



BOXING CANADA
HIGH PERFORMANCE PROGRAM NOMINATION POLICY
2021-2022 NATIONAL TEAM PROGRAM

1. PURPOSE

This document establishes the process and criteria to be used to nominate and select the athlete's for the Boxing Canada High Performance Program (HPP).

2. HIGH PERFORMANCE PROGRAM OBJECTIVE

The objective of the HPP is to win continuous medals at the Olympic Games and World Championships. Attendance at other international competitions is part of the development of the HPP towards achieving that objective. Winning any medal at any of these events is recognized as a considerable achievement but the main objective is to win gold at the Olympic Games and World Championships.

3. INTRODUCTION

1. This HPP Nomination Policy sets out the process of:
 - a) Identifying the athletes who are eligible for nomination to the 2021/22 HPP; and
 - b) From this group, determining which athletes shall be offered positions on the 2021 National Team.
2. This HPP Nomination Policy and other Boxing Canada Nomination Policies are located on the Document Section of the Boxing Canada web site (www.boxingcanada.org).
3. Athletes eligible for nomination to the 2021/22 HPP are identified, categorized and offered National Team program positions in accordance with the specific procedures set out below.

4. GENERAL CONSIDERATIONS

1. The HPP's recommendations shall ordinarily be made based on performance or selection of the previous 12 months, in accordance with the procedures detailed in this document. Other factors which may be included in determining nominations are athlete progress towards established performance objective, long term potential, and athlete physical conditioning utilizing the Gold Medal Profile (GMP) and Winning Style (WS) parameters score card.
2. All HPP athlete nomination are for a one-year period only, unless an athlete voluntarily withdraws, or is removed from the program for failure to meet program expectations & monitoring compliance / submissions.
3. The maximum number of available positions on the National Team, subject to available resources, shall be identified at the onset of the nomination process.
4. Athlete rankings based on the nomination process will ordinarily determine the order of nomination for available HPP positions. However, the Boxing Canada High Performance Director (HPD) retains discretion to make extraordinary nomination recommendations. In these cases, the HPD will provide written evidence supporting the recommendation. Justifications could include, but are not limited to, evidence such as GMP and WS parameters scores card, podium results, athlete assessment, HPP physical testing data, athlete psychological profiles, or significant results at key competitions.
5. If for any reason an athlete had to change weight category after his/her nomination in the HPP, the determination to change weight category will be made on a case by case basis. Such determination is under the authority of the HPD and will be documented accordingly. If the change of weight category is accepted by the HPD, the athlete National Team group ranking will remain the same in the HPP Nomination Policy.



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5. DECISION MAKING AUTHORITY

1. The HPP Nomination Policy development is the responsibility of the HPD. The Boxing Canada High Performance Advisory Group (HPAG) will provide oversight in the development of the HPP Nomination Policy.
2. The HPD, in consultation with the Boxing Canada High Performance Training Center coaches, is responsible for the implementation of these procedures. All team nominations made by the HPD will be monitored by the HPAG and ratified by the Boxing Canada Executive Director (ED) to ensure that the process outlined in this document is properly followed and that it is fair and equitable for all candidates.

6. ATHLETE ELIGIBILITY REQUIREMENT

To be eligible for consideration for nomination in the 2021/2022 HPP, at the time of nomination an athlete **must** meet the following Eligibility Requirements:

- a) Be a member in good standing with their provincial boxing association and Boxing Canada at time of selection and must maintain this status until completion of the season. Unless otherwise authorized, in advance and in writing, athletes must have paid all outstanding invoices to Boxing Canada at the date of nomination;
- b) Be born between December 31st, 1980 and January 1st, 2002;
- c) Must be a Canadian Citizen at the time of selection;
- d) Have read, signed, and return the Boxing Canada Athlete Agreement by the due date. It is a condition of this agreement that the athletes agree to participate in and meet all competition, training and participation requirements as determined by the HPD. No selection will be processed without the signed Athlete Agreement being filed with Boxing Canada;
- e) Have participated in the applicable Boxing Canada selection training camp unless otherwise exempted by the HPD;
- f) Meet the International Amateur Boxing Association (AIBA) requirements to be eligible to represent Canada at major international events.

An athlete who does not meet the eligibility criteria set out above may be considered for nomination if they meet the conditions of the Extenuating Circumstances provisions set out below in section 14.

