“ I am greatest. I said that even before I knew I was. ” - Muhammad Ali

The Boxing Club with Coach K

Who: Open to ALL ladies and gentlemen
Grades 3-8

Where: St. Raphael’s SPARK Room
When: Wednesdays 3:15pm - 4:15pm
January 23rd - March 27th
Cost: $180 per student for all 10 sessions

REGISTER NOW AS SPACE IS LIMITED!
CONTACT COACH “K” at 202-774-8171
or akalochristianikas@straphaels.org

ABOUT THE BOXING CLUB

The Boxing Club at St. Raphael will focus on strength, core, agility and endurance training while promoting self-confidence and composure. Students of ALL ability are encouraged to join as we will go through fundamental skill development from the ground up. Training will include:

- Proper boxing technique
- Self-defense tactics
- Confidence

ABOUT COACH K

The Boxing Club is taught by Andrea Kalochristianikas, aka “Coach K.” Her success in the ring included capturing Golden Gloves in Oregon and Washington State, USA Boxing Region XIII Champion, and competing at the Team USA Olympic Level in 2004. She retired ranked No. 3 in the nation for USA Boxing at the Bantamweight class.