

## Knockout!

There is a parish sports club at Holy Apostles for children between the ages of 7 and 12. It meets every Friday in term time from 6.00pm to 7.30pm. The club teaches non-contact Boxing techniques to build self-esteem and improve physical fitness. Our club's motto is "Everyone can hit but not everyone can defend"

Several of our young people have stayed on with club after the age of 12yrs and continue working with us by becoming Junior Coaches. They give their time as volunteers, assisting with club management in general, giving presentations, and serving as coach mentors and role models for the younger members.

Last Saturday eight of them, Ruby Calton, Adam Goha, James Boohan Makhlof, Nazar and Flora Tadros, Sally Forrest, Hamid Hamid and Chelsy Abou-Khalil obtained Amateur Boxing Association of England (ABAE) Leaders Coaching qualifications. On the day, 11 additional hopefuls from boxing clubs in and around London joined them. The ABAE coach assessor is very experienced and can be tough to please, so it was a long and challenging day.

But I'm happy to report that all our coaches passed! The coach also expressed his admiration for the Holy Apostles cohort's abilities. Saying that he had been particularly impressed with their knowledge and demonstrated skill sets.

These young people are ambassadors for this community and the Holy Apostles and deserve recognition for their achievements, dedication, and hard work. Well done to all of you!



Holy Apostles Qualified Coaches

New members are always welcome do if you have children between age 7-12 please do bring them along one Friday night!