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**THE BULWELL  
ACADEMY**  
*Creative  
Education  
Trust*

29 October 2021

Dear Parent/Carer

### **The Bulwell Academy Boxing Academy**

I am pleased to inform you of a new extracurricular programme which will start after October half term. The Bulwell Boxing Academy will be an ongoing programme that is designed to boost confidence, self-esteem, fitness and self-discipline. Whilst boxing is the main focus of this programme, we also aim to encourage good behaviour and continued good attendance at the Academy.

Participants of the Boxing Academy will be expected to attend four training sessions a week. These sessions will include a strength and fitness session (held in the fitness suite), a practical technique session, a classroom-based theory session and, if successful in attending every session through the week, students will be able to attend a boxing masterclass led by English, European, Commonwealth and British boxing champion, Ekow Essuman.

Each week, students' behaviour will be monitored with weekly challenges set to keep students striving to achieve the most out of their lessons. If attendance and behaviour standards aren't met consistently, your child's place in the programme will be at risk of being terminated.

All sessions will take place at the Academy on the days below. There will also be the opportunity to train at Ekow's professional gym for those that excel physically, mentally and academically during the programme.

<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Day</b>
Strength and conditioning - Speed, Agility and Quickness	7:15am – 8:00am (followed by free breakfast)	Fitness suite	Friday
Boxing Practical	14:50 – 15:50	Outside in boxing area	Monday
Theory Lesson	14:50 – 15:50	Standards Hub	Wednesday
Boxing Masterclass	14:50 – 15:50	Outside in boxing area	Friday



**If you would like your child to take part in this programme please click here to complete the [online booking form](#).** If you have any questions or concerns, please do not hesitate to contact Mr Elland at the Academy: [michael.elland@bulwellacademy.org.uk](mailto:michael.elland@bulwellacademy.org.uk)

**Please note, there will be a limit to the number of places available. You will be informed by text/email/SIMS Parent whether your child has been allocated a place (along with a starting date for the first session).**

Yours sincerely

**M Elland**  
Raising Standards Mentor