



## aheadofthegame

A new and exciting way for young people to unlock their potential and get the most from life

improve self-confidence

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have fun and learn about fitness

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develop team and leadership skills

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overcome physical and mental challenges

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build self-discipline

---

learn about diet and nutrition

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setting goals

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## *A DYNAMIC 2-DAY COURSE DESIGNED TO HELP YOU SUCCEED*

### *DAY 1*

- 1 cardiovascular workouts - with a difference!
- 2 future basing - aiming high through visualisation
- 3 developing physical discipline - using boxing techniques
- 4 understanding outstanding individuals and teams
- 5 how to get more from life
- 6 developing an understanding of "perceptions"
- 7 strategies to develop mental toughness
- 8 coping with life out of the comfort zone
- 9 relaxation techniques

### *DAY 2*

- 1 cardio work
- 2 developing communication skills
- 3 improving the movement and control of the body.
- 4 understanding body language - developing techniques to create presence
- 5 stress management
- 6 psychological preparation for a big event
- 7 success targets

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### *AHEAD OF THE GAME IS RUN BY TWO HIGHLY QUALIFIED AND EXPERIENCED INSTRUCTORS.*

Andy Marshall has been teaching children for 15 years. He has vast experience in working with young people and other teachers in helping them realise their potential through a variety of motivational techniques and behaviour management strategies. Andy has played a number of sports at a high level, most notably international volleyball.

Justin Glasspool is a qualified Health & Fitness Instructor. He currently trains sailors at professional and Olympic level. Justin is a former Hants and IOW boxing champion and is an ABA qualified coach at the Lawrence Boxing Club in Lymington. His varied experience as an athlete and trainer has given him a unique understanding of the discipline and focus required to succeed.

### *AHEAD OF THE GAME RUNS TWICE A WEEK FROM JUNE THROUGH TO SEPTEMBER FOR AGES 10 TO 18.*

**VENUE** - Lawrence Boxing Club, Marsh Lane, Lymington  
**COST** - £80 including lunch

**TO REGISTER CALL**

# 01590 626444

ahead of the game is managed and marketed by Lynx Sports Management Limited.



For more information call 01590 626444  
email: [aheadofthegame@lynxsports.co.uk](mailto:aheadofthegame@lynxsports.co.uk)