

**NORTH
CAROLINA**



**LBC 13
HORSEMEN**
ELITE BOXING TEAM

BACKGROUND

ATHLETE APPLICATION

GUIDELINES

2022-2023

NORTH CAROLINA USA BOXING LBC 13



Background: The North Carolina LBC of USA Boxing is committed to upholding the high standards of the American International Boxing Association (AIBA) and USA Boxing. Our objective is to establish an Elite boxing team by an application and selection process during the selected one-day try-out camp or competition. The boxer must be recommended by the Athlete's Coach. The team will consist of a Team Director, Team Committee, Head Coach and Assistant Coach, Captain and Assistant Captain and Team members. All operations are overseen by the LBC 13 President and must be reported to the LBC Board on a monthly basis.

Objective: The Carolina Horsemen Elite Boxing team will consist of boxers from North Carolina only. The main goal is to allow boxers from LBC 13 to gain exposure to National level competition and encourage competition between states. This team will strengthen the talent in the state of North Carolina for many years to come.

Selection Process: The Athlete/Boxer is recommended by his/her Coach by identifying a stellar Novice, Open JO or Elite boxer, male and female that has a highly competitive spirit and notable talent. The Athlete/Boxer must show competency in the Guidelines drawn out by the Carolina Horsemen Directors. Following training camp, the selection process will name the Top candidates to make up the Carolina Horseman Elite Team, including a Team Captain and Co-Captain. Captain and Co-Captain Positions are the recommended top 2 boxers according to Resume, Proven leadership skills and performance at Training Camp.

Fundraisers: Fundraising events are mandatory by team members

Boxer Requirement for Elite Team:

- **Have a minimum of 10 bout experience**

Travel: The team will pool together by rental van from a designated meeting point at an agreed upon time to depart for each competition.

GUIDELINES AND REQUIREMENTS

- Coach/Trainer approval and recommendation
- Boxers must commit to Training, Camp and Competition Schedule.
- Must be flexible with the Competition and Camp schedule in representing National and out of state competition.
- Boxers must maintain a high standard in representing his/herself, the LBC, USA Boxing and the Carolina Horsemen team.
- Boxers must be able to demonstrate capability in the following:
 - Have a minimum of 10 bout experience
 - Be respectful and a good listener
 - Not use any illegal drugs
 - Run a minimum of 3 miles non-stop in a training session
 - Spar minimum of 6 rounds in a training session
 - Show Proficiency in Defense, Footwork, Ring Generalship
 - Good sportsmanship and respect for teammates, Coaches and Officials.
- Adhere to the USA Boxing Athlete Code of Conduct.
- Stay current with USA membership.
- Participate in mandatory Team Fundraisers.

CAROLINA HORSEMEN ATHLETE APPLICATION

FIRST NAME _____ LAST NAME _____

USA BOXING ID # _____ AGE _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ ST _____

CELL PHONE _____ EMAIL _____

NOVICE _____ OPEN _____ AMATEUR RECORD WINS _____ LOSSES _____

GYM AFFILIATION _____ (IF NO GYM, WRITE 'UNAFFILIATED')

COACH NAME _____ CELL # _____

BACKGROUND: List all National Level Competition

<u>COMPETITION NAME</u>	<u>YEAR</u>	<u>COMPETITION NAME</u>	<u>YEAR</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____