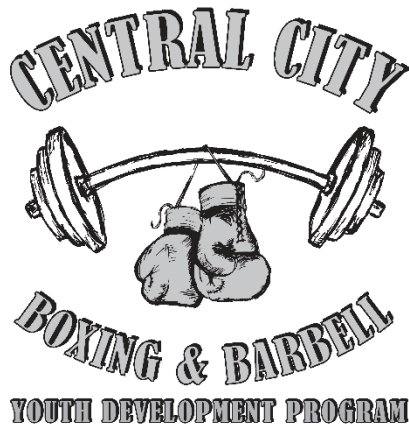


Central City Boxing & Barbell Inc.

Springfield, MA



Mission Statement

It is the mission of Central City Boxing & Barbell Inc. to create opportunities for our at-risk youth through structured programs that are character based placing an emphasis on education. Central City Boxing & Barbell is dedicated to maintaining after-school and summer program(s) with school age youth using boxing, weight training and overall performance-based athletic programs as the vehicle to create structure by initiating goal-oriented athletic training to young people, and to ultimately inspire these youth to become part of a team developing strong individuals including physical, mental and emotional development.

Organization

Central City Boxing & Barbell, which is an active 501(c)3 non-profit organization, was founded in 2015 by 20+ year Springfield Police Officer Dean Fay, who while assigned to the Street Crimes Unit, recognized the need for structured programs that were character-based with an emphasis on education, catering to the city's at-risk youth population. Central City currently operates a 6,000 square foot training facility located at 22 Tyler Street, in the City's Old Hill neighborhood, where eight volunteer coaches, assisted by seven graduate interns from Springfield College's Exercise Science Program, use boxing, weight training and overall athletic based programs to teach these youth the values needed to develop into productive members of society while reaching their full potential both in and out of the gym.

Staff

Central City Boxing & Barbell is made up entirely of an all-volunteer staff with no paid employees. All staff and coaches are carefully selected based on their life experiences, professional attributes, and most importantly their commitment to the cause; that being their willingness to helping and seeing our members succeed in their lives. Central City's coaching staff are all certified coaches through USA Boxing, USA Powerlifting and the United States Olympic Training Committee. Each volunteer Coach/Mentor is CORI checked and Safe Sport Certified while receiving no compensation ensuring that these volunteers' intentions are to ensure that these youth reach their full potential. By utilizing trained and certified volunteers, we offer the chance to change the direction of each member's life while demonstrating that caring, disciplined adults can show them that they have self-worth and opportunities if they are willing to work hard and apply themselves.

Structure

Currently, Central City Boxing & Barbell services more than 100 youth members who comprise three separate and distinct teams. These teams include our Developmental Team, Boxing Team and Powerlifting Team. Our

Developmental Team, where every member begins, is dedicated to Health & Wellness and Strength & Conditioning. The Developmental Team focuses on character building while changing the member's mentality focusing on physical, mental and emotional well-being while stressing the importance of academics. Each member receives an initial evaluation where he or she is evaluated on their academics along with his or her physical ability. Each member receives academic counseling while Central City's Academic Advisor's bridge the gap between the student, teachers, and parents to establish a strong partnership ensuring that each member reaches his or her full potential. Each member also receives a physical evaluation where their height and weight are annotated while administering a Physical Ability Test (PAT) which includes two minutes to perform as many push ups as they can, two minutes to perform as many sit ups as they can, two minutes to hold a plank and provided two opportunities to obtain their best long-jump. Each member is also evaluated weekly on ten 200-meter sprints, eight 400-meter sprints and six 600-meter sprints which are all timed and logged. Each member is then counselled on establishing realistic, obtainable goals which are stressed from day to day, week to week and month to month.

Once the member reaches a base-line requirement, both physically and academically, he or she is provided acceptance into either our Boxing Program or our Powerlifting Program. Each program stresses the importance of representing Central City and themselves at the highest standard while continuing their personal, scholastic and training goals. By initiating structured, character-based, goal-oriented programs, we ultimately hope to inspire these youth to develop into strong individuals; mentally, emotionally, and physically, while learning the value of teambuilding and successful teamwork. Locally, no other organization delivers these types of services to high-risk youth.

Why the project is needed

Central City Boxing & Barbell was founded by U.S. Army Combat Veteran and veteran Springfield Police Officer Dean Fay. Dean has served in a variety of capacities over his police career, most notably, the Street Crimes Unit, the Narcotics Bureau, the Student Support Unit and the Uniform Division. Dean recognized the need for structured programs catering to the adolescent youth of Springfield. These youth tend to exhibit behavior that is cyclic often following in the footsteps of the people who have the most influence in their lives. Often times, adolescent males seek attention by emulating those who they consider role models. Due to the lack of structured programs and the lack of positive role models, these youth often fall prey to the streets succumbing to the only way of life they know. Many of these youth look for peer support where they can feel a sense of belonging. Unfortunately, many times street gangs fill this void. Central City Boxing & Barbell provides an alternative for these at-risk youth who are seeking other options. Central City's Youth Development Program exercises a strong partnership with the Springfield Police Department, School Department, the Hampden County District Attorney's Office and the Juvenile Court Probation Department as well as area social service and civic organizations.

Central City Boxing & Barbell uses the media and local boxing events to spotlight boxers and powerlifters who compete in various tournaments with the opportunities to travel throughout the area to participate in various events. The members admire and respect these athletes for their accomplishments. These role models help our attendees stay on course because they too yearn for the spotlight.

Central City Boxing & Barbell Inc.

"Giving Kids a Fighting Chance"

Changing lives one round and one repetition at a time.

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