7. ATHLETES PERFORMANCE AND SELECTION REQUIREMENT

To be considered for nomination in the 2021/2022 HPP, at the time of nomination an athlete must meet one of the following performance or selection requirement:

Performance Requirement for Elite:

1. Podium Olympic Games
2. Podium Elite World Championships
3. Top 8 Olympic Games*
4. Top 8 Elite World Championships*



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5. Podium at Pan American Games*
6. Podium at Commonwealth Games*
7. Top 4 Elite Canadian Championships

*with at least 1 win

Selection Requirement for Elite:

1. Olympic Game Pathway Team (named on March 11th, 2021)
2. High Performance Director Discretionary Nomination

Performance Requirement for Youth:

1. Podium Youth World Championships
2. Top 8 Youth World Championships*
3. Top 4 Youth Canadian Championships

*with at least 1 win

Selection Requirement for Youth:

1. Youth Development Pathway Team
2. High Performance Director Discretionary Nomination

8. SELECTION PROCESS

All athletes who satisfy the eligibility and the performance/selection requirements indicated in Sections 6 and 7, as applicable, will be contacted by email by the Project & Program coordinator and will be invited to participate at the HPP selection camp in 2021. During the HPP selection camp athletes will be evaluated on the GMP and WS parameters. Then athletes will be categorized on the National Team based on their GMP and WS parameters requirement setout below in section 9.

When completing the athletes GMP and WS parameters score card (see annex 2 or Boxing Canada website in the document section) for National Team categorization the HPD and High Performance Training Center coaches will refer to diverse Boxing Canada assessment tool and document shared by athletes to Boxing Canada (ex. yearly training plan, video and monthly training assessment chart) as a criteria.

After the HPP selection camp only athletes meeting the GMP and WS parameters requirement setout in section 9 will be offered a position in the HPP.

9. NATIONAL TEAM CATEGORIZATION

National Team Selection will be based on the following criteria and GMP and WS Parameters Score Card:

1) Podium Pathway Group

These are athletes that are consistent with the Boxing Canada Gold Medal Profile and Winning Style parameters, who have displayed competition behaviours and results to achieve continuous top international performances at World stage.



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With these athletes we strive to:

- Promote core competencies as per Boxing Canada's GMP/WS and Long-Term Athletes Development (LTAD) model
- Perfect the sport specific skills and abilities necessary to be a world-class boxer as per Boxing Canada's GMP/WS and LTAD model
- Adjust volume and intensity of training required to be a world-class boxer
- Maintain training's specialization and performance enhancement

Athlete Commitment and Engagement:

- Full commitment to Boxing Canada Activities Including Competition and Training Camps
- Full commitment to High Performance Training Centre Program
- Minimum of 2 Physical Preparations per week
- Adhere to entire athletes agreement

Gold Medal Profil Requirements:

- Mandatory requirement at time of nomination:
 - Winning ratio of 65% or more at international competition
 - Minimum of four (4) green rate and Zero (0) red rate in technical boxing proficiency
 - Minimum of Three (3) green rate and Zero (0) red rate in tactical boxing proficiency
 - Meet target value of annual physical testing
- Requirement to be maintained throughout the year:
 - Weekly 5% weight control over weight class
 - Maintain a High Performance Life Style
 - Maintain a High Performance Mental/Psychological Disposition
 - Weekly completion rate of 90% and over on Monitoring Program Hexfit

Boxing Canada Commitment and Support:

- Full-time training plan, supervised practices, event coaching Technical Staff
- Monitoring of training and medical data, injury/illness/wellness support
- Funding for training and competition based on athlete programming level and available Boxing Canada resources

Training Camp and Competition Opportunities:

- Minimum of 2 International Training Camp with Olympic Nation
- Minimum of 3 International Events



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2) Rising Star Pathway Group

These are athletes U23 progressing towards Boxing Canada Gold Medal Profile and Winning Style parameters, who have dislaid competition behaviours and results to achieve international performances and trending to achieve World stage performance.

