

INTRODUCTION



Presented by Heavy Hitters, the Hirepool 'Clash for Construction' Charity Boxing Event will see "tradies" step in the ring to raise funds for Mates in Construction and help them keep fighting the good fight around Suicide prevention. 100% funds raised go to Mates in Construction.

Competitor safety is the number one goal. Each participant will take part in a 12 week fight camp kicking off in mid June and train across the winter months to come together for a fight night in mid-September and put it all on the line for their mates. The coaches follow the progress of participants through the fight camp to ensure all match ups are not only even in weight/height etc, but also that they are a similar skill/confidence level to ensure everyone gets to go home safely. All fitness levels are welcome and full training is provided.

Who is Heavy Hitters?

Heavy Hitters is a Charitable Trust that is the brainchild of Founder Mike Dawes. Mike was 'that guy', the type that spent all day sitting 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. Mike got comfortable, got lazy and became obese.

After dropping 25kg and fighting in a charity boxing event in 2012, then suffering the loss of a boxing coach and mentor to suicide has turned into something more positive than Mike could ever had imagined.

Since 2014, Mike along with his team of amazing volunteer fight experts and friends from around NZ have put on some of the biggest charity fight nights in Wellington and Auckland raising over \$650,000 for Mental health charities such as Mike Kings Key to Life, Gumboot Friday and Voices of Hope.

Formalising the Heavy Hitters Charitable Trust in 2022 meant the events can continue to grow with 2 core purposes:

- To take participants in the events on a journey that sees them ignite the link between physical and mental wellbeing.
- To use those events to raise as much money as possible for worthwhile NZ-based charities doing valuable work in the suicide prevention and mental wellbeing space.

CLASH FOR CONSTRUCTION 2023



MATES IN CONSTRUCTION



Suicide is everyone's business; it does not discriminate.
Our construction industry is losing nearly one person every week to
suicide. 98% of those we lose are our men.

The MATES programme builds and strengthens workplace communities and across the industry – helping our people support and provide an environment that encourages positive wellbeing. The impact of this community-based approach then goes beyond the workplace and into our everyday lives.

MATES engage with workers through on-site training and provides those identified as at risk with case management support that connects them to suitable professional support. MATES Field Officers are trained in suicide intervention skills and have experience in the Building and Construction Industry. This allows our Field Officers to engage easily with the workers on-site.

‘Ehara taku toa i te toa takitahi engari i te toa takitini’
‘My strength is not of a single warrior but that of many’

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TRAINING & SELECTION PROCESS



On 25th June, all contenders will gather for a half day training and evaluation session. 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 contender's height, weight, sex etc, and your preference where possible. **Not everyone will get their preferred gym**, and if you are serious about this event you'll make the 12 weeks work regardless.

You'll receive an intensive 12 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 26th June and runs for the 12 weeks leading up to fight night. During that time you'll be pushing 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 - we can't stress this enough!** Like 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 generally have several fighters drop out in the last 2 weeks due to various reasons and other contenders had to step in and fill those spots.

Schedule:

Team selection:	25th June
Training starts:	26th June
Pre-fight weigh ins:	15th September
Fight night:	16th September

FIGHT NIGHT



Fight night will be held at the Barfoot & Thompson Stadium in Auckland on 16th September 2023. There will be around 15-17 fights on the night and we expect over 1000 people watching. On the night you'll be briefed by a referee on how they will host your fight, what commands they will use and what they expect 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 and a drug 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 3x2 minute rounds 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 18:00 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 16:00 and if required help your teammates 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, fighters included to tidy the venue, there will be an after party to kick back and reflect over your bruises and beers! The sooner we get packed up, the sooner the after party starts!



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BLUE TEAM – GLOZIER BOXING, MANUKAU



Bruce Glozier



Coaching Schedule:

Tuesday: 5:30 – 6:30am

Thursday: 5:30 – 6:30am

Saturday: 8:00 – 9:00am

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RED TEAM – REDLINE ACADEMY, GLENFIELD



Vasco Kovacevic



Coaching Schedule:

Monday: 6:15 – 7:15am

Wednesday: 6:15 – 7:15am

Friday: 5.30 – 6:30pm

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Like any sporting event there are a number of costs you can expect, and below cover theses.

Cost	Item	Why?
\$200	Entry fee	Because we need to cover costs such as training, Association registration and doctor's fees
\$58-\$100 approx	16oz gloves for training if you don't have any already	You'll fight in 16oz, (or 18oz if you're over 90kgs) so you need to train in 16oz - No smaller gloves permitted.
\$100 approx.	Headgear	Compulsory - you will not be permitted to spar without headgear or mouth guards - no exceptions! We provide headgear for fight night. We are working on a package deal with gloves. Details to follow.
\$30 approx.	Mouth guard - essential!	Compulsory - Protect those pearlies
\$15 approx.	Hand Wraps	And the knuckles
\$30-\$60 approx.	Protective box (men)/Chest protector (women)	Compulsory for all fighters however not compulsory for training.
\$120 approx.	Blood tests (various hep & HIV)	Compulsory for all, contenders before sparring starts in week 3-4.

Q: I DON'T WORK IN CONSTRUCTION CAN I STILL TAKE PART?

