

THURS. JAN. 28, 2021 SESSION WILL START AT 8:00 PM

NOTE: Microphones will be muted during presentations, however feel free to ask questions throughout the session through our chat option or during our Question & Discussion period







TOWN HALL AGENDA









GENERAL UPDATE

Boxing Ontario announcements and upcoming events, courses and opportunites.

SPECIAL PRESENTATION

Sharmila Gupta, Cognetic Movement

QUESTION & DISCUSSION

2

Stick around for our Q&A section where you can clarify and share together with the membership.



John is a legend to our boxing family. His legacy will always be honoured as his contributions to our sport live on through his boxers and family.

JOHN MELICH 1951 - 2020

In Loving Memory Of

General Updates



Boxing Ontario has recently received grants helping us to continue growing throughout these times. Here's how it affects the members.

COVID UPDATES Combative Colective Update

NEW INITIATIVES

Committee updates, club survey, communications and engaging with our members

EVENTS

Our chairs and committees will be meeting quarterly to make sure Boxing Ontario is ready to rumble when the bell rings again!

SOCIAL

Keep updated and connected. Be sure to tag us into your posts so we can share your awesomeness!

BOXING ONTARIO GRANTS

Meet Shar

Sharmila 'Shar' Gupta, D.O.M.P., R.M.T., B.A. has a passion for helping others. Shar practices as a **Registered Massage Therapist** and **Osteopathic Manual Practitioner**.

Additionally, Sharmila practices as a Concussion Management Therapist and holds a Level 2 Certification from the Shift Concussion Management Program. She offers baseline testing, concussion assessments, as well as post-concussion treatment. Through her work with athletes in concussion management, Shar developed a Neuro Performance Program targeted towards athletes looking to enhance their cognitive, visual, and vestibular abilities while performing their sport. Over years of experience, Shar has a true appreciation for her work with her patients who are motivated to make an improvement in their health.

COGNETIC MOVEMENT



"Osteo Shar"

Shar has been keeping our top Boxing Ontario Olympic hopefuls cognitively engaged. She's here today to help give you some drills to train your brain and keep you sharp.

COGNETIC MOVEMENT

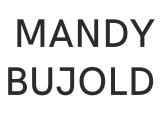


JUSTIN PARINA 52 kg





JOHN-MICHAEL BIANCO 81 kg



51 kg



JAQUAN CARTY 75 kg



FACEBOOK

Use this channel to stay updated with the latest information from our Province and Boxing Canada



INSTAGRAM

Ensure you tag us into your posts to help us re-share your posts





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Keep informed



WEBSITE

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CONTACT NUMBER (416) 426-7250

REFERENCE LINKS:

- Boxing Ontario Events
- Member Registration
- Boxing Ontario COVID Updates
- <u>Cognetic Movement</u> Osteo Shar
- <u>Neuro Traker X</u>
- <u>20% Off Blaze Pod</u>