With these athletes we strive to:

- Emphasize a holistic learning approach centered on the athlete's needs and development
- Promote core competencies as per Boxing Canada's GMP/WS and LTAD model
- Optimize the sport specific skills and abilities necessary to be a world-class boxer as per Boxing Canada's GMP/WS and LTAD model
- Increase volume and intensity of training required to be a world-class boxer
- Emphasis is on specialization and performance enhancement

Athlete Commitment and Engagement:

- Full commitment to Boxing Canada Activities Including Competition and Training Camps
- Full commitment to High Performance Training Centre Program
- Minimum of 2 Physical Preparations per week
- Adhere to entire athletes agreement

Gold Medal Profil Requirements:

- Mandatory requirement at time of nomination:
 - Winning ratio of 60% or more at international competition
 - Minimum of Three (3) green rate and Zero (0) red rate in technical boxing proficiency
 - Minimum of Two (2) green rate and Zero (0) red rate in tactical boxing proficiency
 - Meet target value of annual physical testing
- Requirement to be maintained throughout the year:
 - Weekly 5% weight control over weight class
 - Maintain a High Performance Life Style
 - Maintain a High Performance Mental/Psychological Disposition
 - Weekly completion rate of 90% and over on Monitoring Program Hexfit

Boxing Canada Commitment and Support:

- Full-time training plan, supervised practices, event coaching Technical Staff
- Monitoring of training and medical data, injury/illness/wellness support



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- Funding for training and competition based on athlete programming level and available Boxing Canada resources

Training Camp and Competition Opportunities:

- Minimum of 1 International Training Camp with Olympic Nation
- Minimum of 1 National Training Camp at Boxing Canada's High Performance Training Centre
- Minimum of 2 International Events

3) National Pathway Group

These are athletes developing towards Boxing Canada Gold Medal Profile and Winning Style parameters and, who didn't yet display competition behaviours and results to achieve international performances.

With these athletes we strive to:

- Develop a holistic learning approach centered on the athlete's needs and development
- Promote core competencies as per Boxing Canada's GMP /WS and LTAD model
- Develop the sport specific skills and abilities necessary to be an International-class boxer as per Boxing Canada's GMP/WS and LTAD model
- Build in volume and intensity of training required to be an international-class boxer
- Consolidate strengths
- Reduce weaknesses

Athlete Commitment and Engagement:

- Full commitment to Boxing Canada Activities Including Competition and Training Camps
- Full commitment to High Performance Training Centre Program
- Minimum of 1 Physical Preparation per week
- Adhere to entire athletes agreement

Gold Medal Profile Requirements:

- Mandatory requirement at time of nomination - 1st and 2nd year of in the High Performance Program:
 - Maximum of Three (3) red rate in technical boxing proficiency
 - Maximum of Two (2) red rate in tactical boxing proficiency
 - Meet target value of annual physical testing
- Mandatory requirement at time of nomination – 3rd year in the High Performance Program:
 - Maximum of One (1) red rate in technical boxing proficiency
 - Maximum of One (1) red rate in tactical boxing proficiency
 - Meet target value of annual physical testing
- Mandatory requirement at time of nomination – 4th year and over in the High Performance Program:



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- Winning ratio of 40% or more at international competition
- Minimum of Three (3) yellow rate and Zero (0) red rate in technical boxing proficiency
- Minimum of Two (2) yellow rate and Zero (0) red rate in tactical boxing proficiency
- Meet target value of annual physical testing
- Requirement to be maintained throughout the year:
 - Weekly 5% weight control over weight class
 - Maintain a High Performance Life Style
 - Maintain a High Performance Mental/Psychological Disposition
 - Weekly completion rate of 90% and over on Monitoring Program Hexfit

Boxing Canada Commitment and Support:

- Full-time training plan, supervised practices, event coaching Technical Staff
- Monitoring of training and medical data, injury/illness/wellness support
- Funding for training and competition based on athlete programming level and available Boxing Canada resources

Training Camp and Competition Opportunities:

- Minimum of 1 National Training Camp at Boxing Canada's High Performance Training Centre
- Minimum of 1 International Event

10. HIGH PERFORMANCE DIRECTOR DISCRETIONARY NOMINATION

Discretionary nomination may be used by the HPD during the year of nomination to identify and nominate an athlete considered capable of progressing towards GMP and WS parameters.

For the discretionary nomination, the HPD will be using the Boxing Canada Evaluation Charts (refer to annex #1).