This event is aimed at the construction industry as it supports those who support us. If you are passionate about mental health but not in construction, make a note in the any further comments section of the application form, tell us why you want to take part and we will consider these on a case by case basis.

Q: DO I HAVE TO FIGHT IF I SIGN UP AND GET SELECTED?

By signing up, you are accepting that you are getting involved in a full contact sport, which will involve hitting people (in a controlled environment and getting hit by people. If you don't want to fight at the end and are just here for the training, this is not the event for you. Places are limited so you just coming along for the fitness is taking the space of someone who wants to actually fight at the conclusion of the fight camp.

Q: HOW IS THE EVENT FUNDED?

Registration fees don't cover the all costs, however we engage sponsors to help meaning more people are able to take part. We expect everyone to join in and help with our fundraising, opening their own pages linked to ours to canvas family and friends. Tickets, tables, auctions and raffles also fund our event and all the profits after we pay the bills go to the charity.

Q: I'M REALLY UNFIT, IS THIS JUST FOR ATHLETES AND THOSE GRUNTING GYM TYPES?

Absolutely not, in fact we prefer taking the most unlikely people on the journey from fat to fit. That is after all part of the reason we are here, that and raising funds for a much needed cause.

Q: IS THERE AN AGE LIMIT?

Yes there is. In order to be considered, you need to be over 18 and under 50 on fight night. There are no exceptions to this rule.

Q: WHEN DOES TRAINING START AND WHEN ARE THE FIGHTS?

Training starts 19th June and runs for the 12 weeks leading up to the fights. Fight night is the 16th September at Barfoot & Thompson Stadium in Kohimarama.

Q: I WANT TO TRAIN AT A SPECIFIC GYM, IS MY CHOICE GUARANTEED?

Nope, you are welcome to request a preference of gym and we'll endeavour to place you where we can, but we need to ensure a balance of weight, height, gender and experience between the teams. In most cases over the last few years people have been allocated to their preference but that just depends on those signing up.

Q: I ALREADY TRAIN AT ANOTHER GYM IN TOWN, CAN I JUST TRAIN THERE?

Nope again, in order to be considered for this you need to train with our coaches. They will know if and when you are ready to get into the ring. Safety is one of our primary concerns and you won't be given a fight if the coach doesn't think you can safely compete.

Q: WHICH GYMS ARE AVAILABLE TO TRAIN AT?

Glozier Boxing in Manukau, and Redline Combat Academy in Glenfield.

Q: HOW MUCH DOES IT COST TO TAKE PART?

Registration is \$200 to be part of the event, however there are other costs such as your own gloves and protective gear as required and blood tests to show you're clear of Hepatitis and HIV before you start. In case you were wondering, \$200 works out about \$4.70 per gym session for an awesome experience - cool huh?

You'll need a pair of 16oz boxing gloves, some hand wraps and a mouth guard. If you get selected to fight you'll also need either a groin guard or a chest protector depending on which bits you need to protect. Please note there are no refunds once you sign up, if you do change your mind and no longer wish to continue your entry fee is considered a donation to the cause.

Q: AM I GUARANTEED A FIGHT?

No, unfortunately not. Signing up gets you into the training program but it takes more than just signing up to get you into the ring. Final selections will be made about 4-5 weeks out when everyone has had the chance to learn to box and get to a suitable level of fitness. Several factors influence you getting a fight such as your level of fitness and being able to match you with a suitable opponent. You could be the best novice boxer we've ever seen, but if you're the only 100kg person left at the end then it's not fair to match you with someone at 90kg.

Q: WHAT HAPPENS IF I DON'T GET SELECTED TO FIGHT?

DO NOT GIVE UP... You keep going, you do that because there is always a chance you may get called up to fight at the last minute. People drop out even 48 hours before and if you keep training you still have the chance to get into the ring. If you give up, you don't. Ever.

Q: CAN MY KIDS COME AND WATCH?

That depends. The fight night itself is R18 so as long as they can prove they are older than 18, sure.

Q: WHEN DO CORPORATE TABLES AND TICKETS GO ON SALE?

We start offering tables out to sponsors and contenders at the start of the event planning process, then open to the public shortly after. General admission tickets usually go on sale 8 weeks out from fight night.

Q: CAN I GET MY OWN SPONSORS?

Sure thing! If your own company or someone you know wants to back you and promote your journey that's all good, but unless they are an official event sponsor we won't be able to provide any promotional services (Facebook endorsements or website content etc and you won't be able to wear their logos on fight night.

Q: WHAT ARE THE TRAINING TIMES?

Changes gym to gym - All noted in the Welcome Document on the application page.

Q: I'VE COMPETED BEFORE, CAN I GO AGAIN?

If you fought in the last show we will consider your application but will give preference to first timers.

Q: HOW LONG DOES THE TRAINING GO FOR?

We run a 12 week course to give more people a chance to be ready come selection time.

Q: IF THE EVENT IS CANCELLED AGAIN DO WE GET A REFUND?

We incur costs for training even if you only get halfway through. We don't refund for part fight camp, but will discount an equivalent percentage off the next year's event. We've only had to cancel once and that was due to Covid, so hopefully won't happen again.