



ALL POWERS
GYM

Interclubs



INTERCLUB FACTSHEET FOR PARENTS & CARERS

So, your young person comes home from the gym saying 'I want to do an interclub'! To help you understand what this is, what is involved and what to expect, we have put together some guidance.

Q. WHAT IS AN INTERCLUB?

A. An interclub is a friendly, no decision, competition between students from different gyms, during which they spar in the ring in front of spectators from other gyms

Q. DOES MY CHILD HAVE TO TAKE PART IN AN INTERCLUB?

A. No, not all all. There is no pressure for All Powers students to compete. However the option is there if they want to have a go, and our coaching team will make sure they are ready and prepared for the event.

Q. WHAT ARE THE BENEFITS OF AN INTERCLUB TO MY CHILD?

A. An interclub is a great way for the student to practice their Muay Thai skills on a student from another gym. It allows them to experience the pressure of sparring someone unfamiliar in front of a crowd. It is an effective way for the student to 'test the water' and see if they would like to compete in a decision fight in the future.

Q. WHERE WILL THE INTERCLUB BE HELD?

A. Interclubs are generally held at other Muay Thai gyms, sometimes they may hire a space to host the event, such as a social club or sports venue.





Q. IS AN INTERCLUB SAFE?

A. There is no head contact for under 16's and we provide body shields for our juniors. Our coaching team will be in the students corner and if we think that they are getting distressed or upset we will stop the bout. This is a contact sport so there is a high chance that the student may experience an accidental hard shot, but the buzz of competing far outweighs this.

Q. HOW DO I FIND OUT ABOUT UPCOMING INTERCLUBS?

A. The coaches will let the students know of upcoming interclubs in the classes. We have also set up an interclub information WhatsApp group (joining info below) so you should have plenty of notice.

Q. HOW DO I REGISTER MY CHILD FOR AN INTERCLUB?

A. To register for the interclub you would simply contact Stevie or Elliot providing them with your child's name, age, weight (in Kilograms) and experience. *The weight is the weight at which they walk around. In the interests of health and safety our children are not to cut weight for an interclub.*

Q. HOW MUCH DOES IT COST?

A. Most interclubs charge a small admission fee for competitors and spectators. Please note these are generally cash only events and it is a good idea to take coins as the gyms are grateful for change.

Important Info

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Interclubs can be a full day so please be prepared that you may be waiting for a few hours before your child has their bout. The organisers make things run as smoothly as possible but not everyone can go first!

Please ensure that you are on time for the start of the interclub otherwise you may miss your slot and end up waiting until the very end.

As all matches are made based on age, weight and experience please be aware that your child may be matched with a child of the opposite sex. This is common in interclubs and certainly does not take away from the experience.

Be mindful that your child, and other participants, may be nervous. Please be supportive and encouraging to everyone, including their opponent.

Most interclubs will sell a limited range of refreshments but this isn't guaranteed so make sure you come prepared with water and snacks.

If you have registered your child for the interclub please make sure that you do attend. If you have an emergency and cannot attend please give as much notice as possible so that we can let the organisers know.

WhatsApp Group Info: if you would like to be added to a parents WhatsApp group for interclub and gym event information only please let Cara know on 07793324426.

Please note this is not a chat group, information will be posted on there regarding upcoming interclubs; location, date, time etc.

To register for the interclub you would simply contact Stevie or Elliot giving them the child's name, age, weight (in kilograms) and experience.

STEVIE: 07815 608741

ELLIOT: 07766 227047

CARA/WHATSAPP INFO GROUP: 07793 324426

*Many Thanks
The All Powers Team*



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