11. COMMUNICATION

1. Each athlete who will be considered for nomination must ensure their full contact details have been provided to Boxing Canada. This information will be used for monitoring the athletes progress, to be able to communicate important information regarding nomination, and the administration.
2. At the beginning of the season the HPD will meet with the selected and none selected athletes to discuss their objective and performance goals for the season.
3. Once the athlete has met with the HPD, it is the ultimate responsibility of the athlete to communicate with the HPD as to the progress of their training and competition program in relation with their objective and performance goals established prior.
4. Any athlete selected on the National Team will need to provide a Yearly Training Plan (YTP) with details indicating the planned preparation leading to each competitions. This plan includes daily boxing training sessions, other types of training such as strength training, mental training as well as



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performance tests, medical exams, tournaments, training camps or training periods that may take place in Canada or abroad.

12. FUNDING PRIORITY

Due to the limited amount of funds available, an event funding priority has been established. Boxing Canada will focus its event funding priority order within the events classified in the previous section (Major and Developmental).

1. Olympic Games
2. Elite World Championships
3. Youth World Championships
4. Pan American Games
5. Commonwealth Games
6. Developmental International Events

13. FINANCIAL CONTRIBUTION

All athletes selected to the HPP will be required to pay a program fee. The program fee will be of \$6,000. The program fee will include traveling, accommodation, administration, coaching, and training expenses associated with the HPP. This fee does not include the following Boxing Canada events: 1) HPP Selection training camps 2) Canadian Trials 3) Canadian Championships. These events will be self funded by the athletes.

Funding Priority will be given to athletes in the Olympic weight classes. As such, weight classes may not be funded by Boxing Canada equally. Any additional funding allocation by Boxing Canada will be performance based and at the discretion of the HPD. Any Boxing Canada funding that is allocated to athletes for training and/or competitive opportunities will be specific to that opportunity only.

The payment for the HPP fee will have to be done in a maximum of two payments of which one (1) is a mandatory payment of \$ 3,000 when selected on the team. The second \$ 3,000 payment must be made within 3 months of the first payment.

Payments can be made by Visa, MasterCard, American Express, cheque, money order or email bank transfer.

14. EXTENUATING CIRCUMSTANCES

In considering the performances and results of current National Team Members at events, trials, training camps or other attendances required under this policy, the HPD may at his discretion, give weight to extenuating circumstances in accordance with this policy.

1. For the purposes of this policy, extenuating circumstances means an inability to compete, attend training camps or perform at an optimum level arising from any one or more of the following:
 - a) Injury or illness (documented at the time the incident occurred and accompanied by a certified medical explanation).
 - b) Conflict of date
2. Current HPP members unable to compete at a Canadian Championships, or other attendances required under this Policy, must advise the HPD of the extenuating circumstances in writing of this fact and the reasons thereof, with as much advance notice as possible (ideally twenty -one (21) days)



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prior to the commencement of the Canadian Championships or attendances upon which selection may be considered under this Policy.

3. In the case of injury or illness, current HPP members are required by the HPD to provide a doctor's certificate and/or undergo a medical examination by a medical practitioner/s identified by Boxing Canada and to provide the opinion and/or report of such practitioner to the HPD. A failure to agree to such request will result in the HPD being prevented from considering the injury or illness as extenuating circumstances.
4. The determination of an extenuating circumstance will be made on a case by case basis. Such determination will be made by the HPD; and will be documented accordingly.

15. ALLOCATION OF COMPETITIVE OPPORTUNITIES

1. Selection to the HPP does not automatically provide an athlete with entry into Commonwealth Games, Pan American Games, World Championship, or Olympic Games competitions.
2. The selection of athletes for participation in the Commonwealth Games, Pan American Games, World Championship and Olympic Games competitions is done according to separate Selection Protocols, which are available on Boxing Canada's website (www.boxingcanada.org).
3. Boxing Canada may decide at any time in its discretion not to select or enter a Team, or to vary the Team size in any one or more of the events specified in the seasonal calendar. Athletes will be notified as soon as practicable if Boxing Canada decides not to select a team under this clause.
4. Participate in the competitions or training camp identified by the HPP. Unless otherwise authorized by the High Performance Director, in advance and in writing, a failure to participate in identified competitions or training camp for any reason other than injury, illness, or pregnancy, as certified by a Boxing Canada approved medical doctor, will be considered has a missing opportunity in the HPP.

