

**HURT
LOCKER**

YOUTH MOVEMENT PROGRAM

INTRODUCTION TO MOVEMENT THROUGH BOXING

- Basic Defensive + Striking
- Footwork + Movement
- Bagwork
- Partner Padwork
- Shadow Boxing
- Promoting Healthy Mind + Body



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BOXING FOR FITNESS

WITH PROFESSIONAL BOXING SPECIALIST

Sessions @ Hurt Locker
20 students
\$300 plus gst per session

Travel to school
Price on application

All equipment included



ABOUT HEAD COACH DAYLAN

Owner Hurt Locker, Claremont
Cert IV Personal Training
20 Years experience
Level 1 Accredited Boxing Coach
First Aid
Indigenous Mental Health First Aid
WWC



BOXING FOR FITNESS REVIEWS

We have taken our Year 9 boys to Hurt Locker since 2018. The positive environment that Daylan creates, and the unique way he makes each boy feel safe and free to push themselves to their own individual limit is endearing. This is a great place for boys to gain skills and self confidence!

JARROD KAYLER-THOMSON
HEAD OF YR 9 OQD PROGRAM
Wellbeing and Physical Education Teacher
CHRIST CHURCH GRAMMAR SCHOOL

Daylan has worked with numerous groups here at Aranmore Catholic College. He is professional, highly capable and very easy to deal with.

Daylan's manner with our students has been impeccable. He has exceptional knowledge and can work with all levels of ability and fitness.

I highly recommend getting Daylan in to work with your students

BEN GROSE : DEAN OF STUDENTS
ARANMORE CATHOLIC COLLEGE

Daylan was amazing with our students during the careers talk. He made his PowerPoint/talk to fit our school clientele, whereby all the students could easily relate to him.

Having been an ex-pro in rugby and having to overcome the struggles of injury and moving abroad, I feel our students got a real insight into how important it is to have a 'back-up' plan or an alternate career.

STEPHEN BETTELLA: TEACHER
ARANMORE CATHOLIC COLLEGE

BOXING FOR FITNESS REVIEWS

This semester Daylan from Hurt Locker has been working at Applecross SHS once a week, mentoring a group of students. Daylan has been running a boxing/mentoring program that has made huge headways with the boys he is working with.

Through boxing, role modelling and candid conversations, Daylan has helped these boys to work through issues, set goals and develop life skills. Daylan has become someone they respect and for whom they can talk about challenges they face as they grow from boys to men.

The boys have set positive goals with Daylan and it has been great to see them work towards them in the broader school community. We have seen a huge improvement in their behaviour and motivation, and have noticed them using language they have developed with Daylan as they worked towards these goals.

The boys are talking about respect, culture, discipline and resilience as part of their daily vocab, something they attribute to Daylan and the boxing program. More than this, we are seeing them bouncing into school on boxing days, and it has been a joy to see the connection Daylan has built with the boys, and that they have developed with each other.

This has been particularly evident as we have run the program with a group across several year levels, and some of the older boys have taken on their own mentor type roles with the younger boys.

Daylan's enthusiasm and commitment to helping everyone whose path crosses his is a key to his success, and the success of the program. I couldn't recommend Daylan more highly.

CASSANDRA DON
APPLECROSS SHS