

Schoolboys & Fitness Boxing Training Course

DAY	1	2	3	4
Date	24-Sep	25-Sep	26-Sep	27-Sep
9:00-10:30	A R R I V A L S	<p>SCHOOLBOYS</p> <p>Practice and boxing training in school curriculum in onsite school facilities and local boxing gyms: first hand experience in England (Paul Porter)</p>	<p>SCHOOLBOYS</p> <p>Practice and boxing training in school curriculum in onsite school facilities and local boxing gyms: first hand experience in Cuba (Pedro Roque)</p>	<p>BOXING GYM</p> <p>How to Organize Amateur Boxing Events: Competition Guidelines (Gianni Di Leo/Massimo Barone, Rene Braad)</p>
10:30-10:45		Coffee Break		
10:45-12:30		<p>SCHOOLBOYS</p> <p>Type of Training and Conditional Sparring for Children Prior to Schoolboys Cycle (Kevinn Rabaud)</p>	<p>SCHOOLBOYS</p> <p>Refreshing the athletic and technical methodology for beginner boxers (Konstantin Kopstev & Zofer Khusvaynov -RUS)</p>	<p>BOXING GYM</p> <p>Fidelity Program for fitness clubs and amateur boxers to benefit NFs, EUBC & AIBA (Umberto Trulli)</p>
13:00 14:30		Lunch		
14:30-16:00		<p>SCHOOLBOYS</p> <p>Practice and boxing training in school curriculum in onsite school facilities and local boxing gyms: first hand experience in Hungary (Karoly Balzsay)</p>	<p>BOXING GYM/SCHOOLBOYS</p> <p>Boxing as a Sport for All: physiological and psychological benefits of practicing boxing from childhood to adults (Renato Manno)</p>	
16:00-16:30		Coffee Break		
16:30-18:00		<p>SCHOOLBOYS</p> <p>Educational Nutrition from Adolescence to Adulthood (Carmine Orlandi)</p>	<p>BOXING GYM</p> <p>PRACTICAL IN GYM: Amateur boxing as a Sport for All (Antonella Rossi)</p>	
19:30		Dinner		

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