16. CHANGES TO THIS DOCUMENT

1. Boxing Canada reserves the right to makes changes to this document, which in its discretion are necessary to ensure nomination of the best athlete possible for the 2021/22 HPP. Any changes to this document shall be communicated directly to all HPP members and published on Boxing Canada's website (www.boxingcanada.org).

17. APPEAL PROCESS

1. Appeals of Boxing Canada decisions may be pursued only through Boxing Canada Appeals Policy, which is available on Boxing Canada's website (www.boxingcanada.org).
2. Athletes shall only be permitted to appeal when they are directly affected by a decision. As such, any athlete who was not considered for nomination to the National Team Categorization shall not have the right to appeal a nomination decision.

18. LANGUAGE

1. Where there is a difference in interpretation between the French and English versions of this document, then the **English** version shall prevail.



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ANNEX 1

Athletes eligible for Discretionary nomination will be assessed by the High Performance Director (HPD) using the Evaluation chart below:

Scoring guideline:

Score	Assessment
0	Unacceptable or nonexistent
5	Average, what is expected of a national team athlete
10	World class, an example to others

Rubric:

BOXING ABILITY (70%)	SCORE (0-10)	
Performances in national and international events forming part of the HPP		
Technical ability		
Tactical ability		
Potential to reach Olympic podium this quadrennial		
Potential to reach Olympic podium next quadrennial		
Potential to reach World Championships podium this quadrennial		
Overall boxing progression in the last 12 months		
Total Score	/70	/70%
ATTITUDE (30%)	SCORE (0-10)	
Positive contribution to team environment		
Shares training plans and data with Boxing Canada		
Communication with Boxing Canada		
Attendance and performance at Boxing Canada Event		
Takes personal responsibility for self and results		
Attitude progression in the last 12 months		
Compliance with Boxing Canada policies and standards		
Total Score	/70	/30%
TOTAL (100%)		

If the HPD is unable to assess any one area, that will be left blank and won't be included when calculating the average scores. When completing the athletes evaluation in terms of a discretionary pick the HPD will refer to the Boxing Canada Gold Medal Profile and to document shared by athletes to Boxing Canada (ex. yearly training plan, video and monthly training assessment) as a criteria.



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ANNEX 2 - GMP Score Card Men's

