



**#ITHEAVYHITTERS 2024**

# Welcome to IT Heavy Hitters 2024

## - An introduction:

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IT Heavy Hitters came about after the suicide of boxing coach Doug McLay. Since it's inception it has raised over \$660,000 for charities in New Zealand.

Now in its 10<sup>th</sup> year, the event has held fights in Auckland and Wellington and positively impacted the lives of hundreds of participants.

The events are run by The Heavy Hitters Charitable Trust, which consists of:

- Mike Dawes
- Calum Twist
- Jo Dawes
- Casey Twist
- Shane Vincent

More information on our events can be found on our YouTube channel (<https://linktr.ee/itheavyhitters>).



# The Schedule:

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<b>Rykers Boxing Academy (Hutt) v MTI (City)</b>		<b>Date</b>
Wellington team selection		14-Jan-24
Wellington training	Week of	29-Jan-24
Wellington joint training	Week of	4-Mar-24
Wellington joint sparring 1 of 2	Week of	25-Mar-24
Wellington Fight Selections Proposed	Proposed	5-Apr-24
Wellington joint sparring 2 of 2	Week of	15-Apr-24
Wellington weigh ins		3-May-24
Wellington fights		4-May-24
<b>Elite Thai Kickboxing (Penrose) v Glozier (Manukau)</b>		
Auckland City team selection		21-Jan-24
Auckland City training	Week of	5-Feb-24
Auckland City joint training	Week of	11-Mar-24
Auckland City joint sparring 1 of 2	Week of	1-Apr-24
Auckland City Fight Selections Proposed	Proposed	12-Apr-24
Auckland City joint sparring 2 of 2	Week of	22-Apr-24
Auckland City weigh ins		10-May-24
Auckland City fights		11-May-24
<b>Red Line Combat Academy (Shore) v Shuriken (Shore)</b>		
Auckland Shore team selection		21-Jan-24
Auckland Shore training	Week of	12-Feb-24
Auckland Shore joint training	Week of	18-Mar-24
Auckland Shore joint sparring 1 of 2	Week of	8-Apr-24
Auckland Shore Fight Selections Proposed	Proposed	19-Apr-24
Auckland Shore joint sparring 2 of 2	Week of	29-Apr-24
Auckland Shore weigh ins		17-May-24
Auckland Shore fights		18-May-24

## Where does the money go?

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# VOICES *of hope*

Mental Health Charity, Voices of Hope (VoH) was founded in 2014 by Genevieve Mora and Jazz Thornton. Both having fought mental illness they felt the need to use their past experiences alongside their passion for creating content to provoke and bring change.

Voices of Hope is a lived experience storytelling platform.

VoH share stories of people who have faced mental health challenges, focusing on the skills and tools they used on their journeys. Through the voices of those with lived experience, VoH shares real, raw and vulnerable content.

Both founders regularly speak at schools, corporates and conferences sharing their own lived experience.

Since the launch of Voices of Hope, their content has received both national and international recognition and has caught the attention of people and organisations wanting to support their vision.



# Training & Selection Process

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In mid to late January, all contenders will gather for a couple of hours which is a training and evaluation session, the date is to be confirmed. Both coaches from your event get to run sessions with all contenders to review and analyse your starting fitness and ability levels. After that you'll be split into two teams (red or blue) based on a mix of an even split of contender's height, weight, sex etc, and your preference where possible. **Not everyone will get their preferred gym**, and if you are serious about this event you'll make the 14 weeks work regardless.

You'll receive an intensive 14 week training program to get you ready to fight. Both coaches have their own routines, classes, styles and depending on which team you end up at dictates the when, the where, and the how. Training starts end of January/early February and runs for the 14 weeks leading up to fight night. During that time you'll be pushed hard in sessions covering fitness and stamina, theory and practical boxing coaching.

You'll be introduced to sparring and full contact boxing, building up from light contact to ready to step into the ring. During the training period, the coaches will decide who will be matched with who, based on a number of factors. Those factors include readiness, fitness and attendance – so turning up is key!

Selection will happen around 4-5 weeks out and at that point final matchups will be announced. **Not everyone gets to fight – I can't stress this enough!** Like I mentioned above, there are many factors. If you're not selected for the initial picks, just continue to train as if you are. People drop out all the time so you need to be ready should the opportunity come. Do not give up if you don't get selected, we generally have several fighters drop out in the last 2 weeks due to various reasons and other contenders had to step in and fill those spots.

