REQUIREMENTS & KEY DATES

UPDATED - SUNDAY 24TH AUGUST

Please scroll through this document to review all requirements and key dates.

FIGHT CAMP 7
25/07 - 20/09
Requirements

Program requirements & Schedule of dates. - *Please note that some of these dates may change at the discretion of TFC, however you will be provided with ample notice, and the chances are small, however we do have to account for the possibility.*

Program Requirements

[80% of the program requirements must be met to successfully complete the camp.]

Key Dates
Please see the key dates table for the non-negotiable attendance dates during Fight Camp 7.

Attendance
Boxing - if you have selected to train Boxing during Fight Camp, you are required to attend a minimum of 4x Boxing classes per week and 1x Boxing sparring session.

Muay Thai - if you have selected to train Muay Thai during Fight Camp, you are required to attend a minimum 4x Muay Thai classes per week and 1x Muay Thai sparring session.

Weekly Weigh In
You must weigh on the scales at TFC reception, take a photo of the weight on the scale, and add it to your Everfit App on the day.

Hard Sparring
You will be required to participate in 2 hard sparring sessions (minimum 6 rounds of hard sparring during Fight Camp, and you could be called upon to do this at any time during a scheduled session of the camp, and/or during a class at TFC.

Fight Fit Conditioning Program
The requirements for this are delivered via the Everfit app, it is recommended that you follow this program for the best results.

Nutrition Guidelines
The requirements for nutrition are delivered via the Everfit app, and must be followed for the duration of Fight Camp.

Being Signed Off / Completing Camp

In the past we have set benchmarks as the final sign off for Fight Camp; however, in the last 2 camps we have seen that some participants have taken to committing only to passing the benchmark on testing day, while neglecting other fight camp requirements.

For this reason, all participants must meet 80% of the requirements, including attendance.

A benchmark will be set for an aerobic run time trial as part of the fighting fit conditioning program.

Due to this new procedure, for the participants who wish to fight at the end of Fight Camp, fight matches will not be announced until Monday, 15th September (Monday of Fight Week).

What To Wear On Fight Night

BOXING

- Headgear (we can provide or you can purchase your own and start training in it)
- Boxing kit (red/blue singlet & shorts) available to purchase at TFC $40 per item
- Cup/groin guard for men
- Shoes. Can be boxing boots OR a clean pair of trainers, non slip.
- Handwraps.

MUAY THAI

- Thai shorts any type any colour
- MEN - no shirt or tight rashguard and a cup or groin guard.
- WOMEN - sports bra or tight rashguard
- Handwraps.

GLOVES ON FIGHT NIGHT ARE PROVIDED TO YOU.

****OVERVIEW OF UPDATED SCHEDULE NOTES****

WEEK 5 23/08 to 29/08

- First fight night tickets released Monday 25th August
- Increased training load week

WEEK 6 30/08 - 05/09

- Tickets open to public Tuesday 02/09
- Max training load reached

WEEK 7 06/09 - 12/09

- 07/09 Beach challenge day no change (see notes on table)
- 08/09 to 12/09 Water weight cut and refuel protocols applied
- 08/09 Matches announced and first fight night draw released
- 12/09 after cut weigh in (see notes on table)
- 12/09 Final fight simulators (see notes/times on table)

WEEK 8 FIGHT WEEK 13/09 - 19/09

- 13/09 2KM Meakin Rd time trial during private coaching
- 14/09 Final opportunity provided to input walk out song for fight night

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Key Dates

Fight Camp attendance dates. (must meet 80%)

NOTE: IF YOU ARE UNABLE TO MEET ANY OF THE DATES BELOW YOU MUST LET US KNOW AT THE START OF CAMP SO THAT THE COACHES CAN WORK AROUND THIS WITH YOU.

DATE	TIME	EVENT	NOTE / LOCATION
Fri, 25 July	7PM - 9PM	- Weigh in - Orientation	TFC

		- Goal setting	
All Saturdays between Sat 26 July to Sat 20 September	10:30AM - 12PM	- Private coaching	TFC
All Sundays between Sun 27 July to Sun 14 September (excl, 31st August & 7th September)	8AM - 9:30AM	- Aerobic run sessions	To be confirmed
Fri, 8th August	7PM - Until complete	- Fight simulator	TFC
Sat, 23rd August	9AM - 12PM	- Fight simulators and hard sparring	TFC
Weds, 27th August	5PM - 7PM	- Hard sparring (ALL) - schedule TBA in chat.	TFC
Weds, 03rd Sep	6PM - 7PM	- Hard sparring (SELECT) - schedule TBA in chat.	TFC
Sat, 06th Sep	During private coaching	- Team splits announced.	TFC
Sun, 7th September	Sunrise - 10AM	- Sunrise run - Shark tank	The Spit, Gold Coast (exact location will be pinned closer to date)
Mon 8th - Fri 12th September.	All week.	- Water weight cut.	Everywhere you go.
Fri 12/09	Morning - on rising.	- Weigh in and upload to Everfit and put in the chat group. - Refuel protocol over the course of the day.	Everywhere you are.
Fri, 12th September	7PM - 9PM	- Final fight simulators.	TFC
Sat, 13th September	During private coaching.	- 2km Meakin Rd Time Trials	TFC

		(ALL).	
Sun, 14th September	8AM	- Final aerobic run through the city.	South Brisbane.
Fri, 19th September	3PM - 5PM	- Ceremonial weigh in and prizegiving. - All fight medicals & bloods due by 5PM.	TFC
Sat, 20th September	ALL DAY	FIGHT NIGHT 7	TFC
