



BOXING 101

Impact
Report

2023/2024



Since the inception of Boxing 101, we have had the privilege of witnessing the transformative impact our programmes have on the lives of students. Our unwavering commitment to the mission of fostering discipline, confidence, and resilience through boxing is reflected in the positive outcomes we achieve. These successes are a testament to the dedicated efforts of our coaches and, most importantly, our students.

Our after-school boxing clubs at schools have flourished, offering a structured and supportive environment for students to thrive. These clubs not only enhance physical fitness but also impart essential life skills such as perseverance, self-control, and leadership. The continued expansion of the Boxing101 programme is a reflection of our dedication to creating safe spaces for students to grow both physically and mentally.

The achievements of our students have been nothing short of inspiring. Their passion and determination, both during training and in their everyday lives, embody the spirit of Boxing101. This year, our community's enthusiasm has been palpable, fuelled by the relentless efforts of our coaches and the unwavering support of our schools.

Our work with schools has been pivotal in extending our impact. By working together and sharing resources,

we have broadened our reach, positively influencing the lives of even more students. These partnerships have proven to be powerful catalysts for change, fostering a strong sense of community and shared purpose among our students.

Your belief in our mission has made a significant difference in the lives of countless students, and we are profoundly grateful for your ongoing commitment.

As we look forward to the future, exciting plans are on the horizon for Boxing101. With your continued support, we are poised to further our mission and create even more opportunities for students to excel and reach their full potential. Together, we can make a lasting impact and ensure every student has the chance to flourish.

Kenny & Nathaniel
Directors



Our Work

BOXING 101 AFTER SCHOOL CLUBS

Our Boxing after-school club is a programme designed to provide students with a constructive and supportive environment where they can develop physical fitness, discipline and social skills. The after-school boxing club is a valuable programme that not only improves physical fitness but also fosters personal growth, academic success, and community spirit. Through continued support and engagement, the club aims to expand its reach and impact.

Our primary objectives for the Boxing 101 after-school clubs:



Promote Physical Fitness

Encourage regular exercise to improve overall health and wellbeing.



Instil Discipline

Teach self-control, responsibility, and time management through structured training.



Enhance Social Skills

Foster teamwork, respect, and camaraderie among participants.



Improve Academic Performance

Utilise the discipline and focus from Boxing to positively influence academic achievements.

“The boxing programme has helped me become stronger and more confident. I’ve also learned how to set goals and work hard to achieve them”

Student – Braeside School



Our Work

BOXING 101 PROGRAMME

Our 101 programme is a comprehensive initiative that offers structured boxing training and educational workshops. It supports students academic needs by providing accreditations from Boxing Awards, endorsed by England Boxing and Sport England. Continued support and investment in the 101 programme also helps students earn extracurricular credits towards GCSE's, Asdan, and Duke of Edinburgh award.

The 101 programme is dedicated to demonstrate significant positive outcomes for students such as:



Healthy Habits

Increased awareness and adoption of healthy lifestyle choices amongst students.



Enhanced Discipline

Improved self-discipline and focus, leading to better behaviour in school and at home.



Academic Improvement

Participants often report better grades and greater engagement in their education.

“My daughter has not only become more fit but also more disciplined and focused in school. This programme has been a blessing for our family.”

Parent – Braeside School



Impact Highlights



OVER
70

students have taken part in after school club with Boxing 101.



66.7%

of students have rated their development as excellent since taking part in a Boxing 101 after school club.

100%

of students would recommend Boxing 101 to their peers.

100%

of students have said that they would continue taking part in a Boxing 101 after school club.

100%

of students are satisfied by the quality of equipment provided by Boxing 101.

100%

of students have rated the quality of coaching provided by Boxing 101 as excellent.

Schools & Partners

We would like to express our profound gratitude to the following schools and partners who have helped in the success of Boxing 101's work with students possible in 2023/2024.



Braeside School



Normanhurst School



Queen's Prep School



City Junior School



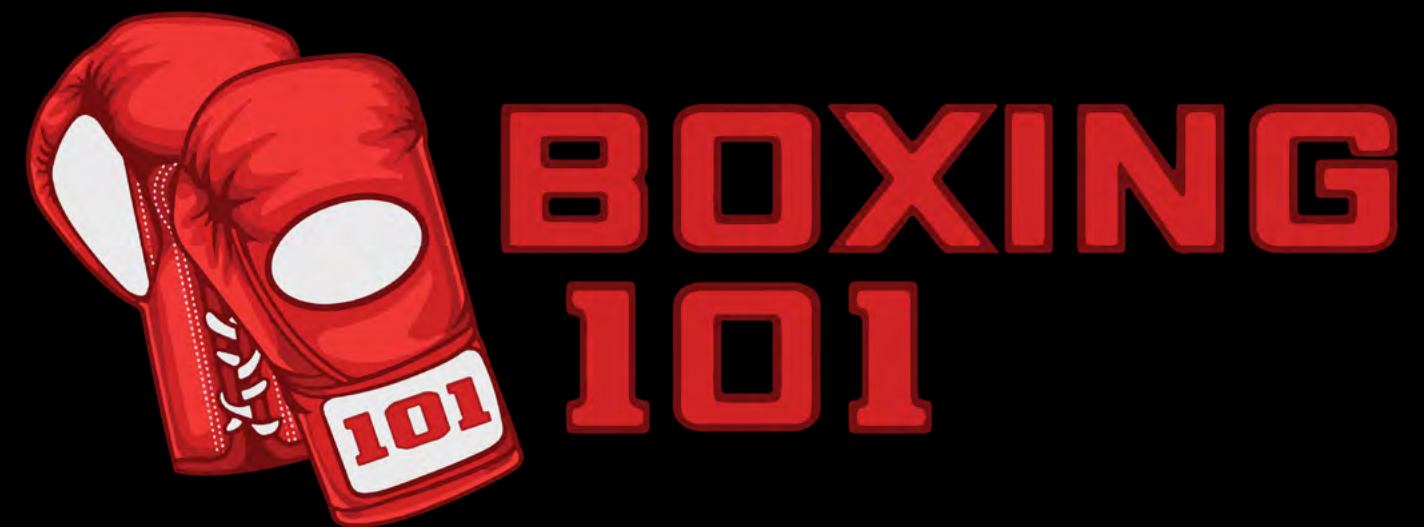
England Boxing



Boxing Awards



Access Sport



GET IN TOUCH

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Learning doesn't have
to end in the classroom