



# USA Boxing Bronze Level Coaching Certification Clinic Request Form

The following document outlines the process for LBC leaders to request a USA Boxing Bronze Level Coaching Certification clinic in their area. **This form must be submitted a minimum of 75 days from the proposed clinic start date.** Once submitted, USA Boxing will review all information and respond at least **60 days** from the clinic start date. In the event of a scheduling conflict, USA Boxing will work with the LBC leader to find other suitable dates to host the clinic. Upon approval, USA Boxing will provide printable flyers to LBC leaders to promote locally. Please submit all clinic request forms, along with any questions, to Kammara Penick at [kpenick@usaboxing.org](mailto:kpenick@usaboxing.org) or call (719) 866-2317.

**Note: Courses consist of a maximum of sixteen (16) participants per clinician (at their discretion). Half of the maximum registration slots must be filled no less than 30 days from the clinic start date, or the clinic may be cancelled.**

## COURSE DESCRIPTION:

USA Boxing's Bronze clinic will introduce high-performance boxing concepts to coaches. This is a two day, 16-hour course where participants will spend 85% of the time out of their seats performing drills, exercises, and role playing with their colleagues. Topics covered in this course include:

- The Importance of a dynamic warm-up
- Coordination
- An introduction to the "universal boxer"
- Teaching using the EDIP standard
- Foundational offenses and defenses
- The three (3) stages of sparring
- How to use coach mitts
- How to work a corner
- An introduction to the American Development Model

## ENROLLMENT

Coaches looking to enroll must be registered by the deadline, as listed on the USA Boxing website. USA Boxing does not allow for same day or walk-up registrations. Unregistered participants will be asked to leave and must formally register for a future clinic to earn credit.

Enrollment and cancellation deadlines are as follows:

- Cancellations up to 10 days prior to the clinic date: A refund (minus 5.00 for processing) or transfer to another course within 12 months.
- Cancellations between 10 days and 2 days prior to the clinic: Registration transfer, no refunds
- Cancellations 2 days or sooner: Forfeiture of registration (no refunds or transfers)

# REGISTRATION

Each coach looking to participate must register via the registration page found on the USA Boxing website. Click [HERE](#) to view our coaching clinic calendar of events. The cost to participants to register is \$100.00. Facility owners and staff in attendance are required to register to host the class. For questions, please call Kammara Penick at 719-866-2317 or email [kpenick@usaboxing.org](mailto:kpenick@usaboxing.org).

## HOSTING REQUIREMENTS AND RESPONSIBILITIES

To approve this request, the following parties must agree to the terms below. This ensures the best overall experience for our coaches, hosts, LBCs, and USA Boxing.

### HOST

- **USA Boxing has dedicated several years into the development of our coaching education curriculum. Thus, this information is highly sensitive. We ask hosts to help maintain the integrity of the course by prohibiting any recording devices for the duration of the clinic.**
- Provide a facility with approximately 1800 sq. ft. (41' x 41') of open space (gymnasium, conference room, etc.). This space needs to have a dedicated area where the clinic can be hosted without interruption. As there is a lecture component to the clinic, we ask hosts to offer a formal learning space (chairs, tables, etc) to best accommodate the learning experience
- If the facility is a working gym/club, we ask that you consider closing or relocating operations, as this has been reported to be a distraction by previous classes
- A reliable Wi-Fi connection
- Assist with the promotion and advertising of the clinic, locally, where possible

### USA BOXING

- USA Boxing will be responsible for facilitating the clinician(s), along with covering their travel expenses, which include, but may not be limited to:
  - Airfare
  - Lodging Expenses
  - Per Diem
- USA Boxing will also provide all learning materials for the clinic

### LBC

- Assist with the transportation of the clinician to/from the airport, hotel, and the facility hosting the clinic. USA Boxing will attempt to absorb those expenses with the clinician's travel arrangements, where available. If not, we ask the LBC to work in conjunction with the clinic host to arrange transportation for the clinician.



# Bronze Level Coaching Certification Clinic Request Form

## To Be Completed by the Host

Submission Date: \_\_\_\_\_

Name: \_\_\_\_\_

LBC: \_\_\_\_\_ Requested Dates: \_\_\_\_\_

Clinic Address: \_\_\_\_\_

Is the facility listed above a working gym or club?      YES      NO

By signing below, you agree to meet the host requirements listed above, to the best of your ability.  
Failure to do so may result in the disqualification to host similar clinics in the future.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

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### LBC USE ONLY

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### BOARD OF DIRECTORS APPROVAL:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
LBC & BOD Position

**NOTE:** Please copy LBC BOD Member onto the email submitting this form.

Also, this section of the form may be completed by USA Boxing, when receiving direct verbal approval from the LBC Board Member.

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### USA BOXING USE ONLY

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USA Boxing has    **APPROVED**    **DENIED** your request to host the clinic requested above. We will reach out, via email, with additional information shortly.

Reason for denial (if applicable): \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date