



Monday 10<sup>th</sup> October 2022

Dear Parent/Carer

## **Emmbrook School After School Boxing Club with L.A Boxing**

I am pleased to advise you of an exciting opportunity for our year 7-11 students commencing in November 2022. Following the success of this terms 6 week boxing course for students in years 8-11, as well as having received lots of year 7 student interest, we are pleased to announce that England Boxing Coach, Liam Alloway, will be offering another 6 week extracurricular boxing club after October half term.

Boxing has been well researched as a platform to help young people develop their confidence and fitness and instil values such as respect, discipline and sportsmanship. Local provision for students to attend boxing clubs is limited. Liam Alloway works with England Boxing and local schools to find new talent, promote the sport and encourage young people to lead healthy and active lifestyles. Liam coaches both amateur and professional boxers, developing beginners, right up to elite boxers.

The After School Club will be open to 40 students who did not participate in the last boxing block, regardless of previous experience, on a first come first served basis. The course runs as a six-week programme for students to attend from 3-4pm, starting **Wednesday 9<sup>th</sup> November and ending Wednesday 14<sup>th</sup> December 2022.**

**The cost of the after school club is £30 (£5.00 per session).** The deadline for payment is **Friday 4<sup>th</sup> November 2022.** If you wish your child to attend please pay using your online payment account via ScoPay at <https://www.scopay.com/emmbrook?redirect=true>. If you have not already created an online account, you should have received a letter with your pupil link code and guidance on creating this. If you need a copy of this letter please e-mail [finance@emmbrook.wokingham.sch.uk](mailto:finance@emmbrook.wokingham.sch.uk)

**In addition to payment, Miss Matthews must receive the completed medical form prior to Wednesday 9<sup>th</sup> November.**

### **What equipment will I need?**

All students are to bring their own boxing gloves, hand wraps and a skipping rope. This equipment can be purchased for around £20, from sports shops or online.

Boxing Gloves: (Ideally 14oz) <https://www.decathlon.co.uk/p/boxing-training-gloves-120/-/R-p-308420?mc=8578459>

Hand Wraps: [Lonsdale Contender Hand Wrap Black One Size : Amazon.co.uk: Sports & Outdoors](https://www.amazon.co.uk/Lonsdale-Contender-Hand-Wrap-Black-One-Size/dp/B000000000)

Skipping Rope: [Muza Skipping rope adult for Home Exercise & Body Fitness men, women and kids | speed jumping rope with non slip handle | Adjustable skipping rope for Fitness, Fat Burning , Boxing, Crossfit and MMA : Amazon.co.uk: Sports & Outdoors](https://www.amazon.co.uk/Muza-Skipping-rope-adult-for-Home-Exercise-Body-Fitness-men-women-and-kids-speed-jumping-rope-with-non-slip-handle-Adjustable-skipping-rope-for-Fitness-Fat-Burning-Boxing-Crossfit-and-MMA/dp/B000000000)





## Further Information

If you would like further information about Boxing Coach Liam Alloway, please check him out on social media.

**Facebook** - L.A Boxing

**Instagram** - @Liamalloway

**Twitter** - @alloway\_liam

Should you require any further information regarding the After School Boxing Club please contact the Head of PE, Miss H Matthews via email at [hmatthews@emmbrook.wokingham.sch.uk](mailto:hmatthews@emmbrook.wokingham.sch.uk)

Kind regards,

Hayley Matthews



If you wish for your child to join in an extra-curricular activity, please complete the medical form and sign the permission slip before returning to **Miss Matthews**.

School: <b>THE EMMBROOK SCHOOL</b>	Class or Tutor Group:
Pupil's Name:	Date of Birth:
Home Address:	
Tel. No. inc. STD code:	NHS Number:
How could you be contacted in an emergency?	
Is your child receiving medical treatment at present? If so, please give details:	
Please give details of any medical conditions that might affect your child's performance or safety on this activity (please advise of any infectious illness in the 4 weeks prior to departure):	
Please give your family doctor's name and address:	
Please add any further information on a separate sheet as necessary	

<p><b>STATEMENT</b>  I acknowledge receipt of the information regarding the proposed activity  To: .....</p> <p>On: .....  and consent to my child, named above, participating.</p> <p>I agree to staff on the activity giving permission for my child to have any medical treatment that the medical authorities think necessary. I undertake to inform the school of any changes in my child's fitness prior to departure. I have ensured, as far as I reasonably can, that my child understands that it is important to safety that any rules and instructions given by the staff in charge are obeyed.</p> <p>Signed: .....Date: .....</p> <p>Please indicate relationship to child: .....</p>
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# The Emmbrook School



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**Headteacher:** Mr Nick McSweeney

