Regional, and National Champions.

Many more of our boxers have had great success in utilizing the sport of boxing to make personal strides in their battles with anger management, low self esteem, confidence issues, bullying, a tough home life, obesity, stress, anxiety, and the lure of negative peer influences.

A number of social workers and psychologists often refer at risk youth to TBA to address issues such as these and we are happy and proud to have an active role in helping all of our boxers achieve success in all areas of their lives and development.



BENEFITS TO THE COMMUNITY:

In many ways, Amateur Boxing is a juvenile delinquency prevention program. It accomplishes this by giving at risk youth a positive release of their hostilities and frustrations, while at the same time giving them positive recognition from peers, coaches, and the community. Everyone knows it takes a well-disciplined, tough, self-sacrificing person to become an amateur boxer and this is an excellent self-esteem builder. Amateur boxing provides an opportunity to youngsters that sometimes "get lost in our system". It gives them something to occupy their time during the prevalent juvenile delinquency times of the day from after school into the early evening.

Again, its major benefits to the community are that youngsters receive positive role models and attention that is so often lacking in their family unit.



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NOTE TO PARENTS AND BOXERS

It should be noted that this facility and the equipment in the facility did not fall out of the sky. It is the result of contributions from the community and from selfless individuals who wish to help the youth in the community.

BOXERS: Please respect our facility and our equipment. Help us take care of it and make sure that our equipment does not disappear.

If we all show respect for this facility then there is a good chance it will remain a functioning part of the community for a long period of time.

PARENTS: If any of you would like to contribute to the financial success of this club, it would be greatly appreciated, and if you would like to donate time to either help coach or help in the management of our gym, please let our head coach know and he will point you in the right direction.



COACHING STAFF

DIRECTOR: John Brown
HEAD COACH: John Brown

ASST. HEAD COACHES: Pedro Martinez
Missy Fitzwater
Richard Hernandez

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RULES OF THE GYM

1. RESPECT

- Respect all those who give their time at this gym.
- Respect this gym and its equipment
- Respect each other



2. BOXING SYSTEM

We teach one system, therefore we do not allow other individuals to coach without first speaking with the head coach.



3. WORK ETHIC

Boxing requires hard work; there is no way around it. As a result, athletes must remain focused and attentive to the coach's instructions at all times



THE BENEFITS OF AMATEUR BOXING



When this sport is properly coached and supervised, amateur boxing can be an extremely fulfilling and valuable experience for today's youth. It is a vehicle to instruct sportsmanship, conditioning, self-confidence and character.



Amateur Boxing can also provide an excellent means of conditioning for the highschool athlete during the off season. In addition, it is the ideal sport for youngsters who are not involved in a school sports program or who are not attracted to team sports.



All too often, a child's need for recognition is met through delinquent behavior. Amateur boxing provides young athletes with the opportunity to satisfy the basic human need of recognition in a positive manner.

AMATEUR BOXING IS SAFE

The safety of amateur boxing has been well documented. The 1988 National Safety Council ranked boxing 71st in sports injuries, well below mainstream sports like wrestling, football, baseball, soccer, and even bowling. Most of the negative publicity about the sport is centered around professional boxing, which in fact is much different than amateur boxing.

No other amateur sport takes more precautions in regards to safety than amateur boxing. Amateur boxers must receive a physical examination before and after each competition. Special protective equipment is mandatory for each competition. The primary objective of all amateur referees is the safety of the boxers. In addition, all competition gloves and headgear contain an exact combination of shock-absorbent foams to reduce the impact of the blow. Every possible precaution is taken to make amateur boxing safe.

Amateur boxing is a sport that rewards technical proficiency and the use of athleticism rather than the power of administering pain. For instance, the focus of amateur boxing is established on a point system where each technically correct punch is worth one point. Knockdowns are also worth just one point. The goal of each boxer is to score as many cumulative punches as possible, not take unnecessary punches in order to deliver one hard punch.

Amateur boxing is not about knocking your opponent out, in fact less than one percent of all amateur boxing contests end in that fashion.

The safety guidelines in amateur boxing compared to other sports makes amateur boxing seem rather tame. Over 20% of all highschool players suffer at least one concussion per season. This represents over 450,000 concussions annually and usually 10-15 deaths in the sport of highschool football alone. Baseball is not far behind in that it has the distinction of having the highest fatality rate among all sports for children aged 5-14.



TBA

In a four-year period from 1986-1990, 16 baseball and softball deaths were reported by the US Consumer Products Safety Commission and over 325,000 baseball and softball related injuries are reported by youths under the age of 15 every year. Soccer is not much better. According to the Academy of Orthopedic Surgeons, each year more than 201,000 soccer related injuries to youths under the age of 15 require medical attention. This comes at a cost of more than \$3,000,000.

The American Academy of Orthopedic Surgeons also reported that girls gymnastics has one of the highest injury rates with more than 79,000 gymnastics related injuries to occur every year under the age of 15.

This same organization reports more than 78,000 hockey related injuries to youths each year. Basketball accumulates over 565,000 injuries to youths under the age of 15, in-line skating over 103,000 injuries a year, and last, but not least, there are over 600,000 bicycle related injuries every year in this country.

There are inevitable risks involved in any sport or activity, especially if the proper safety precautions are not established and adhered to. That is why amateur boxing's governing body, USA Boxing, places such an ordinate amount of importance on following strict guidelines for safety in training and competition.

For example, in tracking eight years of amateur boxing competition in the the National Silver Gloves program for ages 8-15, which involved over 2,700 youngsters who boxed over 2000 bouts and competed for nearly 6000 rounds, not one significant injury was reported or required emergency medical care. That translates to eight years and no injuries. Compare that statistic to one season of highschool football and it is surprising to say the least.

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CONTACT US

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**HOURS: MON & WED, 5PM-6PM, AGES 5-12
MON, WED, THURS, 6PM-8PM &
SAT NOON-2PM, AGES 13 AND UP**