# Gyms

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In Wellington, the 2 gyms coaching contenders are:

Rykers Boxing Academy (Hutt)	MTI Wellington (City)
Head Coach: Matt Legge	Head Coach: Mark Hampton
Proposed Training Schedule: Monday/Wednesday/Friday 18:00-19:30	Proposed Training Schedule: Tuesday/Thursday 06:00-07:30 Saturday 08:00-09:00

In Auckland City, the 2 gyms coaching contenders are

Elite Thai Kickboxing (Penrose)	Gloziers Boxing (Manukau)
Head Coach: Jason Suttie	Head Coach: Bruce Glozier
Proposed Training Schedule: Monday/Wednesday/Friday 06:00-07:00	Proposed Training Schedule: TBC

In Auckland North Shore, the 2 gyms coaching contenders are

Redline Combat Academy	Shuriken
Head Coach: Vasco Kovačević	Head Coach: Jason Vorster
Proposed Training Schedule: Tuesday/Thursday 05:45-06:30 Saturday 10:00-11:00	Proposed Training Schedule: Tuesday/Thursday 06:30-07:30 Saturday 10:00-11:00

**\*\* Please note all class times are proposed and will be confirmed closer to start date\*\***

# 2024 Fight Nights

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Fight night will be held on 4<sup>th</sup> May in Wellington, 11<sup>th</sup> May Auckland City and 18<sup>th</sup> May North Shore. There will be around 16-18 fights on the night and we expect over 1000 people watching. On the night you'll be briefed by a referee on how they will host your fight, what commands they will use and what they expect you to do. It's important for your safety and that of your opponent's that you obey these rules at all times.

Fighters will undergo a medical check and a drug check to ensure they are healthy and are genuinely ready to fight. The ring will be in the centre of the room, surrounded by corporate and VIP tables and general seating around them. Fights will be a maximum of 3x2 minute rounds, unless stopped by the referee or a member of your corner team. You'll have the opportunity to select your own walkout song and enter ready to go.

The first fight of the night will be at 18:30 and the order of fights will be determined by the coaches as the selection process progresses. Although it can be a long night, you'll need to be there before the show starts around 16:30 and if required help your team mates warm up and get ready. It will soon be your turn to light up the ring and fight!

Once we've finished the show and we all chip in, fighters included to tidy the hall away, there will be an after party to kick back and reflect over your bruises and beers! The sooner we get packed up, the sooner the after party starts!

# Costs

Like any sporting event there are a number of costs you can expect, and this covers off most if not all:

Cost	Item	Why?
\$200	Entry fee	Because we need to cover costs such as training, Association registration and doctors' fees
\$100 approx	16oz gloves for training if you don't have any already	You'll fight in 16oz, (or 18oz if you're over 90kgs) so you need to train in 16oz – No smaller gloves permitted
\$100 approx	Headgear	Compulsory – you will not be permitted to spar without headgear or mouthguards – no exceptions! We provide headgear for fight night. We are working on a package deal with gloves. Details to follow.
\$30 approx	Mouth guard – essential!	Compulsory – Protect those pearlys
\$15 approx	Hand wraps	And the knuckles
\$30-\$60 approx	Protective box (men)	Compulsory for all fighters however not compulsory for training. Do you want to share sweaty boxes on the night?
\$120 approx	Blood tests (Hep B,C & HIV)	Compulsory for all contenders by week 2 of training
\$50 approx	Medical clearance to participate	We require a letter from your Doctor, by the first week of training, stating you are medically cleared to participate and don't have pre-existing medical conditions which may put your health at risk, eg; previous significant head injuries etc.



## WAIVER OF LIABILITY FOR IT HEAVY HITTERS 2024

In consideration of being allowed to participate in the Corporate Charity Boxing Event (the "Event"), I, the undersigned, agree to the following terms and conditions:

1. Assumption of Risks: I understand and acknowledge that the Event involves physical contact and poses certain inherent risks and dangers, including the risk of injury. These risks may include, but are not limited to, sprains, strains, fractures, and other injuries, whether minor or serious.
2. Medical Fitness: I certify that I am in good physical health and have no medical conditions that would prevent my participation in the Event. I have consulted with a physician if necessary and have received clearance to participate.
3. Waiver and Release: In consideration of being allowed to participate in the Event, I, on behalf of myself and my heirs, executors, administrators, and assigns, hereby release, waive, and discharge Heavy Hitters Charitable Trust, its officers, employees, volunteers, sponsors, and all other participants from any and all claims, demands, actions, or causes of action, whether at law or in equity, arising out of or in connection with my participation in the Event, including but not limited to any personal injury, property damage, or wrongful death.
4. Indemnification: I agree to indemnify and hold harmless Heavy Hitters Charitable Trust from any and all claims, demands, liabilities, expenses, or costs, including attorney's fees, arising out of or in connection with my participation in the Event.
5. Use of Likeness: I grant Heavy Hitters Charitable Trust the right to use photographs, videos, or other images of me taken during the Event for promotional and marketing purposes.
6. Rules and Regulations: I agree to abide by all rules and regulations established for the Event. I understand that any violation of these rules may result in my disqualification and removal from the Event.
7. Governing Law: This Waiver of Liability shall be governed by and construed in accordance with the laws of New Zealand, without regard to its conflict of laws principles.

I acknowledge that I have read and understand this Waiver of Liability and that I am freely and voluntarily signing it. I understand the legal consequences of signing this document and hereby waive my right to assert any claims or lawsuits against Heavy Hitters Charitable Trust for any injuries or damages I may sustain during the Event.

Participant's Name: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

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

In case of emergency, contact: \_\_\_\_\_

Phone: \_\_\_\_\_