



# VILLEGAS BOXING CLUB

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**Parks, Recreation and Community Services  
Department**

Park and Recreation Commission  
August 18, 2025

# VILLEGAS BOXING CLUB

- Established youth and amateur boxing program
- Focus: Discipline, Fitness, Skill and Mentorship
- 260 participants enrolled
- USA Boxing Sanctioned



# VILLEGAS BOXING CLUB

- Inspiring youth participation and local unity
- Showcase local talent
- Safe training ground for amateur fighters



# BOXING PROGRAM





# Volunteer Coaches

7+ Boxing  
Coaches

260+  
Participants



Bronze

Green

Silver

# TRAININGS

## 1 Discovery Stage *Learn FUNDamentals*

### Guidelines

Pee Wee  
ages 8-10

0-3 yr exp.

Development  
Bouts  
to under  
3 matches

### Principles

- Fun play & Socialize with others
- Fundamental motor skills like jumping, throwing, running, Agility-Balance-Coordination (ABC's)
- Boxing inside multi-sport programming
- Spontaneous play
- Passion for sport & active lifestyle

## 2 Development Stage *Learn to Train*

### Guidelines

Bantam  
ages 11-12

Intermediate  
ages 13-14

3-6 yr exp.

Novice to  
15 Matches

### Principles

- Fundamentals for ABC's, speed, and strength
- Self-awareness, teamwork and communication through sport challenges
- Boxing skills, identifying personal strengths and areas to improve with a continued emphasis on proper technical mechanics
- Age-appropriate times for practice and competition
- Passion for boxing

## 3 Optimization Stage *Train to Compete*

### Guidelines

Junior  
ages 15-16

Youth  
ages 17-18

6-10 yr exp.

Open Class  
Matches

### Principles

- Boxing specific specialization
- Training through coaching
- Boxing skills and strategies
- Training schedule and development camps
- Sport sciences such as nutrition and sport psychology
- Appropriate challenges outside boxer's comfort zone
- Passion for competition

## 4 Excellence Stage *Compete to Perform*

### Guidelines

Elite  
ages 18-35

10+ yr exp.

Open Class  
Matches &  
Tournaments

### Principles

- High Performance potential
- Maximize talents
- Individualized coaching in team environment
- Annual and periodized planning
- Passion for performance

## B Retirement Stage *Recreational*

### Guidelines

Any Age

Any  
Experience

Recreational  
Activity

### Principles

- Thriving in personal health and exercise
- Sport involvement as coach, official or administrator
- Masters and recreational programs and competitions
- Share experience, knowledge and passion for boxing
- Keep passion for health and fitness

## Coaching Levels

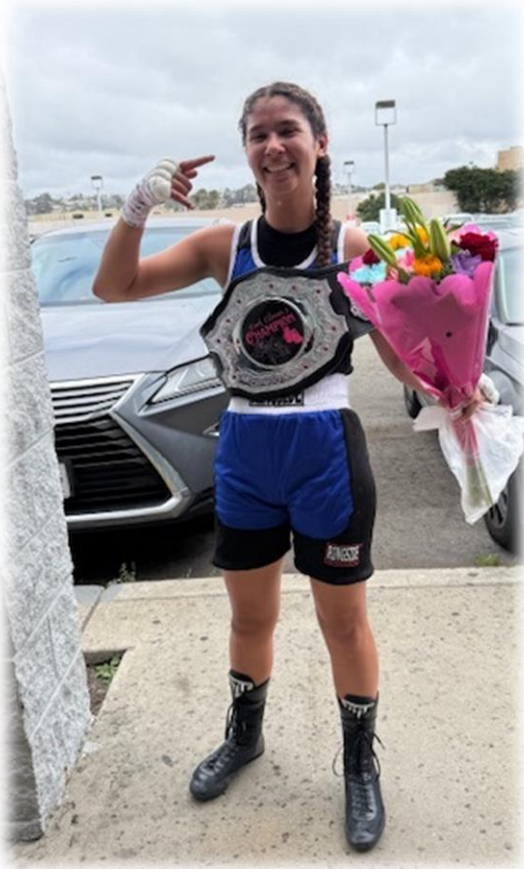
Bronze

Green

Silver



# TOURNAMENTS/CHAMPIONSHIPS



- Anias Carbajal - Double State Championship winner for the 2023 and 2025 SoCal State Amateur Championship belts
- Shayleen Perez - Champion 2025 Women's Boxing Network Pink Gloves 2 Tournament and the 2025 SoCal State Amateur Championship belts

