

Interested in sparring?

(For adults, 18+)

If you would like to spar, we require that you be in **good cardiovascular condition**, be **working with one of our coaches** and be a **member of the club in good standing**.

Prior to participating in sparring, you will need to **register with Boxing Ontario** and receive your **yearly licence**.

As part of the **Boxing Ontario registration**, you will need to have a doctor complete a **medical** who will deem you fit to spar.

Registration and medical forms can be found on the **Boxing Ontario** website: <http://www.boxingontario.com/>

Go to the landing page and look for the following section:

- ➔ About us
 - Forms / Documents
 - Medical Form
 - Adult Boxing Ontario Membership form
 - Youth Junior Boxing Ontario Membership form