



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

# WELCOME VIRTUAL TOWN HALL



**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

**BOXING**  
**ONTARIO**



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# TOWN HALL AGENDA



## GENERAL UPDATE

Boxing Ontario announcements and upcoming events, courses and opportunities.



## SPECIAL PRESENTATION

Sharmila Gupta, Cognetic Movement



## QUESTION & DISCUSSION

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



*In Loving  
Memory Of*

JOHN MELICH

1951 - 2020

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.

**BOXING**  
**ONTARIO**



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# General Updates



## BOXING ONTARIO GRANTS

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!

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# 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



MANDY  
BUJOLD

51 kg



JOHN-  
MICHAEL  
BIANCO

81 kg



JACUAN  
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



## TWITTER

Check into this channel to find out the latest news in the boxing world

**FOLLOW US**  
**@BOXINGONTARIO**



# Keep informed



## WEBSITE

[www.boxingontario.com](http://www.boxingontario.com)



## EMAIL

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## CONTACT NUMBER

(416) 426-7250

## REFERENCE LINKS:

- [Boxing Ontario Events](#)
- [Member Registration](#)
- [Boxing Ontario COVID Updates](#)
- [Cognetic Movement](#) – Osteo Shar
- [Neuro Traker X](#)
- [20% Off Blaze Pod](#)

