



Wolfe Pack Boot Camp

In September of 1999, the first Women's Heavyweight Championships were held in Panama City, Panama. After a brutal, ten round slug fest, Valerie "Wolfe" Mahfood knocked out the #1 Ranked Contender, Kathy Rivers, using a series of combinations that ended with a strong right cross. Her gloves raised in victory, Wolfe was officially declared the first female Heavyweight Champion of the World! In the media frenzy that followed, a reporter asked the bloodied fighter why she had pursued boxing instead of a more feminine sport, like ballet. Smiling, Wolfe quickly replied:

"Boxing is just like ballet; except there's no music, no choreography, and the dancers hit each other."

-- Wolfe Mahfood

Facebook: Wolfe Pack Boot Camp



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING TEXAS STRONG

Wolfe Pack Boot Camp
YMCA OF SOUTHEAST TEXAS



Check Session Desired: 1-2 to 1-26 2-6 to 3-2 3-6 to 4-27 5-1 to 5-25 6-5 to 6-29 7-3 to 7-27 8-7 to 7-31 9-5 to 9-29 10-2 to 10-26 10-30 to 11-22 11-27 to 12-21

Cost: \$45 monthly Members \$65 monthly Non-members

Participant's Name: _____ Gender: F / M E-mail: _____ Birthdate: _____ Age: _____ T-Shirt Size: _____ Address: _____ City: _____ Zip: _____ Parent/Guardian (s) name: _____ Phone: _____ Emergency Contact: _____ Phone: _____ Date paid _____ Amount paid _____ Receipt # _____ Staff Initials _____



YMCA OF SOUTHEAST TEXAS

6760 Ninth Avenue
Port Arthur, TX 77642
409-962-6644
www.ymcasetx.org

Wolfe Pack Boot Camp

Four Week Session:

Monday – Thursday

5:00 am – 6:00 am

5:30 pm – 6:30 pm

Two Class Times!

Boot Camps are offered at various times throughout the year. These four week camps are designed to help participants lose weight, develop and tone major muscle groups, as well as to improve overall physical stamina. To encourage class participation, daily attendance records are maintained.

The Boot Camp uses interval training methods and conditioning drills found in many professional sports. Performed properly, these routines can expend up to 1,000 calories per hour (American Council on Exercise, 2002). As a whole body activity, these routines develop the shoulders, upper back, lats, delts, biceps, triceps, forearms, legs, hips, gluts, and abs (along with other muscles you didn't know you had until starting this Boot Camp program!)

Generally, these high intensity interval routines last between 2-12 minutes each. Throughout camp, participants will perform both muscular and aerobic strengthening exercises, as well as fundamental speed and agility drills. For example, campers will strike oversize tires with sledge hammers, work Battle Ropes, push Dog Sleds, run agility ladders, strike heavy bags, jump rope, work medicine balls, and save puppies!

Campers who complete 1,000 rounds of training earn a Boot Camp t-shirt. Each class is worth 25 rounds, except for Tuesdays, which are better known as Torture Tuesdays! Those days are worth 50 rounds each! Campers who have earned their shirts are encouraged to wear them on Thursdays. To protect their hands during class, campers should wear weight lifting gloves or 180 inch boxing hand wraps.

Photos and videos are taken throughout the camp. Photos are posted weekly on the Wolfe Pack Boot Camp Facebook page. Camp videos are posted randomly. If campers wish to be excluded from posted photos, please let the instructor know.

Wolfe Pack Boxing Philosophy

Championships are not won overnight. Rather, they are meticulously achieved through daily devotion to self-discipline, character, and respect.

Instructor:

Valerie Wolfe Mahfood

First Female Heavyweight World Champion
Texas Heavyweight Champion
IBA Continental Light Heavyweight Champion
WIBF Light Heavyweight World Champion
WIBF Light Heavyweight World Champion
WIBF Super Middle Weight World Champion
WIBA Super Middle Weight World Champion
Certified USA Boxing Instructor
Certified Personal Trainer



“People rarely succeed unless they have fun in what they are doing.”

Dale Carnegie

I hereby certify that I am or my child is in normal health and capable of safe participation in the Boot Camp Classes. I assume all risk (s) and hazards incidental to the conduct of this program. I hereby authorize the YMCA to obtain medical treatment from my child in the event that the Parent (s) and the emergency contact cannot be reached.

Signature of participant _____ Date _____
Signature of parent or guardian for child participant _____

I authorize Port Arthur YMCA unrestricted use any video film, sound track recordings, and photos during YMCA programs. _____ initial here