Athlete		Weight category (kg)	Date of birth (yyyy-mm-dd)	Age (2020)	
Name	First name				
Orthodox (O) or Southpaw (S)	Target Values (Males)			Actual status (date 1)	Actual status (date 2)
International Boxing Record		M			
Number of international fights		60			
AIBA Ranking		Top 4			
Overall Win/Loss Ratio		10			
Continental ranking		2			
Rounds Won		0,8			
Wins By Unanimous Decisions		0,75			
Wins By Referee Stop		0,05			
Fitness - Energy Production					
MAP - Shuttle Run Test (ml/kg/min)		62			
30-s Arm Cranking Wingate: peak power (W/kg)		9			
30-s Arm Cranking Wingate: Average power (W/kg)		6,75			
30-s Arm Cranking Wingate: Power Decline, t = 30 s		25,00			
Fitness - Strength & Power					
Right Arm, Load of 15 Pounds (W/kg body weight)		0			
Left Arm, Load of 15 Pounds (W/kg body weight)		0			
Right Arm, Load of 25 Pounds (W/kg body weight)		3,4			
Left Arm, Load of 25 Pounds (W/kg body weight)		3,4			
Right Arm, Load of 35 Pounds (W/kg body weight)		3,6			
Left Arm, Load of 35 Pounds (W/kg body weight)		3,6			
Right Arm, Load of 45 Pounds (W/kg body weight)		4,2			
Left Arm, Load of 45 Pounds (W/kg body weight)		4,2			
Left Hand Grip Test (W/kg body weight)		0,75			
Right Hand Grip Test (W/kg body weight)		0,75			
Vertical Jump - Peak Power (kg/m/s)		121			
Vertical Jump - Peak Power - Movement Time (s)		0,575			
Fitness - Punching Power (Test 1)					
Straight Punch Maximum Velocity L Hand (km/h)		35			
Straight Punch Maximum Velocity R Hand (km/h)		31			
Straight Punch Intensity/Punch L Hand (AU)		20			
Straight Punch Intensity/Punch R Hand (AU)		20			
Hook Maximum Velocity L Hand (km/h)		40			
Hook Maximum Velocity R Hand (km/h)		40			
Hook Intensity/Punch L Hand (AU)		25			
Hook Intensity/Punch R Hand (AU)		25			
Uppercut Maximum Velocity L Hand (km/h)		43			
Uppercut Maximum Velocity R Hand (km/h)		43			
Uppercut Intensity/Punch L Hand (AU)		21			
Uppercut Intensity/Punch R Hand (AU)		21			
Fitness - Punching Power (Test 2)					
Straight Punch Repeated (5 s) L Hand (number)		9			
Straight Punch Repeated (5 s) R Hand (number)		9			
Straight Punch Repeated (5 s) L Hand Velocity, km/h		26			
Straight Punch Repeated (5 s) R Hand Velocity, km/h		26			
Straight Punch Repeated (5 s) L Hand (Intensity, AU)		17,5			
Straight Punch Repeated (5 s) R Hand (Intensity, AU)		15			
Hooks Repeated (5 s) L Hand (number)		9			
Hooks Repeated (5 s) R Hand (number)		9			
Hooks Repeated (5 s) L Hand Velocity, km/h		35			
Hooks Repeated (5 s) R Hand Velocity, km/h		35			
Hooks Repeated (5 s) L Hand (Intensity, AU)		20			
Hooks Repeated (5 s) R Hand (Intensity, AU)		20			
Fitness - Punching Power (Test 3)					
60-s Intermittent Punching - Number of punches		160			
60-s Intermittent Punching - Average Velocity (km/h)		19			
60-s Intermittent Punching - Cumulative Intensity (AU)		1100			
60-s Intermittent Punching - Average Intensity (AU)		8			
Decrease - Number of Punches Thrown (%)		30			
Decrease - Punching Velocity (%)		35			
Decrease - Punching Intensity (%)		20			
Fitness - Reaction Time & Coordination					
FitLight Test (60 s) - Number of Targets Hit		40			
FitLight Test (60 s) - Average Reaction Time (s)		0,25			
Fitness - Percentage Body Fat					
Males, less than 72 kg		10			
Males, more than 72 kg		12			
Females, less than 62 kg		0			
Females, more than 62 kg		0			
Technical Boxing Proficiency					
Stance		Green			
Punch Quality		Green			
Flow		Green			
Footwork		Green			
Defence		Green			
Self Expression		Green			
Tactical Boxing Proficiency					
Ability to Read Opponent		Green			
Tempo		Green			
Tactical Intelligence		Green			
Ring Awareness		Green			
Mental/Psychological Dispositions					
Personality Trait - Cooperative (High Score Is Not Desirable)		Green			
Personality Trait - Communication (High Score Is Not Desirable)		Green			
Personality Trait - Dominance (High Score Is Desirable)		Green			
Personality Trait - Motivated (High Score Is Desirable)		Green			
Degree of Resilience		Green			
Arousal level		Green			
Focus and Concentration		Green			
Control of Distractions		Green			
Commitment to High Performance		Green			
Tolerance to Physiological Stress		Green			
Tolerance to Pain		Green			
Specific Behaviours During Fights					
Lifestyle / Mental Health					
Health Status		Green			
Recovery		Green			
Sleep		Green			
Nutrition		Green			
General Lifestyle		Green			



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ANNEX 2 - GMP Score Card Women's

