



#ITHEAVYHITTERS
2017

Welcome to IT Heavy Hitters 2017

- An introduction:

I'm Mike Dawes and IT Heavy Hitters is a project back for the fourth year having raised over \$129,000 in our previous three years. I created this from a combination of positive and negative events over the last few years and in essence IT Heavy Hitters is doing for others what I did in 2012 myself. For the past three years, myself along with the fight experts from MTI and Petone Boxing have put on the biggest corporate fight nights Wellington has ever seen, and now it's coming back! This year, as well as running a Wellington event, I am running an Auckland event.

I was 'that guy', the type that spent all day sat around staring at a screen or in meetings, and then at night staring at another screen, with the time in between probably eating, drinking too much alcohol and not spending enough quality time with my family. I had always been fit and used to run 5 to 10km a day and did sports four or five days a week on top of that, but somewhere in life I got comfortable, got lazy and became obese.

Then it all changed when I took a new job and had the opportunity to get involved in a charity boxing event. A friend of mine had been involved in a similar event in 2009 and I'd followed his development and watched often thinking "I could do that". I made the next step, did some enquiries and started training up at Heretaunga Boxing Club in Upper Hutt. Here I worked with two coaches - Sasha, who helped me with all the technical aspects of boxing, and Doug McLay - who constantly pushed me physically into shape ready for fight night.

After months of training and coaching and dropping around 25kg in weight, I stepped into the ring and it was on. Sasha and Doug were in my corner, my wife and friends were in the audience, the atmosphere electric, but when the bell goes, it's just you and the other guy in the ring. After three rounds and I emerged the winner, it still took weeks to appreciate the effort we'd all put in. I continued to train with Doug after my fight, right up until July 2013 when the devastating news came that he had sadly taken his own life. It was a shock to those who knew him through the club; I can't even begin to imagine how it impacted his family and close friends.

After participating in the charity boxing event I had thoughts about running a similar event myself as the night was not only one of the best experiences of

my life but raised funds for well-deserved charities. However other than a commercial driver I didn't really have a motive for it – that was until we lost Doug.

I approached Mark Hampton (MTI & KO Promotions) and Robbie Martin (Petone Boxing) with the idea of creating an event as they both have a huge amount of corporate fight experience, and both were incredibly keen to help. They were also both directly involved in my fight night in 2012; they knew Doug and both have been impacted by the effects of suicide directly.

With the leg work done and the foundations in place it was time to take it out to the world and I was lucky enough to talk at length with ex-comedian Mike King. Mike runs The Key to Life Charitable Trust and their focus is a reduction of suicide in New Zealand to zero - and Mike and his team loved the idea of IT Heavy Hitters and were keen to be involved.

From there the event has grown and grown, the interest levels have been huge; we are inundated with people wanting to change their own lives for the better whilst supporting this otherwise unfunded but much needed charity.

Target Zero – a message from Mike King



For the last 4 years The Key to Life Charitable Trust has travelled to schools and communities the length and breadth of the country empowering young people to find solutions for their problems and making it okay to ask for help.

Our charity is unfunded and everyone from the board down is unpaid because we are passionate about making positive, societal, attitudinal change. We survive on the generous donations from people like you who believe in what we do.

Your donations not only cover all our travel expenses, but also help us print resources, pay for psychological services for needy families and even buying phones for seriously at risk kids. Quite literally your money is saving lives and for that we will always be in your debt.



Mike King

Blue Team – City Boxing Auckland



Daniella Smith

2010 IBF Welterweight world title and IBF female fighter of the year.

Multiple NZ amateur and professional boxing champion Daniella Smith is joining the team to coach Team Blue and help raise awareness of suicide. In 2010 Daniella lost her brother to suicide, four months later she won the IBF World Title, dedicating this to her brother - Allon Smith. Daniella graduated in 2003 with a Bachelor in Coaching. 17 years in the Boxing industry fighting, coaching, personal training and for ten years managing and co-owning Boxing Alley. Daniella has gone on to coach NZ champions and a resume that boasts plentiful success and wins under her tutelage.



Coaching Schedule

Tuesday 6am
Thursday 6am
Saturday 10am

348 New North Road, Kingsland, Auckland (Times subject to change as required)

Red Team – Balmoral Lee Gar



Lolo Heimuli

Lolo is a legend in the fight game from boxing to MMA.

In 2013 he was awarded the Legendary Life Time Achievement from the NZ Pacific Island Sports Awards which is but a glimmer of his contribution to the sport.



Coaching Schedule:

Tuesday 6:30pm
Thursday 6:30pm
Saturday 1pm

60 Airedale St. City, ICONZ building level 5 (Times subject to change as required)

Auckland 2017 Management Team:

Mike Dawes



Calum Twist (Auckland co-ordinator)



Training & Selection Process

In mid-January, all contenders will gather for a half day training and evaluation session, date to be confirmed (possibly Jan 29th). You'll be allocated either the morning slot or the afternoon slot closer to the time and space is a premium so unfortunately no spectators are permitted. Both coaches 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 contenders height, weight and sex, 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 week commencing Monday 6th 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 had several fighters drop out in the last 2 weeks due to injury in 2014 and 2015 and other contenders had to step in and fill those spots.

Fight Night

Fight night will be held at the Auckland Boxing Association venue in Eden Terrace, Saturday 13th May 2017 . There will be around 12-15 fights on the night and we expect around 500 people watching. On the night you'll be briefed by a referee on how they will host your fight, what commands he will use and what he expects you to do. It's important for your safety and that of your opponents that you obey these rules at all times.

Fighters will undergo a medical 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 3x 2 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 to tidy the hall away, there will be an after party to kick back and reflect over your bruises and beers!

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?
\$50	Entry fee	Because we need to cover costs such as training, NZPBA registration and doctors' fees
\$155 (special offer pack)	16oz gloves for training if you don't have any already	You'll fight in 16s so you need to train in 16s
	Mouth guard – essential!	Protect those pearlies
	Hand wraps	And the knuckles
\$30/\$50 (approx)	Protective box (men)/Chest protector (women)	Not compulsory for training but do you want to share sweaty boxes on the night?
\$100 (approx)	Blood tests (only required if you get to fight)	Compulsory for all fighters

WAIVER OF LIABILITY FOR IT HEAVY HITTERS 2017

For the purposes of this waiver, *IT Heavy Hitters* refers to group consisting of Auckland City Boxing, Balmoral Lee Gar, Calum Twist and Mike Dawes.

I hereby understand and acknowledge that the training, programs and events held by the IT Heavy Hitters may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I acknowledge that I am physically fit and mentally capable of participating in the physical associated with boxing.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation in IT Heavy Hitters, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE the IT Heavy Hitters, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the boxing training, programs and/or events.

Please declare all medical conditions which may affect your ability to participate in IT Heavy Hitters:

By my signature I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (Please Print): _____

Participant's Signature: _____

Date: _____

In case of emergency, contact: _____

Phone: _____