

Camp Structure

This is a full day sport specific camp with physical activities centred around the sport of Boxing. Led by England Boxing & Grey Ranks Boxing Club Weymouth Coaches.

9.00am Arrival & Registration

9.30am Safeguarding/Expectations Brief

9.45am Morning Activity 1

10.30am Break

11.00am Morning Activity 2

11.45am Nutritional Information - prepare for lunch

12.00pm Lunch

12.45pm Afternoon Activity 1

1.30pm Break

2.00pm Afternoon Activity 2

2.45pm Camp wrap up-debrief

3.00pm Collection