Athlete		Weight category (kg)	Date of birth (yyyy-mm-dd)	Age (2020)	
Name	First name				
Orthodox (O) or Southpaw (S)		Target Values (Females)	Actual status (date 1)	Actual status (date 2)	Actual status (date 3)
International Boxing Record					
Number of international fights		40			
AIBA Ranking		4			
Overall Win/Loss Ratio		10			
Continental ranking		2			
Rounds Won		0,8			
Wins By Unanimous Decisions		0,75			
Wins By Referee Stop		0,067			
Fitness - Energy Production					
MAP - Shuttle Run Test (ml/kg/min)		54			
30-s Arm Cranking Wingate: peak power (W/kg)		7,5			
30-s Arm Cranking Wingate: Average power (W/kg)		5,75			
30-s Arm Cranking Wingate: Power Decline, t = 30 s		23,00			
Fitness - Strength & Power					
Right Arm, Load of 15 Pounds (W/kg body weight)		2			
Left Arm, Load of 15 Pounds (W/kg body weight)		2			
Right Arm, Load of 25 Pounds (W/kg body weight)		2,1			
Left Arm, Load of 25 Pounds (W/kg body weight)		2,1			
Right Arm, Load of 35 Pounds (W/kg body weight)		2,25			
Left Arm, Load of 35 Pounds (W/kg body weight)		2,25			
Right Arm, Load of 45 Pounds (W/kg body weight)		0			
Left Arm, Load of 45 Pounds (W/kg body weight)		0			
Right Hand Grip Test (W/kg body weight)		0,6			
Left Hand Grip Test (W/kg body weight)		0,6			
Vertical Jump - Peak Power (kg/m/s)		95			
Vertical Jump - Peak Power - Movement Time (s)		0,63			
Fitness - Punching Power (Test 1)					
Straight Punch Maximum Velocity L Hand (km/h)		30			
Straight Punch Maximum Velocity R Hand (km/h)		31			
Straight Punch Intensity/Punch L Hand (AU)		14			
Straight Punch Intensity/Punch R Hand (AU)		15			
Hook Maximum Velocity L Hand (km/h)		35			
Hook Maximum Velocity R Hand (km/h)		35			
Hook Intensity/Punch L Hand (AU)		20			
Hook Intensity/Punch R Hand (AU)		20			
Uppercut Maximum Velocity L Hand (km/h)		40			
Uppercut Maximum Velocity R Hand (km/h)		40			
Uppercut Intensity/Punch L Hand (AU)		19			
Uppercut Intensity/Punch R Hand (AU)		19			
Fitness - Punching Power (Test 2)					
Straight Punch Repeated (5 s) L Hand (number)		9			
Straight Punch Repeated (5 s) R Hand (number)		9			
Straight Punch Repeated (5 s) L Hand Velocity, km/h		25			
Straight Punch Repeated (5 s) R Hand Velocity, km/h		27			
Straight Punch Repeated (5 s) L Hand (Intensity, AU)		13			
Straight Punch Repeated (5 s) R Hand (Intensity, AU)		15			
Hooks Repeated (5 s) L Hand (number)		9			
Hooks Repeated (5 s) R Hand (number)		9			
Hooks Repeated (5 s) L Hand Velocity, km/h		30			
Hooks Repeated (5 s) R Hand Velocity, km/h		30			
Hooks Repeated (5 s) L Hand (Intensity, AU)		17			
Hooks Repeated (5 s) R Hand (Intensity, AU)		17			
Fitness - Punching Power (Test 3)					
60-s Intermittent Punching - Number of punches		145			
60-s Intermittent Punching - Average Velocity (km/h)		17			
60-s Intermittent Punching - Cumulative Intensity (AU)		800			
60-s Intermittent Punching - Average Intensity (AU)		6			
Decrease - Number of Punches Thrown (%)		10			
Decrease - Punching Velocity (%)		25			
Decrease - Punching Intensity (%)		35			
Fitness - Reaction Time & Coordination					
FitLight Test (60 s) - Number of Targets Hit		35			
FitLight Test (60 s) - Average Reaction Time (s)		0,25			
Fitness - Percentage Body Fat					
Males, less than 72 kg		0			
Males, more than 72 kg		0			
Females, less than 62 kg		17			
Females, more than 62 kg		19			
Technical Boxing Proficiency					
Stance		Green			
Punch Quality		Green			
Flow		Green			
Footwork		Green			
Defence		Green			
Self Expression		Green			
Tactical Boxing Proficiency					
Ability to Read Opponent		Green			
Tempo		Green			
Tactical Intelligence		Green			
Ring Awareness		Green			
Mental/Psychological Dispositions					
Personality Trait - Cooperative (High Score is Not Desirable)		Green			
Personality Trait - Communication (High Score is Not Desirable)		Green			
Personality Trait - Dominance (High Score is Desirable)		Green			
Personality Trait - Motivated (High Score is Desirable)		Green			
Degree of Resilience		Green			
Arousal level		Green			
Focus and Concentration		Green			
Control of Distractions		Green			
Commitment to High Performance		Green			
Tolerance to Physiological Stress		Green			
Tolerance to Pain		Green			
Specific Behaviours During Fights					
Lifestyle / Mental Health					
Health Status		Green			
Recovery		Green			
Sleep		Green			
Nutrition		Green			
General Lifestyle		Green			