



Ben Murray

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LIVING THE DREAM

History of white collar

The phenomenon that is white collar boxing was established in 1988 at Gleason's Gym in New York. The first ever bout was between an attorney and a veterinarian, and after the fight both boxers went for dinner and celebrated the birth of a new sport. The world famous Gleason's Gym membership now consists of 75% white collar boxers, and it is now the fastest growing corporate contact sport in the world.

Traditionally boxing has been a working class sport, but white collar brings a true sense of equality and acceptance into the sport. 2009 saw the first white collar boxing event in Jersey. It featured 9 bouts and was watched by 600 people. The event raised over £20,000 for local charities.

We are now entering our 6th year of the Jersey white collar boxing and we are looking to make this one even bigger and better than previous years. To date we have donated over £95,000 to local charities and have had 102 willing white collar boxers step through those ropes and take part in an experience they will never forget.

Out of the office, into the ring

Can you imagine stepping through those ropes, all the hard work done, with just you and two other people in that ring with you, the referee and your opponent!

A crowd that includes your family, friends and work colleagues cheering your name and waiting in anticipation. They clap, whistle and roar your name as the first bell rings and into battle you go!

All the blood, sweat and tears you've gone through in the gym all come down to the next six minutes in the ring. Ask any boxer, amateur or professional what to expect, and they will all tell you it's the most exciting, exhilarating and nerve wracking feeling you will ever experience. This is your big chance to take centre stage, do what every man wishes he had done, live the dream and become a boxer for one night only. Get involved in this fantastic and unique experience that you will never forget!!

Everyone's a winner

How do I get involved?

To get involved in the next jersey white collar boxing event all you have to do is sign up and undertake a 11 week training camp to teach you're the art of boxing. This training camp will consist of 3 sessions per week in a specialised boxing gym coached by Ben Murray, an experienced boxer and personal trainer, along with several other boxing coaches. This training camp will push you to your limits and get you in the best shape of your life. Once you sign up for the event we will do everything we can to get you to the level we expect for fight night.

About Ben (coach and matchmaker)

I have been boxing for 17 years and working as a personal trainer since 2003. During this time I have boxed at a very high level all over the country against Britain's finest. I was crowned the Southern Counties' and Western Counties' Champion for four consecutive years and have fought some of the top boxers in the country, reaching the final 8 in Britain on two occasions.

Throughout my career I have been lucky enough to train alongside several world champions and top amateur/professional coaches, picking up pieces of knowledge along the way.

With the combination of my boxing knowledge and my personal training experience, I can guarantee you that I will get you in tip top shape come fight night. Myself and my team pride ourselves on safety and we will ensure that you are fairly matched with someone of the same ability. We want everyone to enjoy this fantastic experience.



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Fight night!

The next Jersey white collar boxing event will take place on 5th July 2014. After the success of previous years, it promises to be a night full of excitement and entertainment. It is a black tie event with a stunning four course meal, 9 action packed white collar bouts, a celebrity referee and the chance to raise some money for some great local charities.



Training program

Number of boxers: 20

Boxers will train as one group for the first four weeks, and then we may split into two groups for the remaining six weeks, to enable us to focus more on sparring and technique.

Training times will be:

Tuesday: 6pm – 7pm
Thursday: 6pm – 7pm
Sunday: Group session at 10am

Boxers will be matched based on weight, age, skill, fitness and performance in the training sessions

Training sessions will consist of:

- Running/hill sprints
- Sparring
- Bag work
- Pad work
- Skipping
- Plyometrics/group circuits
- Technical drills

The 11 week intense training course will start on the 6th May 2014. It will cost £500 per boxer; we recommend that you try to get a sponsor (e.g. your employer) to cover the cost of your entry fee so you can then go and raise lots of money yourself for the charities. This will cover the cost of your participation and all of the training involved. Each boxer will receive a t-shirt and hooded top at the beginning of the camp. On fight night each boxer will wear a boxing vest with their sponsor's logo printed on.

Before choosing our final boxers we will be having an open session for all boxers who have applied. This session will take place on 8th April at 6pm at Fort Regent.

This is a great opportunity for you to make a massive difference to people's lives and help raise money for some great causes. We ask each of our boxers to raise as much money as they can for our selected charities as it's not everyday that you get between the ropes in front of 600 people and have a boxing match.

The application form is on the next page. We would like all forms filled in and returned to the BoxInBusiness gym or e-mailed back to Ben Murray by 1st April 2014. Once all forms have been received, Ben will get in contact with you before the session and short presentation at Fort Regent on 8th April.



2014 application form

Name:

Nickname:

Age: Present weight:..... kg Height: cm

T-shirt size: S M L

Address:

.....

Contact number:

E-mail address:

Emergency contact name:

Emergency contact number:

GP's name:

GP's number:

Do you have any previous boxing experience? (please circle) YES NO

If yes, please explain

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How would you rate your general level of fitness? (Low) 1 2 3 4 5 (high)

Have you had any previous/present injuries that may prevent you from participating in any parts of the training camp? YES NO

If yes, please explain

.....

Do you have any bone, joint or medical condition (e.g. asthma) that may be exacerbated by physical exercise? YES NO

If yes, please explain

.....

Jersey White Collar Boxing would like each of this year's competitors to write a short biography about themselves. Please fill in the spaces below.

Profession and company

Hobbies and interests

Dislikes

Why do you want to take part in this year's white collar boxing event?.....

.....

.....

Please write down anything else you would like to tell us about yourself

.....

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Terms and conditions

Each boxer signed up to compete in the Jersey White Collar Boxing show on 12th July 2014 is required to sell a minimum of 1 table (12 tickets) and commit to raising a minimum £500 for charity. On fight night and during sparring sessions boxers will wear 16oz or 18oz boxing gloves, gumshield, groin protector, head guard. All boxers are required to provide a clean bill of health before undertaking the 11 week training course. You will also be required to undergo a medical prior to the contest, which will be provided by Jersey White Collar Boxing Ltd. **Loss of control or discipline during the course may result in expulsion.** Wavier claim. I am aware and understand that Jersey White Collar Boxing Ltd or the instructor cannot be held responsible for any personal injury, illness or death, that may occur during the stated training and event.

I have read and agree all the above information and that all the information I have provided is accurate at the time of signing.

Signature:..... Date:

***** Closing date for all application forms is Monday 1st April 2014 *****