

## **Saltash Amateur Boxing Club ( SABC)**

Saltash ABC was established in 2010 to make boxing accessible to people of all ages and abilities in the Saltash area. We operate from a Local Authority–owned Youth Club, providing structured, affordable, and safe boxing sessions that improve fitness, discipline, confidence, and wellbeing.

Our club is run entirely by volunteers and plays a key role in supporting young people who may not otherwise engage in regular sport or positive physical activities. Boxing is not about fighting, it's a martial art with clear safety guidelines and rules dating back over a hundred years.

We operate from The Core on Wednesday and Friday evenings providing low cost and affordable boxing: all sessions are £3 per person and we run four separate groups each week.

- Wednesday only The Young Team, Age 10 -13 boys & girls, 6 to 7 pm.
- Wednesday & Friday, Junior Boxers, Age 13 to 18 male and female, 7 to 8 pm
- Wednesday & Friday Senior Boxers, Age 18+ male & female 7 to 8 pm
- Fridays only, Ladies only boxing, Age 16+, run by 2 female instructors 6 to 7 pm

Saltash ABC is a friendly safe space with helpful instructors, coaches and volunteers, we are an excellent inclusive club where you can learn boxing and get fit. Initially your learning will be non-contact boxing until you are proficient and have learnt all the basics. You can remain as a non-contact boxer, alternatively you can progress to full contact boxing and compete at Boxing Shows. However our coaching staff will never pressurise you to move into full contact boxing against your or your parents wishes.

We are growing as a club and numbers have increased dramatically since we built a purpose building to house the boxing ring last spring. This year we are adding a gym area with a multi-gym, treadmill and cross trainer.

We are always looking for Former Boxers to join our voluntary coaching staff, especially anyone who has moved into coaching already and is qualified and may wish to oversee sparring.

**End of report**