1. **ACTIVE START** - includes ages 6 - 8

- **Physical**: Emphasize the development of fundamental movement abilities such as balance, coordination, and agility. Encourage a variety of sports and activities to promote physical development.
- **Technical**: Introduce basic boxing skills such as punches and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.

2. **FUNDAMENTALS** - includes ages 8 - 12 (Boys) and 6 - 9 (Girls)

- **Physical**: Focus on the development of fundamental movement abilities such as agility, balance, and coordination.
- **Technical**: Introduce basic boxing skills such as punches and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.

3. **LEARN TO BOX - building technique** - includes ages 8 - 12 (Boys) and 6 - 9 (Girls)

- **Physical**: Focus on the development of agility, balance, and coordination.
- **Technical**: Introduce basic boxing skills such as punches and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.

4. **TRAIN TO BOX** - including theinger - Skills ages 12 - 14 (Boys) and 11 - 13 (Girls)

- **Physical**: Emphasize the development of agility, balance, and coordination.
- **Technical**: Introduce advanced boxing skills such as combinations and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.

5. **TRAIN TO COMPETE - Potential Stage** - includes ages 10 - 12 (Boys) and 6 - 8 (Girls)

- **Physical**: Focus on the development of agility, balance, and coordination.
- **Technical**: Introduce advanced boxing skills such as combinations and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.

6. **TRAIN FOR PEAK PERFORMANCE - Performance Stage** - includes ages 12+ (Boys) and 10+ (Girls)

- **Physical**: Focus on the development of agility, balance, and coordination.
- **Technical**: Introduce advanced boxing skills such as combinations and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.

7. **ACTIVE FOR LIFE** - includes ages 6 - 12

- **Physical**: Focus on the development of agility, balance, and coordination.
- **Technical**: Introduce basic boxing skills such as punches and footwork. Emphasize the development of technical perfection.
- **Mental**: Foster a positive attitude and encourage athletes to enjoy the game.
- **Health**: Ensure adequate nutrition through balanced meals.